



INTERSCHOLASTIC ACTIVITIES HANDBOOK

CISSNA PARK C.U.S.D. #6

SCHOOL YEAR 2021-2022

GRADES 5 THROUGH 12

This Handbook contains information relative to all activities that involve competition under the auspices of the Illinois High School Association (IHSA) or of the Illinois Elementary School Association (IESA). This includes Athletic (including managers, trainers, and statisticians), Music, Speech, Math Team, and Scholastic Bowl competitions. Any student who participates in one or more of all activities stated above will be referred to as a “participant” throughout the remainder of this document.



CISSNA PARK COMMUNITY UNIT SCHOOL DISTRICT #6

INTERSCHOLASTIC ACTIVITIES HANDBOOK

Effective Date: JUNE 21, 2021

High aspirations and goals are necessary for attaining success in all of life situations, not just those "in-season" or in the contest area. Following the guidelines set forth in this handbook will aid in the development of individuals who contribute positively to society by building the desirable qualities of a good citizen stated below.

- A. Leadership:** To develop the ability to be a positive leader in life and be willing to set examples for others to follow.
- B. Self-discipline:** To sacrifice time and energy to develop a strong mind and body.
- C. Team Unity:** To accept and develop the philosophy that to be a positive force in society one must learn to work and share with others.
- D. Sportsmanship:** To display only the best in attitude, desire, acceptance of authority decisions, and to display self-control in the areas of competitive activities.

It is a *privilege* to participate in interscholastic activities. Lessons can be learned that cannot be taught in the classroom, and positive attitudes can be developed that will be carried throughout life.

POLICIES AND REGULATIONS OF THE CISSNA PARK INTERSCHOLASTIC ACTIVITIES DEPARTMENTS

The policies and regulations set forth in this handbook will govern all students (and/or participants) at Cissna Park Jr. and Sr. High Schools who compete in interscholastic activities. Infractions of the rules will be dealt with by the Activities Board, which consists of the athletic director, principal, sponsors, and coaches. This board will see that the proper penalty is assessed for any violation.

I. ORGANIZATION OF COMPETITIVE GROUP ACTIVITIES

- A. It shall be the practice at the Junior High and Freshman-Sophomore levels to cut no one from a roster who wishes to participate and follow the policies of this handbook. However, the coach or sponsor has the sole determination in who may dress/play/compete at any particular time. The coaches or sponsors at these levels shall have a major responsibility to continually encourage students to participate.
- B. At the varsity level, the head coach or sponsor of each activity will determine the number of participants who will comprise the varsity unit.

II. CONDUCT OF PARTICIPANTS

The Board of Education, administration, and faculty of Cissna Park Unit School District #6 believes very strongly that interscholastic participants represent their community, school, family, and themselves to other people. Therefore, those participants must represent the highest moral, emotional, and physical values set forth by the school district and adhere to the following rules.

- A. Varsity athletes (high school and junior high) will be expected to attend their own preliminary games. Coaches or sponsors may choose to rescind this rule at times. Coaches or sponsors will determine their own policy for attendance at sub-level (freshman, 5th, 6th, etc.) games.
- B. All junior varsity athletes (high school and junior high) will be expected to attend their own varsity contests at home and on the road unless they go home with their parents after a preliminary game. Coaches or sponsors may choose to rescind this rule at times.
- C. All participants will be expected to dress properly (guidelines to be set by coach/sponsor) when traveling to competition. A member of an activity roster who is attending, but not participating in an event, shall follow the same guidelines.
- D. All participants will be expected to show good sportsmanship at all times.
- E. Students receiving detentions from teachers will serve the detentions on the Tuesday or Thursday following the infraction. Coaches are to be informed of the detention by the student before the student reports to the detention room. Detention takes precedence over any after-school activity. Repeated detentions will result in disciplinary action by the coach or sponsor.
- F. Any student receiving an in-school suspension will serve the penalty on the day/days following the time he or she is determined to be guilty of the particular infraction. That student is ineligible to participate or attend any games at any level until the day after the suspension is over. They may practice at the discretion of each coach.

- G. Any student receiving an out-of-school suspension will serve the penalty on the day/days following the time he or she is determined to be guilty of the particular infraction. That student is ineligible to participate, practice, or attend any games at any level until the day after the suspension is over.

III. PRACTICE SESSIONS

- A. Practice times will be provided in advance and the participants are expected to be dressed and ready to participate at the proper time.
- B. If a participant must miss practice, he or she or a parent must inform, in person, the coach or sponsor prior to the practice he or she will miss. An excused absence from school does not necessitate a call to the coach or sponsor.
- C. Coaches and sponsors will not tolerate any profane language during practice sessions or during competition.
- D. No horseplay (which will be described by the coach) will be allowed in the practice area and the dressing rooms.
- E. Coaches and sponsors have the prerogative of opening or closing the practice area to parents and/or observers.
- F. Violations of practice rules will be dealt with fairly by each coach or sponsor. Repeat violations will be considered to be serious.

IV. ACADEMIC ELIGIBILITY

- A. The IHSA and IESA require academic eligibility to be determined on a weekly basis in both the junior high and senior high. If a student is ineligible, he or she will begin the period of ineligibility the first Monday/school day of the following week. The period of ineligibility will continue from that day until all activities have concluded the following Sunday.
 - 1. To encourage the full use of the high school curriculum, high school participants will be allowed to play with one F if they are passing a minimum of four academic subjects. However, cumulative weekly checks for the entire semester will be made and the students must improve their grade every week in order to maintain their eligibility. Students that are ineligible for more than three weeks will be dealt with on an individual basis. A list of ineligible students will be supplied to the principal, who will have the sole power to evaluate the provisions of this section.
 - 2. All junior high participants must be passing all classes in order to be eligible as stated above.
- B. If any participant (high school or junior high) is academically ineligible, he or she may practice. In lieu of practice, a coach/sponsor may allow an ineligible student to meet with a teacher or tutor, or use practice time for studying purposes.
- C. A high school participant's semester grades will determine his/her eligibility for the entire semester that follows. A participant with 2 F's or who does not pass four academic subjects is ineligible to play or practice for the entire semester that follows. This applies from first semester to second, and also from second semester to first the following school term.

- D. Teachers must have a minimum of 3 grades recorded in grade book for a new term before identifying status of ineligibility for any student.
- E. Athletes who are ineligible may not attend a team contest in team uniform, but may be required to set on the bench by the coach.
- F. Participants must be in school at least a half day on the day of a competition to be eligible that day/evening. These absences, however, must be excused. A half-day is defined as any 4 periods, before lunch, or for high school students, the 3 periods after lunch. The principal will rule on exceptional cases such as funerals, accidents, etc. Excused absences on Fridays have no bearing on Saturday competitions. Unexcused absences on Fridays will result in ineligibility on Saturday.
- G. If a participant must miss a class due to an activity during the school day, he or she must hand in previously assigned work to the teacher before departure for the activity. Repeated abuses of this section could result in detention or suspension.
- H. High school participants become ineligible on their twentieth birthday. If the twentieth birthday occurs during a sport season, the athlete is ineligible at the beginning of that season. The corresponding dates for seven grade and eighth grade athletic ineligibility are 15 and 16 respectively.
- I. To retain eligibility, all athletic participants (players) must have a current physical examination form from within the past year on file in the school office (6th graders and freshmen) or the athletic director's office (5th, 7th, and 8th graders, and sophomores, juniors, and seniors). These files must be maintained yearly. Physicals lose validity one year from date of occurrence.
- J. To retain eligibility, all athletic participants must purchase school insurance or file a signed insurance waiver with the athletic director. These files must be maintained yearly.
- K. The signed portion at the bottom of the cover of this handbook must be in school files for all interscholastic participants. These files must be maintained yearly.

V. TRAINING RULES

It is the purpose of the Cissna Park Community Unit School District #6 to promote a healthy mind and body in each athlete, thereby creating a measure of self-discipline within each participant. Therefore, the following training rules have been established.

- A. Athletes, participants, and cheerleaders will not be allowed the use or possession of alcohol, tobacco, vaping, or controlled substances in any form.
- B. Any participant who is found stealing and expelled from school will be in violation of moral standards unbecoming to a representative of the school.
- C. Any participant found in violation of training rules A. or B. will receive the following suspensions:
 - 1st offense in any school term beginning June 1: Suspension that includes at least one-third of all contests.

2nd offense in the same school term as the 1st offense: 1 Calendar-year Suspension from all athletic activities.

3rd offense at any time: Suspension from all activities for the remainder of their career.

- D. If an offense occurs near or after the end of a student's season or after the end of the school term, the suspension will carry over into the next school year. Violators must attend practices in the sport season in which any suspension ends. Students on athletic suspension may not attend special team functions, such as visits to state tournaments, but may attend the athletic banquet.
- E. If an athlete does not complete a sports season, any suspension served during that season shall be null and void. The entire suspension must be served again in the next sports season.
- F. All participants are expected to be at their home or with their parents every evening by curfew time as set by law. Violators will be given a 1-event suspension.
- G. Only those reports of violations by Board of Education, administration, faculty, law enforcement personnel, or a violator's parent and violator themselves will be accepted as valid.

VI. ATHLETIC PARTICIPATION AWARDS

An athlete's awards system has been established in order to reward the many hours sacrificed by our athletes.

- A. Participants must serve the duration of a season in order to receive any post-season award including letter, certificates, pins, trophies, or plaques. Participants must be eligible academically and in good standing with respect to training rules at the end of the season in order to receive any post-season award. This includes players, cheerleaders, managers, trainers, and statisticians. Individual circumstances may be arranged, with the consent of the principal, A.D. and coach.
- B. Junior high seventh grade teams (and sub-levels) – All participants will receive a certificate of participation. Seventh grade track team members may letter (see track section).
- C. Junior high eighth grade teams –A participant will receive a blue letter "C" the first time that they letter in any sport. An eighth grader will letter if he/she remains on the team in good standing for the duration of the season. Every time that a participant letters in any sport (including the first one), he/she will receive a sport insert to pin on the letter.
- D. High School Junior Varsity – All first-year participants will receive a set of numerals indicating the year they will graduate. All second-year, or sophomore participants will receive the Timberwolves emblem.
- E. High School Varsity – A participant will receive a large varsity navy blue letter "C" the first time that they letter in any sport. A senior who participates in a sport for four years will letter if he/she remains on the team in good standing for the duration of the season. Every time that a participant letters in any sport (including the first one), he/she will receive a sport insert to pin on the letter.

- F. Junior high and high school baseball – A letter will be awarded to players who play an average of 2 innings (junior high) or 3 varsity innings (senior high) per game.
- G. Junior high and high school basketball – A letter will be awarded to players who play an average of 2 eighth grade team quarters (junior high) or 2 varsity team quarters (high school) per game.
- H. Junior high and high school volleyball — A letter will be awarded to players who play in half of the eighth grade matches (junior high) or half of the varsity matches (high school).
- I. Junior high track – A letter will be awarded to any 8th grade team or 7th grade team athlete who scores 15 or more points during the season. Any athlete who fails to score 15 points, but scores in a major meet (conference, county, regional, or state) in 8th or 7th grade competitions will also letter.
- J. Any coach may award a letter to any athlete who fails to meet the criteria above. Such situations might be ones due to injury, exemplary conduct, major contributions late in season from a young varsity player, major portions of a season lost to weather problems, etc.
- K. Junior High and High School Awards Banquets will be announced at the conclusion of the particular sports season.
- L. All varsity letter-winners in volleyball or basketball will be entitled to attend one in-school state tournament competition per year paid for by the athletic department. For girls, this would necessitate that they pay their own way to the basketball tournament if they attended the volleyball tournament. Students must remain in good standing in order to attend.

VII. ATHLETIC SPECIAL AWARDS

A. Junior High baseball (boys)

1. Batting champion -- determined by a minimum average of two plate appearances per eighth grade game played, and a minimum of 15 plate appearances for the season.
2. Two other awards given at any level at the discretion of the coach.

B. Junior High basketball (boys and girls)

1. Best free throw percentage -- determined by shooting a minimum of 20 free throws in eighth grade games. Winners will also have names engraved on plaques in the trophy case.
2. Two other awards given at any level at the discretion of the coaches.

C. Junior High volleyball (girls)

1. Most dedicated player -- determined by the coach and based upon effort, character, athleticism, leadership, and commitment to excellence.
2. Two other awards given at any level at discretion of the coach.

D. Junior High track (boys and girls)

1. Most valuable 8th grade team athletes – determined by most season points in eighth grade major events (invitationals, conference, county, regional, state) – Awarded to a male and a female athlete.
2. Most valuable 7th grade team athletes – determined by most season points in eighth grade major events (invitationals, conference, county, regional, state) – Awarded to a male and a female athlete.
3. One other male and female athlete award at discretion of coaches.

E. High School baseball (boys)

1. Head coach will present 5 to 7 awards, type and determination solely at his discretion.
2. Most awards will be given at the varsity level, but it is the prerogative of the coach to award JV players with some awards.

F. High School basketball (boys and girls)

1. Head coach will present 5 to 7 awards, type and determination solely at his discretion.
2. Most awards will be given at the varsity level, but it is the prerogative of the coach to award JV players with some awards.

G. High School volleyball (girls)

1. Head coach will present 5 to 7 awards, type and determination solely at his discretion.
2. Most awards will be given at the varsity level, but it is the prerogative of the coach to award JV players with some awards.

H. High School golf (boys and girls)

1. Most valuable golfer -- determined by lowest stroke average in varsity meets -- awarded to a male and a female athlete.
2. Two other male and female awards presented at any level at the discretion of the coach.

I. All of the special awards (A. through H.) will be presented as plaques given at junior high and senior high athletic ceremonies for that sport.

J. Any athlete suspended from athletics for violation of training rules during the school term beginning June 1st will be **ineligible** for any special award for that entire term. This includes statistical awards.

K. Senior athletes, cheerleaders, managers, trainers, and statisticians who letter will be given a plaque denoting their varsity careers at the honor's day ceremonies at the end of the school term.

L. Dale Hari Memorial Trophy

Dale Hari, while a student and a resident of Cissna Park, was a young gentleman who possessed not only outstanding athletic ability, but also the moral and ethical characteristics that we in the teaching and coaching fields can use as an example for the rest of the students and athletes to follow.

QUALIFICATIONS

1. Mental attitude toward athletics
2. Sportsmanship
3. Scholarship
4. Moral and ethical character
5. Attitude towards school and community
6. Leadership ability
7. Earns a varsity letter in at least two different sports during his/her career not to include cheerleading

PROVISIONS

1. This award goes to the most outstanding senior athlete at Cissna Park High School. All sports are to be taken into consideration when selecting a recipient for the honor.
2. This award is to be voted on by the letter-winners and the coaching staff of Cissna Park High School.
3. This award is to be given away during Honor's Day ceremonies at the end of the school term. Winner's name will be engraved on a plaque on permanent display in the trophy case. Winner will also receive a personal plaque.
4. The Dale Hari Memorial Trophy is considered to be the highest award that the Athletic Department gives.



© BestVector - www.CleanOf.com/216388