

# **MILPITAS HIGH SCHOOL ATHLETIC REQUIREMENTS & CODE OF CONDUCT FOR ATHLETIC PARTICIPATION**



REQUIREMENTS FOR ATHLETIC PARTICIPATION:  
ACADEMICS, ATTENDANCE, BEHAVIOUR, EQUIPMENT, INSURANCE, PHYSICALS, RESIDENCE,  
TRANSPORTATION, WAIVERS AND NON-USE OF ALCOHOL, DRUG, STERIODS, AND TOBACCO

## **PHILOSOPHY**

School sponsored athletic competitions mean more than competition between individuals representing different schools. They are, rather, a means of learning a way of life, which exemplifies the philosophy that hard work, drive, and determination bring eventual success. Good sportsmanship, both as a winner and a loser, and the concept of self-discipline and self-esteem are inherent parts of any student's participation. Athletic competition is a part of the total educational program and as such contributes to the development of desirable learning habits and outcomes in knowledge, skills, and emotional patterns. Athletic competition is an integral part of school life. When carefully planned and operated, it:

- A. Extends and reinforces the instructional program
- B. Gives students practice in democratic self-government
- C. Builds student morale and promote positive support for the school
- D. Provides wholesome social and recreational activities
- E. Contributes to the enhancement of all segments of a multi-cultural student body

## **REQUIREMENTS TO PARTICIPATE ON A MILPITAS HIGH SCHOOL ATHLETIC TEAM**

### **PRIOR TO PARTICIPATION ATHLETES and PARENTS MUST SIGN ATHLETIC FORMS**

Prior to participating both the athlete and the parent must sign all required sections of the Milpitas H.S. Athletic Waiver Form, including the section referring to the Milpitas H.S. Athletic Department Code of Conduct. The parent and athlete must also sign the Alcohol, Drugs, Steroids, and Tobacco Non-Use contract, the CIF "Pursuing Victory With Honor" contracts, the Transportation Fee contract and the media release form. Parents must sign the Parent/Guardian Code of Ethical Conduct & Expectations contract.

Prior to participating in an athletic contest the athlete and a parent must attend at least one mandatory parent-athlete each school year.

We also understand that the Milpitas High School, the Milpitas Unified School District, the Milpitas High School Athletic Department, and the coach's policies regarding behavior, and the use of alcohol, illegal drugs, steroids, and tobacco, will be enforced for any violation of these rules.  
(Please refer to MUSD, the MHS, the MHS Athletic Code of Conduct, and the Coach's policies for these penalties.)

We recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. Fraudulent information may lead the athlete to be declared ineligible, by the CIF CCS, from high school athletic competition, for up to 2 years.

### **ACADEMIC ELIGIBILITY REQUIREMENTS**

To be eligible to participate in athletics, a student must pass four or more classes and maintain a minimum of a 2.0 grade point average for all classes. Eligibility will be determined at the end of each six-week grading period. After the start of the school year, the effective date of eligibility will be the Monday following the submission of grades by teachers.

Eligibility is determined when a student begins participation and continues until there is a break in participation. Once an athlete resumes participation, eligibility is again determined.

Grades received in summer school may be used to recalculate eligibility for the beginning of the following fall semester. How course are used for eligibility are determined by the courses taken.

## ALCOHOL / ILLEGAL DRUGS / STERIODS / TOBACCO NON-USE

(Prior to participation the parent and athlete must also sign the Alcohol, Drugs, Steroids, and Tobacco Non-Use contract)

It is the intent of the Board of Trustees of the Milpitas Unified School District to keep the schools of this district free from narcotics, hallucinogenic drugs, steroids, tobacco, and intoxicants, as well as from the harmful effects that such substances may have on the lives of the students attending Milpitas High School.

### Alcohol/Drug Use Affecting Participation in Competitive or Performing School Activities

- A. Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only after the body and mind have been conditioned through a regular training program.

Alcohol and other drug use have a detrimental influence on performance. Intoxication prior to practice, rehearsal, or a game, or intoxication leading to a hangover and the associated discomforts will influence performance.

The more subtle impacts of use may be manifest in late arrival or missed practice due to previous use, or inability to concentrate due to physical discomfort or fatigue.

Perhaps more subtle negative consequences of use are demonstrated in attitudinal changes of the regularly using athlete or performer. Coaches, directors, and advisors have noted a decrease in commitment to team or individual performance among students who are increasing their commitment to chemical use. As some adolescents develop a regular pattern of frequent use, they may shift their interest and attention away from other aspects of their lives. It is clear that a divided commitment to athletics and chemical use can reduce the student's capacity to perform and improve.

A negative attitude toward the activity, coach, director, or teammates may also be detrimental to the success of the student and his/her team or group. The impact of this tension may be seen in overt ways, such as arguments and excessive physical contacts, or more subtle ways such as non-support or reluctance to work together.

- B. Students in these activities are representatives of the school and school district, role models for other students, and are expected to lead and give positive examples.
- C. Prior to participating in athletics, the student and parent will sign the Milpitas High School Athletics Alcohol / Drugs / Steroids / Tobacco Non-Use Contract. They agree that the athlete will not to use, possess, or be under the influence of controlled substances (as defined in Section 110070 of the Health and Safety Code), alcoholic beverages, intoxicants of any kind, androgenic/anabolic steroids (CIF Bylaw 524), and tobacco, without the written prescription of a fully licensed physician (as recognized by the American Medical Association) to treat a medical condition. The policy is in effect at all times from the start of fall sports practices through the entire school year. This includes in season or off-season, evenings, weekends, and holidays, and on or off school campuses,
- D. The following are the minimum penalties for violating the Milpitas H.S. Alcohol, Drugs, Steroids, and Tobacco Contract. The school, the athletic department, or the coach may choose more severe penalties, including immediate removal from the team.

First violation:

- Administrator /parent conference
- Minimum of 25% ineligibility from athletics contests (practices may continue)  
(i.e. 10 game season ineligible for 3 contests, 24 game seasons ineligible for 6 contests)
- Mandatory attendance at appropriate intervention program
- Law Enforcement Agency informed as appropriate

(First violation for use or possession of tobacco will be a 2 contests suspension. Subsequent violations of the Alcohol, Drugs, Steroids, and Tobacco Non-Use contract, will follow the policies for second or subsequent violations)

## ALCOHOL / ILLEGAL DRUGS / STERIODS / TOBACCO NON-USE CONTINUED

### Second violation:

Administrator /parent conference  
Minimum of 50% ineligibility from athletics contests (practices may not continue)  
Counseling program to be determined at administrative conference  
Law Enforcement Agency informed as appropriate

### Third and subsequent violations:

Administrator /parent conference  
Indefinite ineligibility - Minimum of 75% ineligibility from athletics contests and practice.  
Proof of completion of drug dependency program through non-school agency  
Law Enforcement Agency informed as appropriate

*Note: Students who self-refer at any time will be referred to Student Assistance Program and will keep their eligibility.*

- E. If a student does not comply with this policy, he/she will automatically lose eligibility, the privilege to participate in contests, until an appropriate intervention is completed. Parents will still be notified at this point.
- F. Rumors must be confronted; however, they cannot be a basis for restricting student participation unless the substantiated. Rumors must be confronted and discussed with students by coaches.

## ATTENDANCE

The expectation of the Athletic Department is for all players to attend all classes regularly on the day of the activity, practice, or competition. In order to participate on an athletic team in practice or in a contest, the student must be in attendance at school for a minimum of 4 periods. Any missed periods must be excused prior to an athlete being allowed to participate in practice or an athletic contest on that day.

The athletic director, the assistant director, or the principal to waive this policy, may review special circumstance. This must take place prior to the start of practice or the athletic contest for that day. Coaches at no time may waive this policy.

Any athlete who did not attend a minimum of 4 periods and has any unclear absence and/or cuts for one or more classes is ineligible from participating in athletics for that day whether it is practice or an athletic contest.

1. Any athlete who is found to have participated in practice on a day where they did not attend a minimum of 4 periods and/or have any unclear absences or cuts will be suspended for a minimum of 1 contest.
2. Any athlete who is found to have participated in an athletic contest on a day where they did not attend a minimum of 4 periods and/or have any unclear absences or cuts will be suspended for a minimum of 2 athletic contests.
3. Any parent or player who knowingly attempts or succeeds in falsely clearing and absence will result in the player being suspended from the team for a minimum of double the penalty that would have been imposed or removal.
4. Succeeding violations of the attendance policy can result in doubling the penalties and/or removal from the team.

Enforcement of these penalties for violations of the athletic attendance policy is the responsibility of all school personnel, including but not exclusive to the coaches, the athletic director, the assistant athletic director, the principal, associate principals, and attendance staff.

***Any coach who knowingly does not enforce the athletic attendance policy may lead to their dismissal. Under no circumstances should the coach be asked to waive this rule.***

## CODE OF CONDUCT

The student, parent, and/or guardian must read the Code of Conduct and sign in the appropriate space on the Athletic Waiver Card. This form should be kept at home. Participation on an athletic team implies agreement to follow all rules associated with the school, the athletic department and the athletic team.

## INSURANCE

Prior to participation, California law (Education Code Section 32220-24) requires every member of a co-curricular activity to have accidental bodily injury insurance providing the state minimum of scheduled medical and hospital benefits. Any student injury must be reported to the coach/advisor before leaving place of contest or practice so proper report forms may be filled out. All medical, hospital, ambulance or other bills shall be charged to the parents or guardians and shall be considered the bill of such parents or guardians.

## PARENT-ATHLETE MEETING MANDATORY EACH SCHOOL YEAR

A parent and the athlete must attend a parent-athlete meeting each school year prior to participating in any athletic contest. An athlete will be allowed to tryout or practice prior to attending the meeting but will not be allowed to participate in any scrimmage, match, or game until a meeting is attended.

## PERMISSION TO PARTICIPATE

The parent and athlete must submit a signed permission and waiver card before starting participation. Participating on a MHS athletic team does not guarantee playing time. There is no minimum playing time.

## PHYSICAL EXAMS

An annual physical examination, by a medical practitioner using the MHS form, certifying that the student is physically fit to participate in athletics is required, prior to a student attending try outs, practices, or participating in interscholastic athletics. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parents' Refusal to Consent.

## TRANSPORTATION and TRANSPORTATION FEE

Students must use district transportation when provided. Alternative transportation is limited to special waivers and must be cleared prior to alternative transportation being used. All athletes, per player per sport, must pay a transportation fee to help offset the school's transportation budget. This is due once the athlete has made the team and prior to the first competition including scrimmages. The MUSD School Board will establish transportation fees annually.

Athletes may not transport themselves to away athletic contests, unless they are over the age of 18 and have completed all of the MUSD requirements to operate a vehicle during school functions. At no time may an athlete transport another student to an away athletic contest.

Parents who will transport their son or daughter from an away athletic contest must sign the bus log each and every time this occurs. Failure to do so will result in disciplinary action against the athlete.

**Taking an athlete to any away event requires clearance through the athletic office prior to the contest.**

## **CIF / CCS RESIDENTIAL ELIGIBILITY and ATHLETIC ELIGIBILITY REQUIREMENTS**

**All athletes must meet residential eligibility and athletic eligibility requirements of the MUSD, the CIF, and the CCS. ANY STUDENT, WHO TRANSFERS FROM ANOTHER HIGH SCHOOL TO MILPITAS HIGH SCHOOL, MUST COMPLETE CIF / CCS PAPERWORK AND BE CLEARED BY THE CCS IN ORDER TO PARTICIPATE IN ATHLETIC CONTESTS. (SEE MHS ATHLETIC DIRECTOR FOR THE CORRECT FORM)**

Falsification of an address in order to attend Milpitas H.S. not only violates MUSD requirements but also violates the CIF and CCS fraud by-laws if the student participates in athletics. Violation of this rule upon discovery will result in the athlete being deemed ineligible from high school athletics for up to 2 years. The team will forfeit all contests participated in by the athlete if any school personal knows of the falsification.

## **REQUIRED BEHAVIOR OF ATHLETES**

The conduct of the athlete is closely observed in many areas of his/her life. Since the athlete is representative of the school, behavior must be above reproach. The athlete must see him/herself as a leader with certain obligations and responsibilities.

### In the classroom, the athlete must:

- A. Meet the academic, behavior, and attendance standards of the school
- B. Show respect for teachers and fellow students
- C. Make arrangements for all assignments missed due to a contest

### On campus, the athlete must:

- A. Set a good example for others to follow
- B. Work for the improvement of the school
- C. Show respect of personal and school property

### At a competition, the athlete must:

- A. Respect the rules and decisions of the officials and judges
- B. Be modest in victory and gracious in defeat
- C. Control temper at all times
- D. Know that profanity and illegal tactics are signs of poor sportsmanship
- E. Show respect for all participants and their equipment

### On trips, the athlete must:

- A. Behave appropriately as a representative of the team, the school, and the community
- B. Be responsible for all equipment
- C. Respect the regulations as well as the property of the host campus

### In the locker room:

- A. At no time are athletes to be in the locker room unsupervised.
- B. **Any athlete caught stealing or in the possession of items stolen from the Milpitas High School locker room or the locker room of an opposing school, will be immediately ineligible from participating in athletics for a minimum of 1 year from the date the athlete is first suspended from the athletic team.**

**Violations of any of the above rules can lead to suspension from practice(s) or athletic contest(s) and/or dismissal from an athletic team, by the coach, athletic director, assistant athletic director or school administrator.**

## **APPEALS**

- A. Any athlete wishing to appeal his or her removal from a team or suspension from a team must submit a written request to the Athletic Director to consider extenuating circumstances not known at the time of the suspension. The Athletic Director will determine if the extenuating circumstances should be considered.
- B. If the Athletic Director determines that no extenuating circumstances exist the removal or suspension will stand. If the Athletic Director deems extenuating circumstances exist he/she will call a meeting of the MHS Athletic Behavior Committee.
- C. If the Athletic Director denies the appeal, the athlete and the parent may appeal, in writing, to the Milpitas H.S. principal, who may choose to call a meeting of the MHS Athletic Behavior Committee.
- D. The MHS Athletic Behavior Committee will be comprised of a MHS school administrator, the MHS Athletic Director, and three MHS coaches not affiliated with the athlete's sport(s).
- E. A parent, the athlete, and the athlete's head coaches must be in attendance.
- F. This meeting will convene at the convenience of all parties involved. The athlete will remain ineligible until the appeals hearing is convened.

## **MILPITAS HIGH SCHOOL SOCIAL PROBATION**

Milpitas High School has established a Student Discipline Tracking System. Each offense is assigned a point value. Points will be recorded and tracked on the school computer system. If a student reaches 15 points an administrator will refer the case to the MHS Administration Team. Consequences of such actions can be one or more of the following. (1=least serious offense, 5 =most serious offense, Ex= expulsion)

1) Student brought before the administrative team. 2) Student referred to SAP team. 3) Student placed on contract. 4) Student recommended for expulsion. 5) Social Probation. (See attached sheet)

A student will be placed on social probation for reaching **10 points** on the attached Milpitas H.S. Discipline Tracking System or for **any act with a point value of 3 or more**. Social probation will last for 6 weeks in length. Social Probation will result in the loss of all extra curricular activities. i.e. participation at dances and attendance as a spectator at athletic events. In addition, athletes will be **suspended a minimum of 2 consecutive athletic contests**. Additional consequences may be applied under the MHS Athletic COC.

## **ADDITIONAL THINGS YOU SHOULD KNOW**

### ATTENDANCE AT CONTESTS AND PRACTICES

Our coaches are expected to hold practice on all weekdays except on days of contests. Contests and practices may take place on Saturdays. All athletes are expected to attend all contests and practices. The athlete should be on time and ready to participate each day they are required to be in attendance.

### EQUIPMENT

Students are responsible for all issued school equipment. Students are expected to keep the equipment clean and in its best possible condition. Any loss due to student neglect, including items that are stolen, will be his/her financial obligation. Students will not be allowed to try out, practice, or participate on any other athletic team until equipment is returned or reimbursed.

### PARTICIPATION ON OUTSIDE ATHLETIC TEAM

Athletes who are a member of any Milpitas High School team, per CIF by-laws, may not participate on an outside team in the same sport during the high school season that has 50% or more players as the high school team. (i.e. May not be on the MHS basketball team and play on an outside basketball team during the high school basketball season that has 3 or more players. They could play on a 2 on 2-basketball team.) Playing in any type of an organized contest (game, scrimmage, or tryout that includes scrimmaging) with any outside team during the sport season will result in the following.

1. The athlete will be ineligible from participating on the high school team for twice as many contests as played with an outside team. (i.e. the athlete plays in a game and a scrimmage with an outside team would constitute 2 contests, they would then be ineligible for 4 contests with the MHS team.
2. Any contest played on the high school team after having participated on an outside team will result in the high school team forfeiting all contests until the infraction has been detected and the athlete suspended. (i.e. Playing in a game on a Sunday recreational team and then playing in 6 contests for Milpitas High School would result in Milpitas High School forfeiting all 6 contests.

An athlete in an individual sport may participate in outside contests in the same sport but may not participate for another team. They must compete unattached, representing neither Milpitas H.S. nor another team, or wear the uniform of any team.

### PLAYING ON OUTSIDE TEAMS

There are no CIF or CCS rules prohibiting an athlete from participating on an outside team in different sport concurrently with a high school season in another sport. (i.e. an athlete may be on the Milpitas High School volleyball team and be playing on an outside soccer team at the same time) The high school team must take precedence over the outside team. Missed contests or practice to participate on the outside team could result in removal from the high school team.

## PLAYING MULTIPLE SPORTS

Athletes are encouraged to participate on as many MHS sports teams as they qualify. No coach may tell or coerce an athlete to not play on another MHS sports team. This is a violation of the MHS coaching contract and could result in the removal of the coach.

Athletes coming from one sports season to another (fall to winter or winter to spring) may not be required or coerced to attend tryouts or practices until the Monday following the conclusion of the previous sports season. The exception to this rule is for athletes whose teams or as an individual have advance to the CCS playoffs or beyond. These athletes will be given a minimum of one day off before being required to attend the next sport.

All athletes coming from one sports season to another will be given 5 days of tryouts from the time they can be required to attend practice.

## PRACTICES AND CONDITIONING PROGRAMS OUT OF SEASON

Off-season practices may not be required as condition of participation on a MHS team. The exception to this would be spring football practice, which can be made a requirement to participate in the following football season.

A practice according to the SCVAL by-laws is any activity that is mandatory, the coach or assistant coach is present, and it takes place on the field of play for that sport.

An off-season conditioning program may be required if the athlete is not a member of another MHS athletic team. Weight lifting is an example of an acceptable activity.

## QUITTING /or REMOVAL FROM A MHS ATHLETIC TEAM

All MHS sports will provide a minimum 5 days of tryouts. This tryout period will begin on the start date for each sport season unless otherwise noted by the coach. Athletes need to be cleared and ready to participate on the designated start date. Failure to be ready to participate on the designated start date does not extend the tryout period.

At any time during the 5 days tryout period or extended tryout period set by the coach, the student may chose not to continue to participate in that sport. After 5 days in sports that do not have cuts or at the end of the tryout period in sports that have cuts, the athlete will be considered to have made the commitment to be a member of that particular athletic team.

Once an athlete has been selected to be a member of one of Milpitas High School's athletic teams, the athlete and the athlete's parents are expected to fulfill their commitment through the end of that sports season. The athlete is expected to follow all rules of the school, the athletic department, and the athletic team. Quitting a team or being removed from a team for not fulfilling all requirements to be on the team will result in the following consequences.

1. The athlete is ineligible to go out for another athletic team at Milpitas High School until the end of the current sports season. (i.e. May not go out for basketball until the end of the football season)
2. The athlete becomes ineligible for that school year, to be considered for any of the end of the year athletic awards presented at the annual Leo B. Murphy athletic awards.
3. The athlete is removed from consideration for the Leo B. Murphy Award presented at the end of the athlete's senior season.
4. Special circumstances will be taken into consideration. Unhappy with the coach or playing time is not a special circumstance.

## SUNDAY CONTACT DURING THE SEASON IS PROHIBITED

CIF by-laws prohibit coaches from having contact with their players on Sundays during their season of sport. This includes such activities as practices, conditioning, watching film and team or individuals dinners.

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