

- Required**
- Local**
- Notice**

INTERSCHOLASTIC ATHLETICS

The Board of Education supports the provision of an interscholastic athletic program for students in grades seven through twelve. Students will have the opportunity to participate in activities which help to improve their mental, physical and social well-being. All guidelines for participation on interscholastic teams and within interscholastic competition are based upon established minimum eligibility standards of the New York State Public High School Athletic Association and the Regulations of the Commissioner of Education. Moreover, a student's eligibility for participation on the District's interscholastic teams shall be conditioned upon authorization by the District's physician and receipt of express consent of either the student's parent or guardian. The Superintendent or his/her designee will create regulations that provide for students' participation in the interscholastic athletic program.

Although the District will take reasonable care to protect student athletes, students still may sustain injuries. In order to most effectively ensure student safety, open communication between students, parents, and coaches about the child's medical condition is necessary. Coaches, and other appropriate staff, will receive guidance and training regarding recognition of injury and removal of the student athlete from play in the event of injury. Parents and/or students are expected to report injuries so that student health can be protected.

In order to resume participation following injury, the student needs to receive medical clearance. The Superintendent or his/her designee will also create regulations and procedures to guide the process of return to play.

Legal Reference:
Education Law 1709
Regulations of the Commissioner of Education 135.4

Policy Adopted:
April 18, 1991
Amended 1-13-2000; 12-21-2011; 12-21-2016

INTERSCHOLASTIC ATHLETICS REGULATION**Participation**

Generally students will participate on teams with students of like grades. Thus, seventh and eighth grade students will typically participate with students from seventh and eighth grades while students in grades nine through twelve will compete with students at that level.

Exceptions may be made for students to participate on the high school level while in the middle school in accordance with the following procedure:

1. Requests for consideration of advanced athletic placement must be made in writing to the Director of Athletics in June for fall sports, in September for winter sports and in January for spring sports.
2. The New York State Athletic Placement Process criteria will be used as they apply to a student's readiness, fitness and maturation levels to move up. The Athletic Placement Process to allow seventh (7th) and eighth (8th) grade students to participate in high school athletics is designed so that only very talented, highly skilled and academically sound students will be considered for advancement. The Athletic Placement Process shall not be used to promote students to higher levels of competition on a routine basis for the sole purpose of filling positions on Varsity and Junior Varsity teams. Proper placement of students is important.
3. If the sport for which a middle school student is requesting participation is offered at the middle school, the request will be considered only if:
 - A. There is available space on the high school junior varsity or varsity team without displacement of any high school player.
 - B. No middle school student will be permitted to 'play up' unless he or she has successfully completed all medical, physical, and athletic testing set forth in the Athletic Placement Process and standards established by the New York State Education Department.
 - C. The middle school student must be in good academic standing, per the George W. Hewlett High School athletic and & co-curricular eligibility guidelines.
4. If all the terms and conditions are properly met by the middle school player, he/she will become a viable member of that particular team, with no limitations or sanctions placed upon his/her practice time and confirmation that the student will play in at least 50% of the games/meets.

5. The decision of the Director of Athletics shall be final, except that a parent may request review by the Superintendent. Such request for review shall be made in writing by the parent(s) and shall set forth all pertinent facts and the reason(s) upon which the request for review is/are based.

Proper Return to Play Protocol and Clearance

Criteria for Full Return to Activity from Sprains, Strains, Contusions and other like injuries:

Students returning from sprains, strains, contusions and other like injuries should be as close to their pre-injury status as possible. Although a student is medically cleared by a licensed physician it is important for the parents and/or guardian, students, and coaches to recognize that the student may not be ready to play. No student will be allowed to practice or compete if there is a question whether he/she is in adequate physical condition regardless of a medically signed release from a licensed physician.

Return to Play Protocol

- Written medical clearance by a licensed physician with final authorization issued by the chief school medical officer as needed. In any instances when there is a dispute between an outside physician and the school medical officer, the chief school medical officer renders the final decision.
- Students who have not participated in a practice for a length of time including but limited to more than a week need to be evaluated for readiness for full participation.
- Students returning from sprains, strains, contusions and other like injuries and have been cleared for full participation must report to the Athletic Trainer for athletic readiness screening.
- The following components must be evaluated by the Athletic Trainer to determine the athletes' readiness to return to full sports participation:
 - Full endurance to pre injury status
 - Flexibility- full pain free range of motion of injured body part
 - Functional training to include drills that challenge the player in different phases of the activity
 - Sports-Specific skills
 - Strength to at least 90 percent strength as compared to contra lateral side

- Students will be encouraged to participate in practice sessions prior to a full return to play.
- Students will not continue with the return to play protocol if they demonstrate signs or symptoms during the athletic readiness screening; the student will not continue with activities until symptom free.

Regulation Adopted:

April 18, 1991

Amended 1-13-2000; 10-9-11; 12-21-2016