

PREFACE

Teaching/coaching confers upon each of us the high privilege and responsibility of guiding youth in the most critical years of spiritual, mental, social, physical and emotional development. It is our intent to treat all students equally and to encourage each student never to be satisfied with present development, but to make as much improvement as possible in accordance with mental and physical ability.

We must never lose sight of the fact that the overall goal of any good program is the end product; a good, well adjusted citizen. For how many people will remember how many games were won or lost? The lessons learned in the field of life should be our first goal. To this end, we dedicate our philosophy of education.

It is the intent of the Fulda Public Schools that all eligible students shall be given an opportunity to participate in the extra-curricular athletic program. No student in the Fulda Public Schools shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or athletic activity, except as determined by the Minnesota State High School League or the Minnesota Department of Education or as precedent established by our legal system. The primary objectives of athletic participation are to develop skills, physically and mentally, good citizenship, good health habits, responsibility, leadership, discipline, loyalty and high morals.

THE ATHLETIC HANDBOOK

AS HEREIN PRESENTED and hopefully read by all concerned shall be subject to review each year prior to the opening of the fall sports season. Any changes, additions or deletions shall be made at that time.

Consideration shall be given, however, to changes during the school year if such changes are warranted and result from a meeting of the coaches, athletic director and administration. Approval of such changes may be temporarily made by the Superintendent of Schools; but final approval shall be made by the Board of Education.

So long as any rule, regulation or portion of this HANDBOOK remains in force, adherence of all concerned with the Athletic Programs is expected unless changed as mentioned above.

Ann Wendorff
Superintendent

THE ATHLETIC PROGRAM

The following athletic activities shall be provided the students of Fulda High School in grades seven through twelve; based on:

- participation
- a move in the direction of economy
- a recognition of equalization for boys and girls

<u>SEASON</u>	<u>GIRLS</u>	<u>BOYS</u>
FALL	VOLLEYBALL CROSS COUNTRY	FOOTBALL CROSS COUNTRY
WINTER	BASKETBALL HOCKEY	BASKETBALL HOCKEY WRESTLING
SPRING	TRACK GOLF	TRACK GOLF

A program for girls and boys in grades seven and eight shall be provided on an interschool basis to the extent that finances, facilities and coaching personnel will permit.

Students are allowed to participate in activities in neighboring school districts under the Cooperative Sponsorship Program. This program is contingent upon approval from the Fulda Board of Education and the Board of Education in the district of choice. Interested parties should contact the Athletic Director for more information and necessary forms.

SUB-SECTION, SECTION, CONFERENCE

Fulda High School, a member of the Minnesota State High School League, is placed in Section 3 and Sub-Section 10 for league related events.

Fulda belongs to the Red Rock Conference, which is composed of Adrian, Ellsworth, Fulda, Heron Lake - Okabena, Mt. Lake Area, Murray County Central, Red Rock Central, Round Lake-Brewster, Westbrook Walnut Grove, Edgerton, SWC, and HBC.

Fulda shares a wrestling program with Murray County Central.

Fulda has a Cooperative agreement with Murray County Central for Cross Country and a Cooperative Agreement with Worthington for Boys and Girls Hockey and Gymnastics.

The HANDBOOK FOR ATHLETICS in the Fulda Public Schools is intended to provide the necessary guidelines for all personnel involved in the athletic program. These guidelines have been compiled by the Athletic Coaching Staff and the School Administration as follows:

Ann Wendorff - Superintendent

- H.S. Principal

- AD

Michael Pagel – Elementary Principal

Jon Curry—Head Football Coach

Abby Hayenga - Head Girls Volleyball

Colby Pack - Head Boys Basketball

- Head Girls Basketball

- Head Wrestling

Bradley Holinka – Head Boys Track

Greg Erdmann - Head Girls Track

Colby Pack– Head Golf.

The HANDBOOK FOR ATHLETICS was presented to the Board of Education for review on July 06, 2017 and accepted by resolution on July 10, 2017. From this date forward, this HANDBOOK FOR ATHLETICS shall be policy for all school personnel.

Ann Wendorff
Superintendent

ADMINISTRATIVE ORGANIZATION

SCHOOL DISTRICT #505 BOARD OF EDUCATION is the policy-making body. They select the administration that is responsible for carrying out its policies.

THE SUPERINTENDENT OF SCHOOLS shall recommend to the Board of Education the coaching assignments. He shall represent the school or delegate this responsibility, at all sub-section, section and other Minnesota State High School League meetings. He has the right to question and change any internal decisions made by the principals, athletic director or coaches.

THE SENIOR HIGH PRINCIPAL is responsible for policies and decisions dealing with athletics within the school. He shall recommend to the Superintendent of Schools the number and type of athletics in which the school is to compete.

THE ATHLETIC DIRECTOR. All home games and contests are under the direction of the Athletic Director and Administration regardless if they are conference, non-conference, sub-section, section or related events. There are times when the Athletic Director, with Administration approval, will delegate someone as site manager at a home contest or appoint someone to be the official school representative at away contests. These individuals will carry out duties and responsibilities that are required of the appointment.

THE HEAD COACH is responsible for all matters pertaining to the organization and administration of coaching the team under his/her direction and shall enforce all rules of the Minnesota State High School League and Fulda High School as they pertain to the respective sports. He/she shall make decisions relative to the successful operation of the sport that are consistent with established athletic policies and procedures. The head coach is to be responsive to the instructions of the athletic director and/or administrator.

THE ASSISTANT COACH shall support the head coach in conducting the athletic program in that particular sport and the total athletic program of the Fulda School System in general. In the absence of the head coach, he/she shall assume all responsibilities herein designated as those of the head coach.

COACHING ASSIGNMENTS are made on a yearly basis upon the recommendation of the Director of Athletics with the approval of the Administration and the Board of Education.

COACHES SALARIES will be paid according to the Master Contract. Each sport season is concluded after the last game or meet is over and all equipment has been checked, turned in and inventoried. An inventory sheet for equipment shall be obtained from and signed by the athletic director and submitted to the administration office.

MEETINGS OF THE COACHING STAFF will be called by the athletic director when he/she deems there is a need for such a meeting. Should any member of the coaching staff feel there is a need for a staff meeting; this should be discussed with the athletic director.

THE COACH

COACHES assigned to guide the youth in the athletic program should exemplify themselves at all times in the highest of moral character. They should demand, expect and instill in their participants a show of respect and take necessary disciplinary action of any participant showing disrespect or becoming a detriment to the team.

COACHES should stress sportsmanship and fair-play at all times and those behaviors should be exhibited by coaches and players alike.

COACHES should always be concerned with the welfare of the participants in the directing of the participants physical and mental well-being. The end-product should be the making of a good citizen. In accomplishing this, together with creating a good athlete, the coach attains the greatest of satisfaction and a rewarding experience.

COACHES should instruct the participants in the athletic program as concerns the use of tobacco, alcohol and drugs at the beginning of each sports season and at periodic intervals during the season.

COACHES should at all times:

- strive to develop in each athlete the qualities of leadership, initiative and good judgment.
- respect the integrity and personality of the individual athlete.
- encourage the highest standards of conduct and scholastic achievement among all athletes.
- seek to teach good health habits including the establishment of sound training rules.

- fulfill responsibilities to provide health services and environment free of safety hazards.
- exemplify the highest moral character, behavior and leadership.
- promote ethical relationships among coaches.
- encourage a respect for all athletics and their value.
- abide by the rules of the game in letter and spirit.
- respect the integrity and judgment of sports officials.
- display modesty in victory and graciousness in defeat.
- warn participants of dangers involved in their respective activity especially if proper techniques/methods are not adhered to.
- demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.
- disapprove commercialism, solicitation, subsidizing or professionalism entering into high school athletics.

STUDENT ELIGIBILITY INFORMATION

Minnesota State High School League regulations provide that any student who intends to participate in interscholastic athletics and cheerleading activities must have on file in school a record of a satisfactory physical examination performed by a physician within the previous three years. These physicals must be on file in the District Office.

Each year (or season) the Athletic Director will hand out parents' permits, student health forms, Minnesota State High School League/Fulda eligibility forms and other forms as deemed necessary in the respective activity. These are to be signed by the parents and returned to be put on file in the District Office. Fees will be collected no later than the second practice session, unless other arrangements are made through the Athletic Director.

Wrestling weight permits must be filled out, signed and turned in before a participant shall be permitted to participate in a meet.

All athletes in grades 9-12 must be entered on the eligibility list. (Any participants grade seven or eight participating on varsity teams must be entered on the eligibility list.)

ACADEMICS RESPONSIBILITY

Academics success is your first responsibility. Participation in Extra-Curricular and Co-Curricular activities is a privilege and performance in the classroom is the student's primary responsibility. The district has an Eligibility Policy in which students must be passing in all subjects to participate in extracurricular and co-curricular activities. Students on the weekly ineligibility list will not be allowed to participate in any school-related activities for the duration of time (Monday-Monday) they are on the ineligible list. Ineligibility checks are conducted on a weekly basis. Grades are submitted electronically to the District office on Thursday of each week. Students who are near failing remain eligible, only students who are failing will be ineligible. The parents of students who are failing and near failing will be notified.

COACHES RESPONSIBILITIES

Do not issue equipment or permit a student to participate until you have checked the master eligibility list in the District Office or received a clear slip signed by the Athletic Director that the student is eligible to compete.

Do not permit an athlete to participate on "A" or "B" level competition if a student is on the ineligible list.

In case of an athletic injury:

- if there is any doubt concerning the injury extent, do not move the athlete until competent medical help arrives.
- call the doctor or hospital and make arrangements before taking the injured athlete for medical treatment except in an extreme emergency.
- call and inform the parents of the injury.
- send a coach along with the injured athlete to the doctor or hospital.
- complete an athletic injury report to be filed in the Athletic Director's office.
- be sure the parents and doctor agree that the athlete may begin participation again following a serious injury. A "participation-after-injury" report must be filed with the Athletic Director before participation resumes.

The Head Coach is responsible for the development and operation of the sports program and shall meet with the assistants prior to the season to discuss the program and the duties of each member of the coaching staff.

The Head Coach shall make recommendations to the Athletic Director. All transportation shall be arranged through the Athletic Director and a list of the participants making the trip should be submitted to the office.

The Head Coach shall keep the locker rooms as neat as possible at all times, see that towels are dispensed and collected and direct players to pick up after themselves. The Head Coach shall see to it that all doors are locked to the coaches' room, equipment room, towel room and whirlpool room.

When practice is completed, the Head Coach or a designated assistant shall be the last person to leave the building; checking all doors, turning off all lights, and seeing that all student participants are out of the building. Keys are to be used by the coaches and managers only.

The Head Coach is required to attend the rules interpretations meetings in their respective sports and shall report all player violations of the Minnesota State High School League and Fulda High School Eligibility Rules to the Athletic Director and/or Principal.

Remember that you and your squad represent our school and town. Stress dress and appearance and good conduct of your squad members at all times.

Before dismissing a player from your program, discuss the matter with the Athletic Director and Principal. The parents should also be informed before the player dismissal action is taken.

The coach shall check the locker room when playing away from home before the team leaves. Supervision of the locker room is necessary at all times and any damage should be reported.

Each coach or advisor will be encouraged to pursue the selection of captains (coaches, advisors, player representatives, etc) for their respective teams or groups. Doing so can only improve communications between coaches and players, which is vital to the success of our extra curricular programs. The procedures for establishing captains should be left up to the discretion of each coach or advisor and will be made know to the respective teams and administration when the timing is appropriate.

THE ATHLETE

Many students in the junior high school and the elementary school look up to the athlete with respect and admiration; therefore, ATHLETES should exemplify themselves as leaders and citizens in the school. Their dress, personal appearance and behavior should be beyond criticism.

ATHLETES should be honest with themselves and with all whom they come in contact with. They should be humble in winning and gracious in losing.

ATHLETES should recognize the sacrifices of their parents as they support and encourage their participation in athletics. Athletes (and parents) should be cognizant of proper diets and the abstention from tobacco, drugs and alcohol, and that the rules and regulations in force concerning the athlete's mental and physical well-being are strictly adhered to.

GENERAL POLICIES

A. Schedules

1. All sports activities shall be scheduled by the Athletic Director in consultation with the head coaches.
2. Scheduling needs to take into account "regular scheduled" election dates in order to avoid potential conflicts.

B. Officials

1. All officials shall be contracted by the Athletic Director.
2. The Athletic Director shall consult with the coaches concerning officials in question whenever possible.

C. Transportation

1. Transportation for all athletic activities shall be engaged through the District office.
2. All participants are to board the bus at the school and shall depart from the bus at the school only upon return.
3. A participant shall under no circumstance be transported to or from an activity other than by school transportation. (If an exception is necessary due to an emergency, arrangements for other transportation must be made with Administration approval through the parents in writing.)

D. Participation

1. No student shall be deprived of an opportunity to participate in the athletic program except as provided in the eligibility rules.
2. Activities shall be extended to both girls and boys as can be provided by facilities, available coaches, finances and participants.
3. Seventh and eighth grade students will be allowed to compete on a high school level (grades 9-12) team (as they had been prior to the 2000-2001). Students who demonstrate advanced ability and skill

achievement may be moved to a higher grade level team to more fully develop their individual talents and to improve the competition levels of the teams involved. This will only be done with the recommendation of the supervisor involved and after conferring with the activity director, the student, and the student's parent. Notice must be given to the administration of any such move prior to it taking place.

E. Seasons

1. Seasons of play shall be in accordance with rules and regulations of the MSHSL.

F. Equipment

1. Except as indicated in the Athletic Program of this handbook, all equipment shall be furnished by the school for a nominal "usage fee."
2. Equipment shall be of the highest quality to insure the greatest safety and protection for all participants. Only the full correct uniform shall be worn when representing the school.
3. All equipment purchasing shall be under the direction of the athletic director as determined in consultation with the head coaches of each activity.
4. Personal items (shoes, socks, supporters, T-shirts, etc.) shall be furnished by the participant.
5. Towels for all participants in any and all activities shall be furnished by the school.
6. At the close of each activity season, the head coach shall submit to the athletic director a complete inventory of all equipment together with a recommended list of needs for the next year.
7. Equipment shall be properly cleaned, repaired and stored by the head coach under the direction of the athletic director.
8. No school owned equipment shall be issued for summer use nor loaned for any summer activity except as allowed by the Minnesota State High School League.

G. Practices/Scrimmages

1. All scrimmages are to first be submitted to the Athletic Director for approval and these scrimmages are to be kept to a minimum. Transportation for out-of-town scrimmages shall first be approved by the administrative office.
2. Athletes shall not be permitted use of the athletic facilities during the school day. All activities shall begin after the close of the school day.
4. On Snow Days (early dismissal due to inclement weather) practice may be held, if students and coaches have made prior arrangements. The Superintendent holds ultimate authority in making this decision.

5. The head coach is responsible for turning in scores of home contests to the Athletic Director at the end of each season. The coach is responsible for calling any scores into the proper news media following the game.
6. No practices shall be held on holidays or Saturday forenoon unless arrangements have been made prior to the practice with the Athletic Director, Principal or Superintendent of Schools.
7. Coaches shall be last out of the building and should check the lights, windows, doors, etc.
8. Participants are not to be in the building before the coach arrives.

H. Tobacco, Drugs, Alcohol

1. The head coach and/or director in all activities shall instruct the participant concerning physical conditions and the abstinence from tobacco, drugs and alcohol.
2. At periodic intervals during the season additional reminders as set forth in above shall be made.
3. Eligibility rules as set forth in the Minnesota State High School League and Fulda High School Handbooks shall be enforced and lists of students declared ineligible noting reason and dates of such ineligibility shall be kept in the Athletic Director and Principal's office.
4. In the event of an ineligibility, the School District will not incur any costs for the ineligible student during their period of ineligibility.

I. Student Welfare

1. It is expected that the coaches shall at all times be diligent concerning participants needs in first-aid treatment.
2. Participants are not to engage in activities if they show any sign of illness.
3. All injuries must be reported immediately to the nurse's office even though not referred to a doctor.
4. Dressing rooms, shower facilities and wearing apparel shall be inspected frequently by coaches and sanitation shall be practiced.
5. Regular school attendance is essential to successful school work. It is the parents and students responsibility to insure regular attendance. If a student is absent, due to illness, he/she must report to the District office by 9:44 a.m. and be in attendance the rest of the school day prior to practice, performance, or competition in an extra curricular activity. Absences due to situations other than illness must be pre-excused by the principal or athletic director.

J. Parent-Coach-Participant Meetings

Each sport will have a parent-coach-participant meeting at the start of the sport's respective season. At this meeting, the coaches, and activities director will distribute any necessary paperwork and coaches will have the opportunity to address concerns and answer questions from parents and participants. Coaches will provide information that demonstrates a willingness to communicate with the athletics and the parent, if requested. Again improved communications would be the goal of these meetings. This will also be a good time to review necessary parts of the Extra-Curricular Handbook.

K. Awards

1. A system of awards shall be set up in all activities and made a part of the handbook.
2. The awards system for each athletic activity shall be as follows:

L. Locker room Policy:

In order to ensure privacy for all students, students and staff members of the opposite sex will not be allowed to enter a locker room that is being used by students during the school day or during athletic contests unless that locker room has been cleared by an adult member of the same sex. The following protocol will be observed prior to a male entering the girl's locker room during the school day or during athletic practice or contests: an adult female will enter the girl's locker room to make sure it is acceptable for a male to enter and communicate this to the male before he may enter the locker room. The same protocol will be used prior to a female entering the boy's locker room during the school day or during athletic practice or contests: a male adult will enter the boy's locker room to make sure it is acceptable for a female to enter and communicate this to the female before she may enter the locker room. These protocols will be observed at all times, except in the case of a suspected emergency.

BASKETBALL: PARTICIPANTS SHALL:

- attend any and all practices unless excused by the coach,
- follow all training rules and regulations as set forth by the coach, school and State High School League,
- play in at least twenty (20) quarters on the varsity ("A") team in interscholastic competition, (NOTE: Each time a player enters a game it is counted as a quarter; no more than four (4) quarters can be counted in any one game.)
- maintain the required scholastic standards of the school and the State Department of Education
- as a senior, have participated in the basketball program four (4) years grade 9 through 12,
- final awarding of letters shall be at the recommendation of the coach.
- Managers: Shall/may be awarded a letter at the discretion of the coach.

FOOTBALL: PARTICIPANTS SHALL

- make a meaningful contribution to the team, games, and practices,
- play in at least ten quarters of varsity games,
- complete the season unless prevented by illness or injury (NOTE: letter-status may be maintained by assisting in scoring, managerial duties and the like, as determined by the coaching staff and administration),
- attend all practice sessions unless excused by the head coach,
- participate in games as directed by the coach,
- final awarding of letters shall be at the discretion of the coach.
- Managers: Shall/may be awarded a letter at the discretion of the coach.

GOLF: PARTICIPANTS SHALL

- attend each practice session unless excused by the coach, and complete the season, unless injured, at which time the coach will determine whether or not the participant shall be entitled to a letter. Participate in meets as directed by the coach, have their score counted for an "A" team match in at least two (2) meets. Final awarding of letters shall be at the discretion of the coach.

VOLLEYBALL: PARTICIPANTS SHALL

- attend all practice sessions except as excused by the coach,
- follow all training rules and regulations as set forth by the coach, school and State High School League,
- have played in the same number of games as there are scheduled matches during the season including tournaments,
- as a senior, have participated in the volleyball program four (4) years grade 9 through 12,
- be considered for a letter if close to the above and at the discretion of the coach.
- Managers: Shall/may be awarded a letter at the discretion of the coach.

TRACK: A PARTICIPANT SHALL

- accumulate 20 points during the track season to qualify for a letter,
- complete the season, unless injured, at which time it will be determined by the coach as to whether or not the participant shall be entitled to a letter,
- attend each practice session unless excused by the coach,
- participate in track meets as directed by the coach,
- be considered for a letter if close to the and at the discretion of the coach, especially if he/she places in the conference, sub-section and/or section meets.
- Managers: Shall/may be awarded a letter at the discretion of the coach.

WRESTLING: PARTICIPANTS SHALL

-participants shall follow all rules and regulations as set forth by the coach, school and State High School League,

-any wrestler may be lettered through a combination of any of the following:

1. If a varsity team member scores 9 team points or more.
 - a. 6 points-technical fall
 - b. 6 points-fall
 - c. 6 points-forfeit
 - d. 6 points-default
 - e. 5 points-superior decision
 - f. 4 points-major decision
 - g. 3 points-decision
 - h. 2 points-draw
2. If a varsity team member wrestles 10 varsity matches.
3. If a varsity team member places 1st, 2nd, or 3rd in the conference tournament.
4. If a varsity wrestler wrestles in the sub-section tournament.
5. A senior wrestler may be lettered even though he does not meet the above criteria if he has participated in wrestle-offs, attends practice regularly, has a good attitude, and has contributed to the well being of the team.

-Managers: Shall/may be awarded a letter at the discretion of the coach.

THE FINAL DECISION ON THE LETTERING OF AN ATHLETE SHALL BE MADE BY THE COACH.

M. Tournaments and Meets

1. Participation in tournament play shall be allowed as follows:
 - a. Minnesota State High School League, sub-section, section and state.
 - b. Tournaments and/or meets as sanctioned under each sport activity and included in the HANDBOOK.
2. Athletic team members may attend tournaments or meets as spectators based on the following criteria:
 - a. As part of a group under the supervision of the head coach.
 - b. Transportation shall be furnished by the school District.
 - c. No attendance shall be approved involving stay over-night.
 - d. Only one such trip may be allowed beyond sub-section level (such as section or state).
 - e. Expenses shall be the obligation of each individual.

3. Coaches:
 - a. The varsity coach and assistant may attend the state tournament or meet (in his/her sport) not to exceed two school days. Tickets will be furnished by the school, plus substitute teachers.
 - b. Head coach and assistant coach may attend one coaching clinic in their respective sport at school expense (room - 1 night stay) – meals – transportation (school vehicle).
4. The Athletic Director may attend one (1) state tournament per school year. He will attend the sport of his choice, but it cannot exceed two school days. Tickets will be furnished by the school, plus a substitute teacher.

M. Passes-Home Games

1. Passes may be earned as follows:
 - a. (2 maximum) One (1) season pass for working two (2) events. Two (2) season passes for working four (4) events.
 - b. Passes are for adults only and shall not be transferred to any other person.
 - c. Pre-school children shall be admitted free of charge if accompanied by the parents and are to be seated with the parents. Tickets for school age children are to be purchased at the door or gate.
 - d. Guests of faculty members are to purchase tickets.

Passes-Away Games

- a. Tickets must be purchased at the host school, unless otherwise arranged by the Athletic Director/Principal.

N. Managers

Managers for each activity shall be selected by the head coach, managers shall be subject to all rules and regulations including eligibility the same as for athletics.

O. Insurance

Insurance coverage is the responsibility of the student athlete and their family.

P. Physicals

All athletic participants are required to have a physical examination at least once every three years. Physicals may be offered to all athletes as per arranged by the local clinic.

Q. Parent's Night

May be allowed by each sport at the discretion of the head coach; however, any cost involved in a Parent's Night shall be the responsibility of the participants.

R. Scouting

Use of school vehicle shall be available to the respective head coach with approval of the Athletic Director.

S. Game Video and/or Filming

As arranged by the coaches with the Athletic Director and Administration prior to the season.

THE ATHLETIC DIRECTOR

The Athletic Director shall be the head of the entire athletic activities program responsible in it's direction to the Superintendent of Schools but working cooperatively with the Head Coaches in planning and maintaining the program.

A. Responsibilities

1. Scheduling all games, meets and contests
2. Engage officials for all games, meets and contests
3. Prepare eligibility lists of participants
4. Requisition all equipment
5. Schedule use of facilities for practice
6. Check with the Principal's Office concerning participant transportation
7. Enforce rules concerning ineligibility
8. Enforce rules and regulations as set forth in the ATHLETIC HANDBOOK of the MSHSL and the Athletic Handbook of the Fulda Public Schools
9. Recommend coaching changes, additions or deletions
10. Approve and distribute lists of awards to participants
11. Supervise all tournaments as scheduled on home facilities or have a suitable replacement.
12. Arrange for use of neighboring facilities in cases of emergencies concerning home facilities.
13. Represent the Fulda Schools at all conference, sub-section and section meetings concerning athletics.
14. Report to the office any defective equipment or facilities and/or recommend improvements.
15. Maintain an up-to-date record of all athletic contests and individual achievements.
16. The Athletic Director shall be the official school representative at all games both home and away. He shall designate a member of the staff to act in this capacity in his absence.
17. Arrange for athletic physical examinations.

ATHLETIC PROGRAMS

FOOTBALL

Varsity

1. A program in football under a qualified head coach shall be provided – and open to all boys' grades 9 through 12
2. The number of assistant coaches to be provided in the program shall depend upon available finances and safety of participants
3. Participants in the program shall be eligible for either "A" or "B" team competition as determined by the coaches
4. There shall be a maximum of 8 varsity "A" games and a maximum of 7 "B" games during the season (above exclusive of any play-off games or games as sanctioned by the Conference and/or the Minnesota High School League)
5. There shall be only one preseason scrimmage allowed against another school
6. All rules and regulations as set forth by the Minnesota State High School League handbook shall prevail
7. The General Policies as stated in this Handbook shall apply (review general policies)

Junior High Grades 7-8

1. Instruction in the fundamental skills in football shall be provided for all 7th and 8th grade boys.
2. The program shall be of basic skills instruction progressing into team play experience
3. The program shall be under the supervision of a qualified coach
4. Although the program shall stress instruction in basic skills, fundamentals, and team play, the program may include five scheduled contest.
5. The General Policies as stated in this Handbook shall apply (review general policies)

VOLLEYBALL

Varsity

1. A program in volleyball under a qualified coach shall be provided and open to all girls grades 7 through 12. (An assistant coach(es) may be provided if the number of participants warrant it).
2. Participants in the program shall be eligible for either "A" or "B" team competition as determined by the coaches
3. There shall be a maximum of 16 varsity "A" games and a maximum of 16 "B" games during the season exclusive of Minnesota State High School League tournament play
4. All rules and regulations as set forth by the MSHSL Handbook shall apply
5. The General Policies as stated in this handbook shall apply (review general policies)

6. Grades 7 and 8 will begin as soon as possible. Inter school competition shall be held as finances allow.

BASKETBALL

1. A program in basketball under qualified coaches shall be provided and open to all students grades 7 through 12
2. Participants in the program shall be eligible for either "A" or "B" varsity teams as determined by the coaches (girls and boys teams shall be separate)
3. There shall be a maximum of 26 games for both "A" and "B" teams, exclusive of MSHSL tournaments.
4. Instruction in the fundamental skills in basketball shall be provided for 7th and 8th grade girls and boys. (Inter school competition shall be held as finances allow.)

WRESTLING

1. The wrestling program shall be open to all boys in grades 7-12. Note: 7th and 8th grade boys may be eligible for competing on the varsity "A" and "B" teams.
2. There shall be a maximum of 15 wrestling (interscholastic) meets during the season including tournaments, but exclusive of MSHSL tournaments.

TRACK

1. A program in track shall be open to all boys and girls (separate teams) in grades 7-12.
2. The track teams shall be under qualified coaches.
3. There shall be a maximum of 14 track meets for either boys or girls teams exclusive of MSHSL meets.
4. A Junior High Track Program shall be provided. The Junior High Meets (which may include grade 9) will consist of no less than 3 teams. The number of junior high meets shall be limited to 6 excluding the Sub-Section Junior High meet.

GOLF

1. A golf program will be open for all boys & girls in grades 7-12.
2. There shall be a maximum of 16 meets exclusive of MSHSL tournaments.

FULDA HIGH SCHOOL ACTIVITIES ELIGIBILITY REGULATIONS AND PROCEDURES

The following is a summary of the basic regulations for anyone competing in, or participating in, any and all extra-curricular activities in the Fulda Junior-Senior High School. Other activities also included are class and Student Council

officers, band, choir, and all student organizations (curricular and co-curricular) class parties, and the like:

SCHOLARSHIP: Students must be making satisfactory progress toward the school's requirements for graduation. A weekly evaluation is conducted on all students' academic progress. If failing grades should occur in any subject for a participant, the participant will not be able to participate in games or contests for one week. The evaluations will be published each Friday and the ineligibility will begin the following Monday.

ALCOHOL: A student shall not use a beverage containing alcohol, regardless of quantity at any during the year.

TOBACCO: A student shall not use tobacco, in any form, at any time during the year.

DRUGS: A student shall not use or consume, have in possession, buy, sell or give away marijuana or any other controlled substance, unless specifically prescribed for the student's own use by his/her doctor.

PENALTY: For violation of any of the above mentioned rules, the student shall be suspended from participation in all of the above-mentioned and inferred school-sponsored activities, during his/her activity season for the time specified below:

- a. **First offense:** Suspension from competition or participation in two (2) interscholastic contests, or public appearances; or for two (2) weeks, whichever is the greater penalty.
- b. **Second offense:** Suspension from competition or participation in interscholastic contests, or public appearances for three (3) consecutive weeks or six (6) consecutive events during the student's season of activity.
Third offense: Third or Subsequent Violation Penalty 1) The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant. 2) A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met: a) The student is assessed as chemically dependent, b) enters treatment voluntarily, and c) the director of the treatment center certifies that the student has successfully completed the treatment program. d) The treatment option cannot be used for the first or second violation. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

For participants in band, or band and choir, the penalty for the first offense will be:

- Suspension from two public appearances (contests, concerts, parades, pep band events, and the like).
- Penalty for a second offense or third offense will be dealt with as listed above.

For those students who participate in choir only, the penalty for the first offense will be:

- Suspension from one public appearance (contests, concerts, and the like).
- Penalty for a second offense will be: Suspension from 3 public appearances (contests, concerts, and the like).
- Penalty for a third offense will be dealt with as listed above.

For participants in activities such as FFA, FLA, BPA, etc. the penalty for the first offense will be:

- Suspension from one meeting and one activity; or two consecutive meetings; or two activities, whichever is applicable.
- Second and third offenses will be dealt with as listed above.

PENALTY: Suspension from all activities for two (2) interscholastic contests or public appearances. Upon a second violation, the penalty will be suspension from all activities for four (4) interscholastic contests or public appearances. Subsequent violations will be dealt with on a continuing multiple contest/appearance progression, (8, 16, etc.)

- Suspension from band, or band and choir, will be dealt with as listed above.
- Suspension for those students who participate in choir only, shall be one public appearance (contest, concert, and the like) for the first offense; two public appearances for the second offense, four public appearances for the third offense, etc.
- Suspension from FFA, FLA, BPA, etc. shall be one (1) meeting or activity for the first offense; two (2) meetings or activities for the second offense; four (4) meetings or activities for the third offense, etc. Officers, etc. will substitute two weeks, four weeks, etc.

SEXUAL/RACIAL/RELIGIOUS HARASSMENT/ VIOLENCE AND HAZING IN MSHSL-SPONSORED ATHLETIC AND FINE ARTS ACTIVITIES

1. A student shall not engage in the sexual, racial or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.
2. Sexual, Racial, Religious Harassment and Hazing Violations
 - A. Penalty for Category I Activities:
 - 1) First Violation:

The student shall lose eligibility for the next *two consecutive interscholastic contests or two weeks, 14 calendar days*, of a season in which the student is a participant, whichever is greater.
 - 2) Second Violation:

The student shall lose eligibility for the next *six consecutive interscholastic contests or three weeks, 21 calendar days*, whichever is greater, in which the student is a participant.
 - 3) Third or Subsequent Violations:

The student shall lose eligibility for the next *12 consecutive interscholastic contests or four weeks, 28 calendar days*, whichever is greater, in which the student is a participant.
 - 4) Progressive Penalties:

Penalties for sexual harassment violations shall be progressive beginning with the first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.
 - B. Penalty for Category II Activities:

Each member school shall develop penalties which it will apply to the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.
3. Sexual, Racial, Religious Violence and or Hazing Violations:

Cross Reference: Bylaw 206 Good Standing and General Eligibility Requirements
Penalty for Category I and II Activities:
The student shall lose eligibility for the next 12 calendar months.

Definitions:

1. Sexual harassment is a form of sex discrimination which is prohibited by Section 703 of Title VII of the Civil Rights Act of 1964, as amended, 42 U.S.C. 2000e, et seq., and Minnesota Statutes Sections 363.01-14, the Minnesota Human Rights Act. Sexual harassment is illegal under both federal and state law.
 - A. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication of a sexual nature.
 - B. Sexual harassment may include but is not limited to:

- 1) verbal, written/graphic harassment or abuse;
- 2) subtle pressure for sexual activity;
- 3) inappropriate patting or pinching;
- 4) intentional brushing against the individual's body;
- 5) demanding sexual favors accompanied by implied or overt threats concerning an individual's employment or educational status;
- 6) demanding sexual favors accompanied by implied or overt promises of preferential treatment with regard to an individual's employment or educational status;
- 7) any unwelcome touching of a sexual nature.

2. Sexual violence is a physical act of aggression that includes a sexual act or sexual purpose which involves the touching of another person's intimate parts, either above or underneath the other person's clothes, or forcing another to touch one's intimate parts, either above or underneath one's clothes. Intimate parts, as defined in Minnesota Statutes 1990, Section 609.341, includes the primary genital area, groin, inner thigh, buttocks, or breast of a human being. Sexual violence is a criminal activity.

Sexual violence may include, but is not limited to:

- A. touching, patting, grabbing, or pinching another person's intimate parts, either same sex or opposite sex.
- B. coercing or forcing sexual touching on another;
- C. coercing or forcing sexual intercourse on another;
- D. threatening to force sexual touching or intercourse on another.

3. Racial harassment consists of physical or verbal conduct relating to an individual's race when the conduct:

A. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment;

B. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance;

or

C. otherwise adversely affects an individual's employment or academic opportunities.

4. Racial violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, race.

5. Religious harassment consists of physical or verbal conduct which is related to an individual's religion when the conduct:

A. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment;

B. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance;

or

- C. otherwise adversely affects an individual's employment or academic opportunities.
6. Religious violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, religion.
7. Hazing:
- A. Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.
- 1) No student, teacher, administrator, coach, volunteer, official or employee of a school shall plan, direct, encourage, aid or engage in hazing.
 - 2) No teacher, administrator, coach, volunteer, official or employee of a school shall permit, condone or tolerate hazing.
 - 3) Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.
 - 4) This policy applies to behavior that occurs on or off school property and during and after school hours.
 - 5) A person who engages in an act that violates MSHSL policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
 - 6) The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, official, or employee of the school district who is found to have violated this policy.
- B. Hazing may include but is not limited to:
- 1) Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
 - 2) Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student
 - 3) Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health of the student.
 - 4) Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
 - 5) Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.
- C. "Student organization" means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.

D. Reporting Procedures:

- 1) Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy.
- 2) The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
- 3) Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately.
- 4) Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades or work assignment.

E. Reprisal:

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official or employee of the school district who retaliates against any person who makes a good faith report of alleged hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

School Actions and Responsibilities

1. Responsibilities under M.S. 127.46:

Any person who believes that she or he has been the victim of sexual harassment or sexual violence, or any third person with knowledge or belief of conduct which may constitute sexual harassment or sexual violence by a student participant in League-sponsored activities should report the alleged acts immediately to a responsible school district official or directly to the Human Rights Officer designated by that district's policy.

2. Investigation Process:

The School District Human Rights Officer, upon receipt of a report or complaint alleging sexual harassment or sexual violence shall immediately authorize an investigation. The investigating party shall provide a written report to the Superintendent of Schools and the District Human Rights Officer or other designated official within the time frame required by the school district policies.

3. School District Action and Consequences:

Any School District action taken pursuant to this policy will be consistent with requirements of applicable collective bargaining agreements, Minnesota Statutes

and School District policies.

- A. Upon determination that the complaint is valid, the School District will take such disciplinary action as it deems necessary and appropriate to end sexual harassment and sexual violence and prevent its recurrence.
- B. The results of the investigation will be reported in writing to the complainant and the student(s) named in the complaint by the School District. The report will document the disciplinary action taken as a result of the complaint; eligibility affected by the disciplinary action and the date when the student will return to good standing and is eligible to participate in League-sponsored activities.
- C. The student(s), their parent/guardian will be informed of their due process for the loss of eligibility.

Complaints, investigations and resolutions will be handled as discreetly as possible, with information being shared with those having a need to know and in accordance with the legal obligations of the member school.

STUDENT CODE OF RESPONSIBILITIES:

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

I will respect the rights and beliefs of others and will treat others with courtesy and consideration.

I will be fully responsible for my own actions and the consequences of my actions.

I will respect the property of others.

I will respect and obey the rules of my school and the laws of my community, state and country.

I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

A student whose character or conduct violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the Principal/AD.

ALL VIOLATIONS ARE ACCUMULATIVE, GRADES 7 THROUGH 12.

BYLAW 206.00 GOOD STANDING AND GENERAL ELIGIBILITY REQUIREMENTS (7/13/15)

1. Good Standing

In order to be eligible for regular season and League tournament competition a student must be in good standing.

Definition: The term “Good Standing” shall mean that the student is eligible under of all the conditions and eligibility requirements of that school as well as the eligibility requirements of the Minnesota State High School League.

2. Student Code of Responsibilities

Participation in interscholastic activities is a privilege which is accompanied by responsibility. As a student participating in League sponsored activities, I understand and accept the following responsibilities:

- A. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- B. I will be fully responsible for my own actions and the consequences of my actions.
- C. I will respect the rights and property of others.
- D. I will respect and obey the rules of my school and the laws of my community, state and country.
- E. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

3. Penalty

A student who is dismissed from school or who violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the school principal acting on the authority of the local board of education. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations. For example, when a student is suspended from school the student is not in good standing and cannot begin to serve the participation penalty until the student has completed the suspension from school and is returned to good standing.

4. Student/Coach Ejection from a Contest

A. Notification to School Administration: Coaches are responsible to inform their school administration regarding any ejection of a coach or student in their sport.

B. Penalties:

1) Student

- a) During the Regular Season: A student-athlete who is ejected from a game/meet, shall not participate in a game/meet for the remainder of that day. The student is also suspended

from the next scheduled, rescheduled, or contracted game/meet at that level of competition and all games/meets in the interim at other levels of competition.

- b) The second and subsequent violations carry a four regularly scheduled game/meet ineligibility penalty.
- c) During the League Tournament Series (Subsection, Section and State Tournament): A student athlete who is ejected from a game, meet or individual competition shall not participate in a game, meet or individual round of competition for the remainder of that day. The student is also suspended from the next scheduled round of team or individual competition in that tournament series.
- d) Student Relationship to Team during Suspension: A player who is under suspension for an ejection may travel with the team and be in the locker room and on the sideline but may not be in uniform while under suspension.
- e) If penalties are imposed at the end of the sport season or League tournament series and no contest remains, the penalty is carried over in that particular sport until the next school year. In the case of a senior, the penalty will continue to the next sport season.

2) Coach

- a) During the Regular Season: Anytime a coach is ejected from a game/meet, the coach shall not coach the remainder of that day. The coach is also suspended from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition.
- b) The second and subsequent violations carry a four regularly scheduled game/meet ineligibility penalty.
- c) During the League Tournament Series (Sub-section, Section and State Tournament): A coach who is ejected from a game/meet shall not coach the remainder of that day. The coach is also suspended from coaching the next scheduled round of team or individual competition in that tournament series. The penalty will be carried over into the next season for that sport.
- d) Coach Relationship to Team during Suspension: A coach who is under suspension for an ejection may not:
 - (1) Have access to the locker room prior to the game, during half-time, or following the game;
 - (2) Be seated in an area proximal to the team bench;

- (3) Ride the team bus to or from the contest; or
- (4) Serve in any official capacity as a coach, statistician, supervisor, etc. until the suspension has been served.

5. Appeal:

A basketball coach may appeal the penalty only when he/she is disqualified for technical fouls and his/her actions did not contribute to the disqualification. The appeal will be heard by the local school administration. A complete report must be sent to the League for review.

6. Approved Attire for Awards Presentations: Students participating in all League awards presentations must be in school approved attire.

7. Eligibility During League Tournaments (Subsection, Section and State): A student must be fully eligible under all local school district policies and League bylaws to be in uniform, occupy the bench or playing area, participate and receive individual/team awards, including all-tournament honors, in the awards ceremony.

THESE RULES AND REGULATIONS SHALL BE APPLICABLE
THROUGHOUT THE ENTIRE CALENDAR YEAR
Communication Chain of Command

Following the Chain of Command is essential in any organization. The following protocol is to be used by all parties to resolve issues and to ensure concerns are resolved at the appropriate level. If resolution of the issue is not achieved at the first level of communication, the next person in the communication protocol can be contacted.

All members of this communication chain are obligated to follow the policy and the determined the line(s) of communication. No level is to be skipped, if a level has been skipped it is the responsibility of that member to redirect concerns to its appropriate level immediately without discussion.

Level 1—Player/Student to Coach/Teacher

Level 2—Parent with Player/Student to Coach or Teacher

Level 3—All members of Level 2 to the AD

Level 4—All members of Level 3 to the Principal

Level 5—All members of Level 4 to the Superintendent

Level 6—All members of Level 5 to the appropriate School Board Committee

- Level 3 does NOT pertain to non-athletic concerns, non-athletic concerns would move from Level 1-2-4-5-6 if necessary.

Activities Participation Prerequisite Information

Fulda Public School District has a long tradition of successful activities programs. We are proud to offer a variety of activities through our activities programs. These activities help provide opportunities for our students to learn important life skills, including teamwork, discipline, dedication, and time management, to mention a few.

Participation in extracurricular activities carries added expectations and responsibilities. Each activity has a basic set of prerequisite skills. Students are free to pursue participation in any of our extracurricular activities as long as they meet the basic eligibility requirements and possess the skills needed for a safe and successful experience.

In the pages that follow, the individual coaches/directors have indicated their thoughts on the social, physical, and cognitive skills that students must possess for a successful experience in their activity.

Overall Requirements:

In addition to the prerequisite skills identified below for each individual activity, all students participating in extracurricular activities must abide by the following requirements:

- 1. Participants in team sports and activities governed by Minnesota High School League are required to meet the prerequisite and conduct standards established by the League and set forth in the Minnesota State High School League Rules.**
- 2. In order to participate in any extracurricular activity established by the School District, a student must possess the ability to follow the rules established by the coach, the team, the game, the supervisor for that game/activity.**
- 3. Moreover, while accommodations for disabled students will be made, when appropriate, in order to enable disabled students to participate in extracurricular activities, however, the provisions of such accommodations: a) are limited by the rules and regulations of the Minnesota High School League; and b) cannot change the basic nature of the activity.**
- 4. Finally, in order to participate in the District's extracurricular activities, all students must possess an understanding of what behaviors are acceptable and unacceptable in the individual activity or team sport and be able to conduct themselves in a manner which ensures a spirit of good sportsmanship and the safety of the participants and spectators.**

Individual Requirements for each Activity/ Program:

Boys and Girls Golf

- 1. Participants in this activity must attend a tryout at which they demonstrate that they either possess or have the capacity to develop the physical ability and eye hand coordination necessary to swing a golf club, hit a golf ball, hold a golf ball and golf clubs in a manner satisfactory to coaching staff**

2. **Participants must be able to demonstrate: an understanding of the rules of golf; the ability to comply with the etiquette requirements of the game; the ability to maintain the speed of play and interact cooperatively within a foursome of golfers from his/her own school and/or from other schools.**
3. **Participants must be able to follow the directions of coaching staff and team captains.**
4. **Participants must be able to attend all mandatory practices and tournaments.**
5. **Participants must be able to play and walk an 18-hole golf round while carrying golf clubs.**

Wrestling

1. **Participants in this activity must have a basic understanding of how to wrestle, including an understanding of the rules governing the sport of wrestling and how to apply them.**
2. **Participants must have the ability to learn, memorize, and perform assigned maneuvers.**
3. **Participants in this activity must attend a tryout at which they demonstrate that they either possess or have the capacity to develop the physical ability to:**
 - a. **demonstrate a full range of motion in all joints;**
 - b. **engage in and be subjected to close physical contact with another student, specifically including physical holds,**
 - c. **be pinned, tackled or pushed to the ground;**
 - d. **be exposed to another's bodily fluids**
 - e. **maintain balance, endurance and mental focus in a manner satisfactory to coaching staff.**
4. **Participants must be able to follow the directions of coaching staff, referees, and team captains.**
5. **Participants must attend all mandatory practices in preparation for scheduled scrimmages and games.**

Boys and Girls Track and Field

1. **Participants in this activity must attend a tryout at which they demonstrate that they either possess or have the capacity to develop the physical ability and skills to run, jump, throw, and/or perform other track and field activities in which they wish to participate in a manner deemed satisfactory to coaching staff.**
2. **Participants must have a basic understanding of how to play the event in which he/she wishes to participate, including an understanding of the rules of the sport and how to apply them.**
3. **Participants must demonstrate the ability to function independently, move, and**

handle sporting equipment in a manner consistent with the requirements of the event in which they wish to participate.

4. Participants must be able to follow the directions of coaching staff and team captains.
5. Participants must be able to attend all mandatory practices and scheduled scrimmages or meets in order to prepare for scrimmages and meets.

Boys Hockey

1. Participants in this activity must attend a tryout at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability and skills to: skate while holding a hockey stick, skate at a fast speed; hit at a puck with a hockey stick, check other players, and withstand checks from other players in a manner which is satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of hockey and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to work cooperatively with their teammates; learn, memorize, and perform assigned maneuvers.

Girls Basketball

1. Participants in this activity must attend a tryout at which they demonstrate the physical strength, ability and/or skills or the capacity to develop the strength, physical ability and skills to run quickly while holding or dribbling a ball, jump; aim, handle a basketball; and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of basketball and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for games.
5. Participants must attend all mandatory practices, scrimmages and scheduled games.
6. Participants must be able to work cooperatively with their teammates, learn, memorize, and perform assigned maneuvers.

Boys Basketball

- 1. Participants in this activity must attend a tryout at which they demonstrate the physical strength, ability and/or skills or the capacity to develop the strength, physical ability and skills to run quickly while holding or dribbling a ball, jump; aim, handle a basketball; and exhibit physical endurance in a manner satisfactory to coaching staff.**
- 2. Participants must have a basic understanding of the rules of the game of basketball and possess the ability to apply those rules to the game.**
- 3. Participants must be able to follow the directions of coaching staff, referees, and team captains.**
- 4. Participants must be able and willing to attend practices and engage in physical training to prepare for games.**
- 5. Participants must attend all mandatory practices, scrimmages and scheduled games.**
- 6. Participants must be able to work cooperatively with their teammates, learn, memorize, and perform assigned maneuvers.**

Volleyball

- 1. Participants must attend a tryout to demonstrate the physical strength, skills and ability or the capacity to develop the strength, physical ability and skills to move quickly while holding a volleyball, serve, swing, jump; aim, hit and/or serve a volleyball and exhibit physical endurance in a manner satisfactory to coaching staff.**
- 2. Participants must have a basic understanding of the rules of the game of volleyball and possess the ability to apply those rules to the game.**
- 3. Participants must be able to follow the directions of coaching staff, referees, and team captains.**
- 4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and/or games.**
- 5. Participants must attend all mandatory practices, scrimmages and scheduled games.**
- 6. Participants must be able to work cooperatively with their teammates to learn, memorize, and perform team strategies, like rotations, during a game.**

Football

- 1. Participants in this activity must attend a tryout at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability and skills necessary to play the game of Football. This includes, but is not limited to, the ability to run for long distances while carrying a football and wearing safety equipment; the ability to block other players and withstand blocks from other players; the ability and skills necessary to protect himself and his teammates; and**

the ability to maintain focus in stressful situations in a manner satisfactory to coaching staff.

2. Participants must have a basic understanding of the game of football, an understanding of the rules applicable to the game and the ability to apply those rules in the course of a game. In addition, the athlete must understand the concepts of the game, from offense to defense to special teams.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains and to accept constructive criticism.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to work cooperatively with their teammates; follow strategies and learn, memorize, and perform assigned maneuvers.

Speech

1. Participants must be able to communicate orally, either in spoken work or through artificial mechanisms;
2. Participants must be able to write, read, and comprehend information to which they are expected to respond in practices and competitions.
3. Participants must be able to respond to oral and written information received in a strategic and analytical way.
4. Participants must be able to memorize and recite assigned materials and to select criteria to perform based on their understanding of performance expectations in each category.
5. Participants must be able to communicate with coaches, teammates, judges, adversaries and teammates. They must be able to receive and apply constructive criticism to their performance.
6. Participants must be able to attend all mandatory practices and scheduled events.

Cross Country

1. Participants in this sport must attend a tryout at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability, agility and skills necessary to complete either a 4k (for females) or 5k (for males).
2. Participants must have a basic understanding of the sport of cross country, including an understanding of the rules of the sport and how to apply them.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains and to accept constructive criticism.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must be able and willing to attend all mandatory practices, scheduled

- scrimmages and meets.
6. **Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.**

Theatre (Musical/Three Act/One Act)

1. **Participants in this activity must attend an audition where they demonstrate their abilities and skills or their capacity to develop the abilities and skills to follow directions, memorize and recite assigned lines, act, and interact appropriately with their coaches and/or supervisory staff.**
2. **Participants must be willing and able to follow direction from the coach/director, choreographer, and/or other supervisors.**
3. **Participants must be able to attend all mandatory practices and scheduled performances.**
4. **Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, at all times, adhere to the School District's Code of Student Conduct and the Rules of the Minnesota High School League.**

Music

1. **Participants must attend an audition at which they demonstrate an ability or capacity to develop the ability to read music, play an instrument of choice or vocalize music of choice in a manner deemed satisfactory to the director. In addition, participants must demonstrate an ability to play/perform additional music selected by the director.**
2. **Participants must be able to play or sing appropriately and at the right time with others playing or singing in the group. They must be able to memorize and play assigned music.**
3. **Participants must be willing and able to follow direction from the director.**
4. **Participants must be able to attend all mandatory practices and scheduled performances.**
5. **Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues, coaches, opponents and director. They must, at all times, adhere to the School District's Code of Student Conduct and the Rules of the Minnesota High School League.**

STUDENTS IN GRADES 7-12: Fulda Junior-Senior High School student athletes along with at least one parent/guardian must attend a pre-activity meeting in which the above rules & regulations and the Minnesota State High School policies will be discussed. The only exception is for students participating in club and curricular/co-curricular activities. Parents/guardians must make arrangements to meet with the Athletic Director if unable to attend this meeting.

I have read and understand the above regulations, and acknowledge receipt of this copy.

(Parent/Guardian Signature)

Date

(Student Signature)

Date