

The South Carolina Independent School Association 2022-23 Agreement for Participation

1. Statement of Philosophy

The primary purpose of school is education. The participation in athletics is a privilege for those students who are eligible according to rules and policies of The South Carolina Independent School Association.

2. Summary of The Code of Conduct:

All fans, spectators, coaches, and student-athletes are encouraged to enthusiastically support his/her school and team. We all must realize that the athletic arena is an extension of the classroom. Valuable lessons other than winning and losing are taught. The safety and well-being of students, coaches, and officials is of utmost importance to us all. Athletic events shall be conducted in accordance with the policies, rules, and regulations of the South Carolina Independent School Association. Participants, coaches, and spectators shall at all times conduct themselves in a reasonable and sportsmanlike manner.

A participant, coach or fan will be in violation of the Code of Conduct upon any one or more of the following actions:

- By making any degrading remark about any fan, official, coach, or athlete during or after a game, either on or off the field/floor of play. School officials, coaches and players shall not criticize other schools, coaches, players or officials in the media or on social media.
- By arguing with an official or going through motions indicating dislike or disdain for a decision.
- By using any foul, abusive, inappropriate, or profane language at any time.
- By entering the playing area or field to protest, question, or object to a call or play.
- By hitting, shoving, grabbing or striking any official, coach, athlete or fan at any time (or attempting to do so).
- By being ejected/removed from any contest.
- By detaining an official following the contest to request a ruling or explanation. By following/chasing after the official after a game to express your displeasure or opinion with a call or result of a play or game.
- By the use or display of alcohol, tobacco or an unauthorized drug.

Violations of the Code of Conduct could result in a school, player or fan being fined, suspended or placed on probation. The school shall be notified of the action taken by SCISA and will be responsible for the enforcement of the action.

3. Warning of Inherent Risk/Dangers of Athletic Participation

Participation in athletics includes the risk of injury which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised programs, it is impossible to eliminate the risk. Participants can and do have a responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems, follow guidelines for safe play and inspect his/her own equipment and report any problems.

We understand that Participation in athletics and by attending public events (such as sporting events) includes possible exposure to an illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19.

4. Guardianship:

A student must reside with his/her parent(s) to be eligible for athletic participation. Refer to the SCISA Blue Book for the complete guardianship requirements.

5. Summary of Student Eligibility Rules

Eight Semester Rule: A student has Eight (8) Consecutive Semesters of eligibility from the time he/she first enters the ninth (9th) grade.

Academic Requirements:

- A student in grades 9-12 must take and pass at least four (4), one unit CORE courses or any five (5), one unit courses each grading period/semester. Students below the 9th grade must pass four (4) subjects each grading period/semester. A senior who has met or is meeting all requirements for graduation must pass four (4), one credit courses each marking period/semester. Note: a student must have earned at least four (4) core units or any five (5) units of credit to be declared eligible at the start of a school year. Also, credits or courses taken by the "Home School" method during the school year are not eligible for athletic eligibility determination.
- Any student who did not receive credit for at least 50% (one-half) of all courses taken the previous school year cannot be declared eligible for athletic participation until the successful completion of the first semester.
- A student who is academically ineligible to participate is also prohibited from practicing with the team until the time he/she is academically eligible to participate.

Grade Level Requirements/Restrictions:

Varsity Teams: Eligible students in grades 8-12 may participate on varsity teams in baseball, basketball, soccer, football, lacrosse and softball. Eligible students in grades 6-12 may participate on all other varsity teams. Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any varsity team. Specialty sport programs may have additional restrictions.

Junior Varsity Teams: Sport specific grade restrictions exists for junior varsity teams. Eligible students in grades 5-10 may participate on junior varsity teams in track, cross country, swimming, volleyball, golf, and tennis. Eligible students in grades 6-10 may participate on junior varsity teams in basketball, baseball, softball, soccer, and wrestling.

Junior Varsity Football: Eligible students in grades 6-9 may participate in junior varsity football. (*Agreement Exception) Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any junior varsity team.

Grade Level Requirements/Restrictions:

- B-Teams: Eligible students in the 5th-8th grades may participate on B-Teams in all sports except football.
- B-Team Football: Eligible students in the 5th-7th grades may participate on B-Team football.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 6th grade before permitting participation on any B-Team.

Age Requirements/Restrictions: *Note: There are no exceptions to the age standards.*

- A student is **INELIGIBLE** to participate in athletics if his/her 19th birthday is before July 1, 2022.
- **Junior Varsity:** In order to participate in junior varsity athletics a student must not have reached his/her sixteenth (16th) birthday before July 1, 2022.
- **B-Team:** In order to participate in B-Team athletics a student must not have reached his/her fifteenth (15th) birthday before July 1, 2022. **Exception:** B-Team Football: In order to participate in B-Team football, a student must not have reached his/her fourteenth (14th) birthday before July 1, 2022.

Transfer Rules:

Member School-to-Member School Transfer.

Sixty (60) Day Rule: A student who transfers after either having: **A.** attended one class during the school year or **B.** practices with team on or after the first official practice date must wait sixty (60) days to become eligible to participate (game or scrimmage).
Note: This may be waived for a bono fide change in residence.

Non-Member School-to-Member School Transfer.

A student who transfers from a non-member school, if approved, must participate in ten (10) days of practice before he/she is allowed to participate in a game.

Transfer Procedure

- The student shall file a completed Transfer Form, including a statement detailing the reason for the transfer.

Deadlines for Non-member-to-Member Transfers:

Fall Sports: Enrolled and attending classes by September 14th - Winter Sports: January 9th (or the ends of the student's 1st semester)

All Second Semester transfers (member-to-member or non-member-to-member) are subjected to the Sixty Day Rule.

The following additional policies are also in effect:

- A transfer must have attended classes for thirty days prior to the start of the play-offs to be eligible to participate in the play-offs.
- An academically eligible transfer student (school year transfer as defined above) must have been eligible to represent his/her former school under any school, student, or athletic policy that was in place when the student transferred or the student must wait for ninety (90) calendar days to become eligible. The Committee reserves the right to extend this period if conditions so warrant.
- A student who transfers before the start of the school year (has not attended one class and has not practiced with the team on or after the first official practice date) and has met all eligibility standards is eligible for athletic participation.
- **The stated wait period for a transfer student shall begin on the first day the student attends a class.**

Medical Insurance Coverage Statement

It is important for a parent to understand the school's medical insurance coverage policy. SCISA requires that each school participate in the associational catastrophic plan which provides coverage in the event of a catastrophic injury.

New Student / Transfer Student

Any new student to your school or transfer student who plays a varsity sport must complete a New Student/Transfer Student Form (Parent Form and School form).

Recruiting:

A student must not have transferred as a result of recruiting or undue influence. Refer to SCISA Blue Book for clarification of recruiting.

All-Star Participation: If selected, you also give permission for your son or daughter to participate in SCISA All-Star Games. You also agree not to hold the South Carolina Independent School Association, the host school or any of its agents, members, employees, or affiliate organizations responsible in the event of an accident or injury. By your allowing your son and daughter to participate you authorize any and all emergency medical treatment for the player named and understand that you will be responsible for any and all such cost.

Participant and Parent/Legal Guardian Permission

_____ (student's name) has my permission to participate in athletics. We have read and understand the philosophy of the SCISA, the Code of Conduct, and the Summary of Eligibility Rules. We understand that there are inherent risks in all athletics and that injuries do occur. The South Carolina Independent School Association may examine school records of the student whose name appears above in order to verify eligibility. I understand that this form is considered to be a binding contract. The student whose name appears above may only participate in athletics for the school named below. Transfer to another school after this form has been filed will subject the student to the Sixty Day Rule. I also agree not to hold the South Carolina Independent School association or any of its agents, members, employees or affiliate Organizations responsible in the event of an accident or injury. I further authorize any and all emergency medical treatment for the student named and will be responsible for any and all such cost while participating in a SCISA.

Signature of Parent or Legal Guardian

Signature of Student

Name of School

Date

Preparticipation Physical Evaluation - History Form

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of Birth: _____ Sex: _____

Date of Examination: _____ Sport(s): _____

List past and current medical conditions: _____

 Have you ever had surgery? If yes, list all past surgical procedures: _____

 Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional): _____

 Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects): _____

General Questions		Yes	No	Medical Questions		Yes	No
Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.							
1. Do you have any concerns that you would like to discuss with your provider?				16. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
2. Has a provider ever denied or restricted your participation in sports for any reason?				17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			
3. Do you have any ongoing medical issues or recent illness?				18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			
Heart Health Questions About You				19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?			
4. Have you ever passed out or nearly passed out DURING or AFTER exercise?				20. Have you ever had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				21. Have you ever had numbness, tingling, or weakness in your arms or leg, or been unable to move your arms or legs after being hit or falling?			
6. Does your heart ever race, flutter in your chest or skip beats (irregular beats) during exercise?				22. Have you ever become ill while exercising in the heat?			
7. Has a doctor ever told you that you have any heart problems?				23. Do you or someone in your family have sickle cell trait or disease?			
8. Has a doctor ever ordered a test for your heart? (for example Electrocardiography (ECG) or echocardiography.				24. Have you ever had or do you have any problems with your eyes or vision?			
9. Do you get lightheaded or feel shorter of breath than your friends during exercise?				25. Do you worry about your weight?			
10. Have you ever had a seizure?				26. Are you trying to or has anyone recommended that you gain or lose weight?			
Health Questions About Your Family				27. Are you on a special Diet or do you avoid certain types of foods?			
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car accident)?				28. Have you ever had an eating disorder?			
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTs), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?				Females Only		Yes	No
13. Does anyone in your family had a pacemaker or implanted Defibrillator before age 35?				29. Have you ever had a menstrual period?			
Bone and Joint Questions				30. How old were you when you had your first menstrual period?			
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint or tendon that caused you to miss a game or practice?				31. When was your most recent menstrual period?			
15. Do you have a bone, muscle, ligament or joint injury that bothers you?				32. How many periods have you had in the past 12 months?			

Explain a "Yes" answer here: _____

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date _____

The South Carolina Independent School Association

Warning of Inherent Risk

Assumption of Risk / Waiver of Liability / Indemnification Agreement

Release of Liability for minor Participants: Read before signing

Participation in athletics includes the **risk of injury** which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised programs, it is impossible to eliminate the risk. Participants can and do have a responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems, follow guidelines for safe play and inspect his/her own equipment and report any problems.

Waiver/Release for Communicable Diseases including COVID-19

In consideration of being allowed to participate in my school's athletic program in SCISA and related events and activities, the undersigned acknowledges, appreciates, and agrees that: Participation includes **possible exposure to an illness from infectious diseases** including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation.

IN CONSIDERATION OF (name of student participant) _____, my child/ward, being allowed to participate in any way in the related events and activities of the **SCISA Athletic Association and this school's athletic program**, the undersigned acknowledges, appreciates, and agrees that:

1. The **risk of injury** to my child/ward from the activities involved in athletic programs exist, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. Participation includes **possible exposure to an illness from infectious diseases** including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist
3. I for myself, spouse, and child/ward, knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my child/ward's participation and we also assume all risks as a spectator at athletic events where we may also be exposed to an illness from infectious diseases; and,
4. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child/ward's readiness for participation and/or in the program itself, I will remove my child/ward from the participation and bring such to the attention of the nearest official immediately; and,
5. I for myself, my spouse, my child/ward, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS The South Carolina Independent School Association, this school (_____) and its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the Event, WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child/ward's involvement or participation in these programs.
6. I grant permission to athletics trainers, first responders, nurses, and coaches as well as physicians or those under their direction who are a part of athletic prevention and treatment, to have access to necessary medical information.
7. I understand that the physical evaluation for participation is simply a screening evaluation and not a substitute for regular health care.

I have read this Release of Liability and Assumption of Risk Agreement, and fully understand its terms,

(PARENT/GUARDIAN SIGNATURE)

Date Signed

Student Participant Understanding of Risk

I understand the seriousness of the risks involved in participating in an athletic program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

(Participant's Signature)

Date Signed

The South Carolina Independent School Association

Warning of Inherent Risk

This school strives to protect each student from possible injury while engaging in school activities. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of our school's overall student-safety program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk.

We accept and understand that participation in athletics involves certain inherent risks, dangers and hazards that may cause serious personal injury, including death, severe paralysis or brain injury necessitating long term care and significantly impairing enjoyment of life or life activities. We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries potentially resulting in complete or partial paralysis; brain damage; blindness; serious injury to all internal organs; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport.

We accept and understand that participation in athletics and by attending public events as spectators includes **possible exposure to an illness from infectious diseases** including but not limited to MRSA, influenza, and COVID-19.

Participation in athletics includes the risk of injury which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised programs, it is impossible to eliminate the risk. Participants can and do have a responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems, follow guidelines for safe play and inspect his/her own equipment and report any problems.

We understand that the inherent risks of participation in athletics cannot be eliminated. We have reviewed all of these risks and we understand and appreciate them and still desire to participate in the activity.

(Student Initial) _____ (Parent Initial) _____

We understand that Participation includes **possible exposure to an illness from infectious diseases** including but not limited to MRSA, influenza, and COVID-19.

(Student Initial) _____ (Parent Initial) _____

We understand that attending public events (including sporting events) includes **possible exposure to an illness from infectious diseases** including but not limited to MRSA, influenza, and COVID-19.

(Student Initial) _____ (Parent Initial) _____

We certify that (Student Name) _____ has no medical or physical conditions which could interfere with or compromise his/her safety in participating in this activity.

(Student Initial) _____ (Parent Initial) _____

I authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the above-named student.

(Parent Initial) _____

In the event it becomes necessary for school district staff to obtain emergency medical care for the above-named student, we understand that neither the staff member nor the school district assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances.

(Student Initial) _____ (Parent Initial) _____

I certify that my household has sufficient medical insurance to facilitate any necessary medical care or resultant care for any injury that may be sustained by the above-named student.

(Parent Initial) _____

Having read and initialed the statements above, I acknowledge that I have read and fully understand the RISKS associated with participating in this voluntary school athletic program. By signing below I certify that I have read the above, understand its content and wish to participate.

Student name (please print)

Student signature

Date

Having read and initialed the statements above, I acknowledge that I have read and fully understand the RISKS associated with participating in this voluntary school athletic program. By signing below I certify that I have read the above, understand its content and give my permission for my student to participate.

Parent/guardian name (please print)

Parent/guardian signature

Date

The South Carolina Independent School Association Student / Parent Concussion Awareness Form

Information for Student-Athletes and Parents / Legal Guardians (Keep This Page)

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death. Player and parental education in this area is crucial – that is the reason for this document.

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think a student-athlete has sustained a concussion? If you suspect a student-athlete is experiencing any of the signs and symptoms listed above, you immediately remove them from participation, let their parents know, and/or refer them to the appropriate medical personnel.

What are the warning signs that a more significant head injury may have occurred? If they have a headache that gets worse over time, experience loss of coordination or abnormal body movements, have repeated nausea, vomiting, slurred speech, or you witness what you believe to be a severe head impact, you should refer them to appropriate medical personnel immediately.

What are some of the long-term or cumulative issues that may result from a concussion? Individuals may have trouble in some of their classes at school or even with activities at home. Down the road, especially if their injury is not managed properly, or if they return to play too early, they may experience issues such as being depressed, not feeling well, or have trouble remembering things for a long time. Once an individual has a concussion, they are also more likely to sustain another concussion.

How do I know when it's ok for a student-athlete to return to participation after a suspected concussion? Any student-athlete experiencing signs and symptoms consistent with a concussion should be immediately removed from play or practice and referred to appropriate medical personnel. They should not be returned to play or practice on the same day. To return to play or practice, they will need written clearance from a medical professional trained in concussion management.

Student-Athlete & Parent/Legal Custodian Concussion Statement

If there is anything on this sheet that you do not understand, please ask a coach/staff member to explain or read it to you.

Student-Athlete Name: _____

Parent/Legal Custodian Names _____

Yes. We have read the Student-Athlete & Parent/Legal Custodian Concussion Information Sheet.

Student-Athlete Check/Initials		Parent/Legal Custodian initials/checks
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	
	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

SCISA CONCUSSION POLICY: In accordance with South Carolina/Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management).

- 1) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.
- 2) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.
- 3) It is mandatory that every coach in each SCISA sport participate in a free, online course on concussion management prepared by the NFHS and available at www.nfhslearn.com every year
- 4) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

Student's Signature _____ Parent/Legal Custodian Signature _____

Date: _____

Date _____

South Aiken Baptist Christian School

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Athletic Handbook

The Athletic Department and Administration have the authority to make any appropriate exceptions to the policies contained below.

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ATHLETIC PHILOSOPHY

South Aiken Baptist Christian School's main purpose is to prepare each child for God's calling on their life, the mission of South Aiken Baptist Christian School (hereinafter referred to as SABCS) is to provide biblically-sound, Christian education. SABCS Athletics mission is to use athletics as a tool to glorify God is all that we do. Participation in athletics is a privilege for those students who are eligible according to the rules and policies of SABCS.) SABCS is a member of the South Carolina Independent School Athletic Association (SCISAA) and Aiken Augusta Middle School League (AAMSL), SABCS is committed to the values of a well-rounded athletic program. We operate on a three-season schedule at the middle school and high school levels. All rules set forth by SCISA and/or AAMSL must be followed and are enforced by the athletic department to ensure compliance with the league standards. Any questions regarding rules and regulations concerning the athletic program can be directed to the athletic director and he/she will be able to refer to the SCISA Blue Book or the AAMSL handbook for any clarifications.

We believe:

- Participation in sports activities is an integral part of a student's educational experience
- Physical development is important to students spiritual growth
- We are called to glorify God with the talents and abilities He has given to each of us individually(1 Corinthians 10:31, 1 Peter 4:10, Romans 12:6)
- We are called to build relationships in our community and with other schools(1 Corinthians 12:25-27, Ephesians 4:2-6)
- Our students will learn the value of teamwork, test and determine the limits of their own physical abilities, learn self control, and learn to handle success and failure(Proverbs 16)
- That student athletes are viewed as role models, and we expect our athletes to adhere to the highest standards of ethical behavior and sportsmanship
- That student athletes are representatives of SABCS but, more importantly, of our Lord and Savior Jesus Christ, the student athletes will strive to conduct themselves in a manner that pleases all those they represent.

GENERAL INFORMATION AND GUIDELINES

1. SABCS competes in athletics through SCISAA and AAMSL, and many of our athletic policies reflect SCISA requirements from the Blue Book. Some SABCS standards are more stringent than SCISA requires
2. All rules set forth below apply to student athletes and to team managers.
3. To participate in an athletic event, a student must attend four (4) periods of the school day, unless he/she has received prior permission from the Athletic Director/Head Coach.

Revised 8/01/2022

4. Funds are raised through various fundraisers, entry fees to sporting events, and concessions. Parents of athletes are required to participate in these fundraising efforts.
5. No parents or spectators are allowed on team benches (except in case of injury).
6. No parents or spectators are allowed in locker rooms at pre-game, half-time, or post-game talks (except in case of injury).
7. We have limited Wednesday practices for cheerleading, archery, and occasional athletic events are held on Wednesdays for special times (playoffs, tournaments, etc.).

Coaches' Authority

1. Coaches have the responsibility to model Christ-like attitudes and behaviors for our student athletes while under pressure themselves.
2. Coaches should use teachable moments that a team or individual faces to impart Biblical principles.
3. The makeup of a team is at the discretion of the Athletic Director/Head Coach. **Athletes must sign up for a sport by the first practice date of the sport**, as designated by the Head Coach, to participate. Exceptions to this will be approved by the Athletic Director.
4. The maximum number of players, per team level, will be determined by the Athletic Director/Head Coach. Should a student not be able to participate, the Athletic Director will personally contact the student to explain why he/she may not be able to play.
5. Playing time earned is at the discretion of the Head Coach. Differences of opinion in coaching will be discussed by a coach and an individual in private. Students may request a meeting with their coach no sooner than 24 hours after a game or practice. Suggestions are welcomed but will be used only at the coach's discretion.
6. No team meetings or practices are to be held without the coach's knowledge.

Sportsmanship and Commitment

1. Before trying out for an SABCS athletic team, a student must be prepared to make a commitment to the team for the entire season. Any student athlete who begins a sport and quits will be required to sit out the next season; any sport. The athlete may practice with the team but may not play in the game or dress out. There will be a required pre-season meeting between athletes, parents, and coaches at the beginning of each athletic season. At least one parent and the athlete must attend this meeting for the athlete to be eligible to play.
2. It is the responsibility of the individual athlete to ensure that he/she has all parts of his/her uniform before a game begins and that all parts of the uniform will be worn by the athlete during the entire athletic event. Failure to comply will result in the athlete sitting the bench during the athletic event.

3. Athletes are expected to attend all practices on time and remain at practice until the coach has released them unless previous arrangements have been made with the coach. Should an athlete have to miss practice, it is his/her responsibility to contact the coach.
4. If an athlete is going to miss a practice or game, the parent or athlete must contact the Head Coach/Athletic Director and advise them of such. Should no contact be made the athlete will be required to sit out the next game. In the event an athlete misses 2 practices, without a proper excuse, he/she will be required to sit out at the next athletic event. If more than 2 unexcused absences occur, it will be at the discretion of the Athletic Director as to whether the athlete may continue to participate in the sport.
5. It is the discretion of the Athletic Director/Head Coach to determine if an absence from practice or a game will be an excused absence. Excused absences include personal illness, death in the family or matters of which the athlete has no control. Excessive unexcused absences may result in the athlete being released from the team.
6. Any athlete that is injured may not return to practice or active play without a written release from the doctor.
7. An athlete may lose eligibility if he/she consistently defies authority or commits a serious breach of conduct. This loss may be for a specified period of time or may be permanent, depending on the circumstances, for the remainder of the school year. Parents will be informed of any such ineligibility by a phone call, email, in person, or in writing.
8. A student athlete must display good sportsmanship at all times in actions and words, must be respectful to all officials, must be courteous to visiting teams and spectators, respect the facilities of the host school, and, at the end of each game, shake hands with every member of the other team.
9. A student athlete must respect and be loyal to all coaches, teachers, staff, and chaperones as God has placed them in authority.
10. Athletes are to sit with their respective team mates before, during and after their respective athletic events, unless otherwise approved by the Athletic Director/Coach. Athletes must remain inside the athletic facility.
11. A student athlete must conduct him/herself in a God-honoring manner, win or lose.

Appearance Code

Athletes are representatives of our school when they are attending a sporting event. Unless specified by the Athletic Director; dress code for Volleyball, Basketball, Soccer, and Softball is as follows; for away games athletes must wear chapel attire, collared shirts and pants for boys and blouses/dresses for girls, for home games athletes must wear home jerseys or team T-shirts with pants. Dress code for Golf and Archery athletes must wear khakis and red shirt, for Cheerleading, Cross Country, and Track and Field athletes must wear team T-shirts and pants.

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Athletes will be required to adhere to all standards of the school dress code during practice times, as they relate to attire, hair length, facial hair and fad coloring. Female athletes are encouraged to wear compression shorts under their uniform or practice attire. If a student athlete is not in harmony with the dress code, they may be required to sit out from a game until such time they are in compliance.

Athletic uniforms are to be worn only with permission from the Head Coach. Uniforms must be returned in good condition at the end of each season. The athlete will be responsible for paying for any uniform damaged or not returned. Report cards and permanent records will be withheld until all uniforms are returned or the uniform has been paid for.

ELIGIBILITY REQUIREMENTS

Residence Requirements

A student must reside with his/her parent(s) or a legal guardian to be eligible for athletic participation.

Eight Semester Rule

A student has Eight (8) Consecutive Semesters of varsity eligibility from the time he/she first enters the ninth (9th) grade.

Academic Requirements

1. Academic achievement is a prerequisite to participation. A student must meet the following criteria:
 - a. Keep and maintain a “65” or higher average per class grade for core classes (Bible, Math, Science, Social Studies, and English).
 - b. Take and pass all core courses (as defined in #8 below) each report card period to be eligible.
2. A senior who has met or is meeting all requirements for graduation must pass four (4), one-credit courses each report card period.
3. A student must have earned 4 core units or any 5 units of credits in the previous school year to be declared eligible at the start of the new school year.
4. A student in grades **6-12** must have passed the previous school year to be eligible for participation in the first grading period.

5. A Maximum of Two Credits earned during the summer sessions may be accepted from an accredited school.
6. A student may use college credit courses for eligibility purposes provided the student has met or is meeting requirements for graduation. A maximum of One (1) Correspondence Course per school year may be used for eligibility purposes.
7. A One- Credit Course is a course taken for 36 weeks, one period each day for a minimum of 45 minutes or the equivalent. A course taken each day as above for 18 weeks would be a half credit which, when combined with another half-credit course, would be the equivalent of a one- credit course. A course taken for 36 weeks but only three, 45 minute periods each week would not be a one- credit course. Note: A One- Credit Course taken for 18 weeks shall meet for one period each day for a minimum of 90 minutes or the equivalent.
8. Core Courses are those courses in Bible, English, mathematics, science and social studies that are required by SCISA and recommended by the Commission on Higher Education and are common to SCISA schools.
9. An ENROLLED Student, taking a minimum of 4 classes, is eligible to participate in the sports/athletic program.
10. For a student to be eligible to play in any given sport, grades will be routinely checked to ensure that the student is doing well in his or her classes. A student athlete can be placed on probation from any sport for grade (s) that fall below a “65” average in that class. A student must take and pass all courses (as defined in #8 above). Under this policy, grades will be checked every 4.5 weeks on Thursday. The Athletic Director will check grades in Renweb. Any core class grades below a 65% will then be checked by the teacher for accuracy. Once the teacher confirms the below “65” average grade, that student will be placed on athletic probation. The student and parent will be notified with a written notice that must be signed and handed back to the Athletic Director. The Athletic Director will inform the coach. If a student does lose eligibility during this routine check, that student is ineligible to play, practice, travel with the team, or suit up with the team at games or events the following week. The grades of that student will be monitored each week until that student is eligible to play again. Once eligible, he or she can participate fully in his or her sport.
11. Any student that has a grade between 65% and 70% will be given an athletic warning that they may be at risk of being put on athletic probation. During this warning period, they are still eligible to practice, play and travel with the team.
12. If a student has a failing grade at the end of the quarter, they will be ineligible to play, practice or travel with the team until the next quarter (9 weeks).
13. The Athletic Director and Administration have the authority to remove any student that does not follow these requirements, from any sport played, until academic requirements are met accordingly.

SCISA Grade Level Requirements/Restrictions

- A. Varsity Teams: Eligible students in grades 8-12 may participate on varsity teams in baseball, basketball, soccer, and softball. Eligible students in grades 6-12 may participate on varsity teams in tennis, golf, swimming, cross country, track, cheerleading, and volleyball. Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any varsity team.
- B. Middle School Teams: (AAMSL) Eligible students in grades 5 – 8 may participate on middle school teams in all sports.

Age Requirements/Restrictions

- A. A student is INELIGIBLE to participate in athletics if their 19th birthday is before July 1 of that graduating year. Note: There are no exceptions to the age standards.
- B. A student is INELIGIBLE to participate in Middle School athletics if their 15th birthday is before May 1st of the preceding school year.

ATHLETIC FEES

The yearly Athletic Fee is \$150 and must be paid before an athlete may participate in any sport and before the first practice day for the sport in which the student is participating. There is a \$50.00 fee for each sport played. (i.e. if you play volleyball, it will be \$150 for your athletic fee and \$50 for volleyball for a total of \$200, and then if you choose to play basketball it will be another \$50.) Yearly athletic fees do not cover costs incurred for summer camps.

SCISA TRANSFER / RECRUITING RULES

- A. A student who transfers after having: a) attended one class at another school or b) filed the Agreement for Participation at another school during the defined sports season or practices with the other school's team on or after the first official practice date must wait sixty (60) days to become eligible to play for SABCS. This may be waived for a bona-fide change in residence.
- B. A transfer must have attended classes for thirty (30) days prior to the start of the play-offs to be eligible to participate in the play-offs.
- C. An academically eligible transfer student (school year transfer as defined above) must have been eligible to represent his/her former school under any school, student, or athletic policy that was in place when the student transferred, or the student must wait for ninety (90) calendar days to become eligible.

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- D. A student who transfers before the start of the school year (has not attended one class and has not practiced with another school's team on or after the first official practice date) and has met all eligibility standards is eligible for athletic participation.
- E. A student must not have transferred as a result of recruiting or undue influence.

TRAVEL

We are committed to transporting our athletes to and from sporting events safely and easily. When we travel to an "away" game, athletes must ride with a parent/guardian. Athletes may ride with a coach or with another parent with WRITTEN PERMISSION prior to the game. Student athletes may drive to away games with written permission. All athletes will conform to the dress code established for our traveling teams when attending any away games or competitions.

HEALTH AND SAFETY

Insurance and Physicals

1. *Adequate health insurance coverage for an athlete is the responsibility of the parent or guardian.*
2. A licensed physician must perform a physical exam and complete and sign the Medical Examination Form. This form is good for one year (twelve months from the date it is signed) and covers all sports offered at SABCS. This form will be filed in the student's permanent file, and a copy will be filed in the Athletic Director's office.
3. Four additional forms must be signed for the student athlete to participate:
 - The Agreement for Participation
 - Pre-Participation History & Health Assessment (completed by the parents)
 - Warning of Inherent Risk: Minor Waiver/Release
 - Athletic Handbook

Warning of Inherent Risk / Dangers of Athletic Participation

Participation in athletics includes the risk of injury which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised programs, it is impossible to eliminate the risk. Participants can and do have a responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems, follow guidelines for safe play, and inspect their own equipment and report any problems. Parents and the student athletes accept risks by signing the Warning of Inherent Risk: Minor Waiver/Release forms.

Medication

All student athletes who have health conditions that require medication (e.g., asthma, diabetes, allergies) must have medication with them at all practices and games in order to participate. If a student does not have their EpiPen, he/she should notify the Athletic Director to make sure one is available.

CONCUSSION POLICY

All student athletes who experience a head injury will be removed from play immediately. Athletes will be required to see a medical professional to be checked out if a concussion is possible. Athletes will need to provide a written notice, from a doctor, that they are able to return to play. If a student has had a concussion in the past, it is important that they notify their coaches. Repeat concussions are often more severe and need to be monitored more closely.

ATHLETIC AWARDS

In order to be eligible to receive any athletic award, a student athlete must meet the following guidelines:

1. Must have no more than two (2) unexcused absences from practice (The Athletic Director or Head Coach requires a written note from a parent or doctor to excuse an absence);
2. Remain academically eligible for the entire season; and
3. Attend all games unless special circumstances are approved by the Athletic Director and/or Head Coach.

In order to earn a varsity letter, a student athlete must not only meet the above-mentioned criteria but must also be a student in grades 6-12 **and** play on a varsity team.

CODE OF CONDUCT

All fans, spectators, coaches, and student-athletes are encouraged to enthusiastically support their school and team. We all must realize that the athletic arena is an extension of the classroom. Valuable lessons other than winning and losing are taught. The safety and well-being of students, coaches, and officials is of utmost importance to us all. Athletic events shall be conducted in accordance with the policies, rules, and regulations of SCISA. Participants, coaches, and spectators shall, at all times, conduct themselves in a reasonable and sportsmanlike

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manner. A participant, coach, or fan will be in violation of the Code of Conduct upon any one or more of the following actions:

- By making any degrading remark about any official, coach, or athlete during or after a game, either on or off the field/floor of play.
- By arguing with an official or going through motions indicating dislike or disdain for a decision.
- By using any foul, abusive, or profane language at any time.
- By entering the playing area or field to protest, question, or object to a call or play.
- By hitting, shoving or striking any official, coach, athlete or fan at any time (or attempting to do so).
- By being ejected/removed from any contest.
- By detaining an official following the contest to request a ruling or explanation. By following/chasing after the official after a game to express your displeasure or opinion with a call or result of a play or game.
- By the use or display of alcohol, tobacco or an unauthorized drug.

Violations of the Code of Conduct could result in a school, player, or fan being fined, suspended, or placed on probation. The school shall be notified of the action taken by SCISA and will be responsible for the enforcement of the action.

Parent's Code of Ethics

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every SABCS sporting event.
2. I will remember that the game is for the students, not the adults. I will place the spiritual, emotional, and physical well-being of my child and the other student athletes ahead of a personal desire to win.
3. I will insist that my child play in a Christ-like manner and treat other players, coaches, fans, and officials with respect.
4. I will provide an environment for my child that is free of drugs, tobacco, and alcohol, and I will refrain from using these products at all SABCS sporting events.
5. I will help my child enjoy the SABCS athletic experience by doing whatever I can such as providing transportation, participating in fundraisers, and being a Christ-like fan.

Athlete's Code of Honor and Statement of Commitment

1. I will remember that I am first and foremost a Christian and that it is an honor and privilege to represent my school.

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2. Remember that any talents I have are from God. If I have developed these talents, I will rely upon His strength to use them and will be sure to give God the glory.
3. I will demonstrate high ideals, maintain good habits of courtesy, and demand the same from my fellow teammates.
4. I will encourage my teammates to excel to their potential and ability level and speak highly of them to others.
5. I will pray for my coaches, my team members, and each of my opponents.
6. I will be courteous to visiting teams, coaches, officials, and fans.
7. I will refrain from any inappropriate language and understand that if I violate this I may forfeit my participation in the current game or next game.
8. I will follow my Christian principles in my behavior and my attitude. I will put my team first and ensure that any comments I make are positive and encouraging.
9. I will maintain self-control at all times.
10. I will do my best to attend every practice and game unless otherwise approved by my coach. I will inform my coach if illness or emergency keeps me from attending practice or a game.
11. I will maintain my athletic eligibility and advise my coach of any academic problems I may be having.
12. I will not be allowed to play any other sport for one (1) sport's season if I do not honor my commitment to the team.
13. I will take care of my uniform and equipment and will return it at the end of the season. I agree to repair or replace my uniform or equipment if any damage (beyond normal wear and tear) occurs.

Please read, sign and date both portions and return to the Athletic Director.

PARTICIPANT AND PARENT/LEGAL GUARDIAN AGREEMENT AND PERMISSION

_____ (student's name) has my permission to participate in athletics. We have read and understand the philosophy of SCISA and AAMSL, the athletic Code of Conduct, and the Summary of Eligibility Rule. We understand that there are inherent risks in all athletics and that injuries do occur. SCISA may examine school records of the student whose name appears above in order to verify eligibility. We understand that this form is considered to be a binding contract. The student whose name appears above may only participate in athletics for SABCS. Transfer to another school after this form has been filed will subject the student to the Ninety Day Rule. We also agree not to hold SCISA or any of its agents, members, employees or affiliate organizations responsible in the event of an accident or injury. We further authorize any and all emergency medical treatment for the student named and will be responsible for any and all such costs.

Parent's Signature _____ Date _____

Athlete's Signature _____ Date _____

I have read the SABCS Athletic Handbook, the Parent's Code of Ethics, the Athlete's Code of Honor and Statement of Commitment, and the SABCS Student Handbook and agree to abide by the rules and guidelines stated therein.

Parent's Signature _____ Date _____

Athlete's Signature _____ Date _____