

NEW MILFORD HIGH SCHOOL ATHLETIC RULES AND REGULATIONS
(Athlete must complete and return form to Athletic Director prior to start of season)

Athletics at New Milford High School are an extracurricular activity. Student-athletes must follow all school and athletic department rules. It is a privilege not a right to participate. That privilege may be revoked at the discretion of the school. Parents have the right to set academic and behavioral standards above and beyond the school standards for their children. Parents have the right to revoke their child's privilege to participate on an interscholastic team. Working together to develop responsible young people is a team effort, and we need you on our team.

1. Coaches are allowed to set team rules and expectations that hold athletes to higher standards than those detailed in this document.
2. New Milford High School coaches have the sole responsibility for the selection of all team members. The team selection is based on the subjective opinion of the coach who will consider the student's athletic ability, sportsmanship and citizenship when making choices.
3. The amount of playing time, the position the athlete plays, and the level that they play (varsity, jv, and freshman) is the sole decision of the coach(es). At the varsity level in particular, the emphasis will be on developing the most competitive team possible given the talent of the athletes. Younger students (freshmen and sophomores) may play over older students (juniors and seniors). There is no guarantee of playing time particularly at the varsity level. It is possible that students may not play at all.
4. Spectators, including students, parents and others attending contests shall refrain from criticizing officials, coaches, opponents or players. Inappropriate spectator behavior can result in banishment from contests or, if an athlete, suspension from team contests.
5. Students must take at least 4 units of work. A unit is defined as a course that meets each day for full credit.
6. Students must pass at least 4 units or the equivalent at the end of the prior marking period. Incomplete grades do not count as passing. For fall participation a student must have received credit toward graduation at the close of the school year preceding the contest in at least 4 units.
7. Students may participate up to the age of 20 as long as they don't turn 20 during the current season in which they participate.
8. Students transferring to New Milford High School without a legal change of address are subject to the CIAC transfer rule.
9. Students are eligible to play a sport during the four year period after they enter high school. Students still in high school more than four years after their entry date are not eligible to participate.
10. Athletes are expected to maintain the highest order of sportsmanship at all times.
11. Possession, use or being under the influence of alcohol, tobacco or illegal drugs (including steroids or other performance enhancing drugs) on school grounds, at school functions off school grounds, en route to, during, or driving from a contest is strictly forbidden. The school reserves the right to implement breathalyzers at any and all events according to Board of Education policy. As a result of such infractions, disciplinary action, including discipline within the athletic department, will be taken which may include removal from the team for the remainder of the season. The CIAC may institute stricter rules which would supersede this school policy. Coaches may institute stricter rules which would supersede this policy.
12. No student at New Milford High School may take part in bullying, initiations or hazings. Students do not have the right to impose their will on other students, nor should they feel compelled to be initiated by others. Athletic teams at New Milford High School should be welcoming, comfortable and inclusive. Those who participate in bullying, initiations or hazings will be disciplined according to school policy.
13. Students cannot take lessons, play, practice or participate in any way with other coaches, instructors or teams in the same sport while a member of a school team while the school team is in season.
14. Students cannot receive personal economic gain, including gifts, for participation in any sport.

15. An injured athlete who has had medical treatment cannot participate until a release from the doctor is given to the coach.
16. Attendance at all practices and games is mandatory, including vacation periods. Athletes and parents must realize that missed practice time may affect the playing time of the athlete. Students who will be absent from or late to practice should speak directly to the coach in advance.
17. Coaches reserve the right to close practices to parents and other members of the public.
18. New Milford High School and the CIAC do not, in any way, sanction, encourage or condone "captain's practice". Students should not feel pressured or compelled to participate in off-season practices. Off-season practices are not sanctioned or supervised by New Milford High School coaches or the athletic department. Students do not have permission to practice or play on school grounds on their own. Athletic insurance will not cover students that are injured during unauthorized practice. Teams may hold voluntary out-of-season, physical conditioning workouts with a coach.
19. Each coach will be responsible for setting up criteria for selection of team captains. Each coach may have a different approach to the selection of captains.
20. Weight room use must be supervised at all times by a coach.
21. Athletes must travel to and from contests in school provided transportation. With prior permission from the coach, a student may go home with a parent/guardian. With a completed travel release form, a student may return from a contest with another adult. With written permission of the parent and the prior permission of the coach, students can drive themselves to and/or from an event. No student may drive to and/or from an athletic contest with another student. Families are responsible for travel to practices that occur on weekends and for practices that do not occur immediately after school. In addition, families may be required to provide transportation to specific contests as identified in advance by the coach.
22. The student is responsible and accountable for all work that is missed due to early dismissal for any interscholastic athletic event. Athletes should notify their teachers well in advance of the competition that requires early dismissal.
23. Parents must pick up students within 1/2 hour of the conclusion of practices or games or arrange alternative transportation.
24. An athlete who is on suspension from school is not eligible to practice or take part in a contest until he/she is allowed to return to school. Three consecutive days of ISS prevents participation in practices and games until the ISS commitment is fulfilled.
25. Uniforms or parts of uniforms may be worn only at the coaches' discretion.
26. Students are financially responsible for uniforms/equipment issued to them. All uniforms/equipment must be returned to the coach at the conclusion of the season. Any athlete who has not turned in uniforms/equipment or fulfilled payment obligations at the close of the season will not be allowed to compete in any further competition until the obligation is satisfied.
27. All athletes are expected to fully participate in Physical Education class. No athlete is excused from Physical Education for athletic reasons.
28. Students are responsible for their personal property. Students should never leave property unsecured. If a lock or locker is not available, students should give to the coach for safekeeping.
29. Students will abide by the facility usage rules including athletic training room rules, in-season and out-of-season use of locker rooms, and use of equipment and grounds of athletic facilities.
30. In instances where issues or conflicts arise, parents and students shall comply with the following chain of command: Athlete/parent or guardian should try to resolve situation directly with the coach. If the concern is not resolved, it should be addressed to the Athletic Director. If the concern remains unresolved it should be brought to the attention of the Principal.

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We acknowledge that we have read and understand the rules, policies and procedures as printed in this document and athletic handbook and we agree to comply with these regulations. Along with this permission slip, the student must be academically eligible, and have a current physical on record with the school nurse. An annual sports physical is required for sports participation.

We understand that participation in athletic activity involves the potential for injury. On rare occasions, these injuries can be so serious as to result in total disability, paralysis or even death.

We grant permission for the school to print and publish the athlete's picture in various publications including but not limited to newspapers, newsletters and CIAC and New Milford Public School Websites.

Student Name _____ Grade _____ Athletic Team _____

Date of Birth _____ Address _____

Home phone _____ Student Cell phone _____

Father/Guardian Name _____

Father/Guardian Work Phone Number _____ Cell phone _____

Mother/Guardian Name _____

Mother/Guardian Work Phone Number _____ Cell phone _____

In an emergency, if parents cannot be contacted notify:

Name _____ Phone _____

Family Doctor _____ Doctor's Phone _____

Family Dentist _____ Dentist Phone _____

Preferred Hospital _____

Known Allergies (food, drugs, medications, insect bites or stings):

Indicate any information that you consider of importance in case of serious injury.

Signed _____ Date _____
(Father/Guardian)

Signed _____ Date _____
(Mother/Guardian)

Signed _____ Date _____
(Student)

Nurse Approval _____