

Extracurricular Rules

Substance Use and Possession Policy (School Board Policy JICH)

Prohibited Conduct. Students may not use, possess, transport, or be under the influence of any product containing tobacco, alcohol or other controlled or illegal substance (including prescription drugs not prescribed to the student); or any look-alike substance; or any paraphernalia for the use of any such substances. Student may not host a gathering at his/her home where other students are violating this policy without immediately contacting police to bring the gathering to an end. This prohibition extends throughout the school year.

Violations and Consequences

Suspension from Participation and Loss of Other Privileges

	<i>Athletics/Fewer than 10 countable contests in season</i>	<i>Athletics/10 or more countable contests in season</i>	<i>Other Extracurricular</i>	<i>Additional</i>
1st offense, self report within 48 hours of violation	Next countable contest	Next two countable contests	Next competition or major performance	Loss of athletic captaincy
1st offense, no self report within 48 hours	Next 2 countable contests	Next 4 countable contests	Next 2 competitions or major performances	Loss of athletic captaincy
2nd offense	Remainder of season/will carry over to next athletic season for minimum loss of 4 contests	Remainder of season/will carry over to next athletic season for minimum loss of 8 contests	Suspension from competitions or major performances for three months	Loss of leadership positions and eligibility for certain recognitions for remainder of year
3rd offense	Remainder of school year	Remainder of school year	Remainder of school year	Loss of leadership positions and eligibility for certain recognitions for remainder of CEHS career

Additional Consequences

1. For any violation on school grounds or at school events, the students will be suspended from school and referred to the police, in addition to the other consequences listed here.
2. For any violation, the student will be referred to the school's social worker for consultation. The social worker will make recommendations to the student and parents concerning the need for any outside services.
3. First-time violations will need to complete an educational checklist concerning the consequences of substance use and abuse

Other Rules for Students in All Covered Activities

1. **Tardy to School.** In order to participate in a game or practice, students must arrive at school no later than 15 minutes after the start of classes and remain in school for the entire day. The only exceptions are for pre-scheduled medical appointments, verified by a note from the doctor's office, and driver's license tests.
2. **Academic Eligibility.** To be eligible to participate in covered activities, a student must meet the School Board's academic eligibility guidelines as specified in School Board policy IGD.
3. **Improper Behavior.** Student participants who do not conduct themselves properly, either on or off school grounds, including areas not covered by our rules and regulations will have their actions reviewed by the advisor or coach, the Principal, and the Athletic Director (for athletes), who will determine an appropriate disciplinary response up to and including removal from the team or activity.

Student Printed Name _____

Other Rules for Athletes

1. **MPA Rules.** High school students must meet all requirements of the Maine Principals' Association.
2. **Age.** A high school student is not eligible when s/he reaches 20 years of age.
3. **Assumed Name.** A student will lose eligibility if s/he plays under an assumed name.
4. **Attendance.** Attendance at games and practices from start to finish is mandatory unless excused by the coach prior to the practice or game.
5. **Other Sports.** Parent/student must inform the coach in writing prior to the season if s/he is involved in another organized sport.
6. **School Discipline.** Any school disciplinary action, such as detention, will have priority over a practice or game.
7. **4-year Eligibility.** A student is eligible for eight consecutive semesters after s/he enrolls in 9th grade.
8. **Academic Help.** Any student who misses practice for extra help in academic subjects, with prior notice to the coach, will not be penalized in regard to game playing status.
9. **Suspension.** Students suspended from school are not allowed to practice or participate in contests. Students under team suspension because of violation of team rules or substance abuse rules will practice with the team and travel to contests but not dress or play in the game.
10. **Multiple School Sports.** A student may not participate in two school sports in the same season. A student may change sports during a season only with the consent of both coaches and the Athletic Administrator.
11. **Minimum Practice.** To be eligible to play in a game, a middle school student needs 4 days of practice.
12. **Equipment.** Equipment issued will be worn only when participating or practicing the sport for which it was issued. A student may not try out for another sport until all previously issued equipment is returned and/or paid for.
13. **Medical Insurance/Physical Examination.** Before a student may try out, practice, or participate in athletics s/he must have proof of medical insurance coverage, a signed parental permission, and a signed extracurricular contract. All 7th graders must also have proof of a physical examination within the last twelve months.
14. **Transportation.** All team personnel must ride to and from away contests in transportation supplied by the school. A student may be released to his/her parents. Permission for students to ride with another parent must be in writing and pre-approved by an administrator. Students may not transport themselves or other students.
15. **Team Rules.** Athletes must abide by additional rules set forth by coaches. These will be given out in writing and approved by the Athletic Administrator.
16. **Hazing.** Cape Elizabeth athletics prohibits the practice of hazing or initiation of new team members. Any violation will result in suspension from two countable games. Subsequent violations will result in suspension for the rest of the season.

Student Participant Agreement

I understand the Substance Abuse Rules and the other rules listed above. I agree to abide by the Substance Abuse rules and the other rules and to accept the responsibility and consequences if I violate these rules. I will fully respect and support the decisions of my teammates or activity co-participants to refer themselves for violations.

Student Signature _____ Date _____

Student Printed Name _____

Parent Agreement

I have received the Extracurricular Rules, including the Substance Abuse policy summary. I understand these rules. I have discussed the importance of abiding by these rules with my son/daughter. I will make every effort to encourage my child to abide by these rules. In all the decisions and communications I have with my son/daughter concerning their activities, I will place the values of integrity and fairness ahead of sports and playing time.

As a fan at athletic events, I agree to conduct myself in a manner reflecting the ideals of good sportsmanship as described in the Parent Code of Ethics at all athletic events.

Parent Signature _____ Date _____