

# Legacy High School Activities Program

## INTRODUCTION

The Bismarck Public School District and Simle Middle School support activities as a positive and valuable means of education and as being a part of a student's total educational experience. The student activity programs are organized according to the following guidelines:

- Participants will be given no special consideration concerning grades, assignments, or any other classroom activities.
- The constitution and by-laws of the North Dakota High School Activities Association shall be followed at all times.
- The activities program will be conducted for the benefit of the participants with full regard to their safety, health, and well-being.
- Coaches shall promote the highest level of excellence in their program and will be evaluated on the basis of their ability to relate to students and teach proper technique that will further the skills of each participant. They will not be evaluated on the number of games/contests/performances their participants win or lose.
- All participants must be mindful that participation in the activities program is a privilege, not a right.

## OBJECTIVES OF MIDDLE/HIGH SCHOOL ACTIVITIES

- To provide an opportunity for students to experience success in the activity they participate in.
- To provide sufficient activities to respond to a wide variety of student interests and abilities.
- To develop an understanding of the value of activities in a balanced educational process.
- To practice self-discipline and emotional maturity in learning to make decisions under pressure.
- To promote high standards of ethics, sportsmanship and personal conduct.
- To provide a positive image of Bismarck Public Schools, Legacy High School, and Simle Middle School.

## ELIGIBILITY

All students that participate in activities must conform to the guidelines established in regard to school attendance and academics. Any student that is declared ineligible will be notified in writing of their status.

## SCHOOL ATTENDANCE

- Generally, a student must be in school on the day of an activity in order to participate in that activity. The building administrator may make exceptions for unusual circumstances.
- If an activity is held on a Saturday, students must be in full attendance on the preceding Friday. The building administrator may make exceptions for unusual circumstances.

## ACADEMIC ELIGIBILITY

### Scholastic:

Students (grades 7-12) shall be doing passing work in at least twenty-five hours per week in order to maintain eligibility. For eligibility purposes, grades will be computed at the following reporting periods: midterms, quarters, and semesters. Students not meeting said standard will be ineligible for a period of 4 calendar weeks. If the standard has been met at the conclusion of 4 calendar weeks, the student will regain eligibility.

### Attendance:

Participants must be in attendance for all academic and required activities designated by the school in order to be eligible to participate in competitions on any given day.

### NDHSAA Regulations: You are NOT ELIGIBLE:

- If you have not been in classes as many days as you have missed from the opening of the semester.
- If you entered school later than 10 days after the opening of the semester.
- If you have competed for four years as a high school student.
- If you compete in a similar athletic contest on an out-of-school team during the same sports season, even while under suspension.
- If you have been enrolled in an institution of higher rank except as an accelerated student carrying

advanced work in addition to three high school subjects.

- If you have graduated from a 4-year high school or equivalent.
- If you have accepted awards other than those having symbolic value and costing more than seventy-five dollars.
- If you are twenty years of age or older.
- If you are not an amateur or if you have competed under an assumed name. If you have transferred from another school without corresponding change of residence by your parents.
- If you are in your ninth semester of attendance and have reached your eighteenth birthday.
- If you are in your eighth semester and your seventh and eighth semesters are not consecutive.
- If you do not have a doctor or nurse practitioner's certificate of physical fitness issued since May 20th of the current school year.

## SUSPENSION FROM ACTIVITIES

### Suspension or Expulsion:

Any participant who receives an out-of-school suspension or expulsion shall be ineligible for participation, including practices, during the period of suspension or expulsion. Participants shall be eligible to participate when they are readmitted to school. Suspension from the activity may be extended by the coach/advisor.

### Tobacco, Alcohol, or Controlled Substance Violations:

The use or possession of tobacco, alcohol or any controlled substance as defined by the North Dakota Century Code is prohibited. Any student who is in violation of the foregoing shall be declared ineligible from participation in interscholastic contests or activities for a minimum period of six consecutive weeks for the first offense and a period of eighteen consecutive school weeks for any subsequent offense. The period of ineligibility shall begin from the date and time notification is given to the student by the school administration (NDHSAA Constitution and By Laws).

"Mere Presence"- Being in attendance at a function, in a vehicle or at a party where the student knows or has reason to know that alcohol or other drugs are being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so is a violation. When a student recognizes this situation, he/she must leave immediately or is in violation of the Bismarck Public Schools tobacco, alcohol or any controlled substance rule.

### In-Season Penalty:

Penalty shall be 6 weeks for 1st offense and 18 weeks for 2nd offense (NDHSAA Section XII). Period of ineligibility will begin when school administrators are notified of the violation.

### Out of Season Penalty (Includes Summer):

Penalty shall be 6 weeks for 1st offense and 18 weeks for 2nd offense (NDHSAA Section XII). Period of ineligibility will begin when school administrators are notified of the violation. In addition, there will be a 2 week period of ineligibility from the first authorized date of competition/performance for the activity in which they will be participating. Participants in activities that do not have a contest/performance in the two week window will be ineligible for their first contest/performance. It should be noted that the 2 week period of ineligibility may run concurrent with the 6 week or 18 week period of ineligibility starting from the first authorized date of competition/performance for the activity they are participating in. To satisfy the 2 week requirement, the student must remain with the program in which the period of ineligibility was served through the completion of the season.

### Specific Standards:

A participant in any BPS co-curricular activity will be declared ineligible for engaging in any act that would be grounds for arrest or citation in the court system (excluding minor offenses such as traffic or hunting/fishing violations). Ineligibility can occur without a formal citation, arrest, conviction, or adjudication. All ineligibility appeals must be directed to the Bismarck Public School Assistant Superintendent for Secondary Schools. Exceedingly inappropriate or offensive conduct such as assaulting staff or students, gross insubordination (talking back or refusing to cooperate with authorities), hazing or harassment of others is grounds for ineligibility from co-curricular activities. Such conduct could include group conduct. This is not an all-inclusive list of prohibited behaviors. The school reserves the right to discipline a student for violation of the good conduct rule which includes, but is not limited to, the above referenced behaviors. For further explanation of the Bismarck Public School rules and regulations regarding Co-Curricular Activities visit the district website to view SCHOOL BOARD POLICY IDFB and IDFB-R.

## SPORTSMANSHIP

The Bismarck Public School District and Simle Middle School believe that promoting sportsmanship, ethics, and integrity in extra-curricular activities should be part of the challenge to compete and excel. Participants should:

- Control anger, emotions, and actions.
- Be respectful to opponents, officials, and fans.
- Never gloat over winning or attempt to "run up the score".
- Never hang their head or place blame on someone else for losing.

WINNING IS FOR A DAY. SPORTSMANSHIP AND ETHICS ARE FOR A LIFETIME!

#### ACTIVITY FEES

Each student that participates in an extra-curricular activity is required to pay an activity fee for each activity season they participate in. The following guidelines shall be applied:

- The cost for each individual activity season at the high school level is \$50.
- Middle school students that participate in any high school sport shall not pay more than \$125 in activity fees.
- No family shall be required to pay more than \$200 in activity fees, regardless of the number of children they have participating.
- Activity seasons are divided into fall, winter and spring. A student may participate in more than one activity during a particular season at no additional cost.

#### PHYSICAL EXAMS

Every year an athlete must have a physical exam completed by a doctor. Any change in the athlete's health history requires a new physical exam.

- The physical exam or health updates must be taken April 15 or later to count for the coming school year.

#### INJURY/MEDICAL INSURANCE

The Bismarck Public School District DOES NOT provide medical insurance for student athletes. Parents are responsible for any medical costs incurred as the result of their child participating in an activity. The North Dakota High School Activities Association provides Catastrophic Injury Insurance for all students in grades 7-12 participating in NDHSAA-sponsored activities.

#### FAMILY/CHURCH NIGHT

Bismarck Public Schools has designated Wednesday evening as Family/Church night in an effort to cooperate with family activities and the parochial community. In an effort to meet this goal, no contests, meets, or performances shall be scheduled on Wednesdays. Practices may be held after school on Wednesdays, but must be completed no later than 7:00 p.m.

#### TITLE IX POLICY

The Bismarck Public School District and Simle Middle School does not discriminate on the basis of sex, race, color, national origin, handicap, or age in the educational programs or activities it operates, and that it is required by Title VI, Title IX, Section 504 not to discriminate in such manner. This requirement not to discriminate extends to educational programs and activities, as well as to employment therein. Inquiries concerning the application of Title VI, Title IX, Section 504 may be referred to the school superintendent at the Hughes Educational Center, 806 N. Washington Street, Bismarck, ND, 58501. Telephone 701-355-3000.

#### ANTI-HAZING, HARRASSMENT, AND HIGH SCHOOL ATTENDANCE POLICY

It is the policy of the Bismarck Public Schools and Simle Middle School to provide an environment that is free from hazing and harassment.

#### HAZING

Hazing occurs when an act of humiliation, intimidation, or victimization is committed against a student. It may also include any actions by a student that is coerced into committing an act that violates rules or puts themselves or a third party at risk of injury or dismissal from an activity. Most common are situations where

a student is forced to perform a certain act in order to be "initiated" into a club or athletic team. Examples of hazing are:

- Any activity involving an unreasonable risk of physical harm, such as paddling, beating, whipping, and participation in any other dangerous physical activity.
- Any activity involving the consumption of alcohol, drugs, tobacco, or any other substance that puts the student at risk of physical harm or dismissal from an activity.
- Any activity that involves actions of a sexual nature.
- Any activity that subjects a student to an unreasonable amount of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student.
- Any activity involving a violation of local, state, or federal laws or any violation of school district policies.

The building principal and/or activities director shall review all complaints concerning hazing. When reviewing a complaint, the building principal and/or activities director will consider the following:

- Was the action voluntary?
- Was the action offensive to others?

Any student found to be in violation of the guidelines listed shall meet with their coach/advisor, the building activities director, and school principal to determine appropriate consequences. Consequences may include but are not limited to a warning, temporary or permanent suspension from an activity, building level discipline, suspension, or expulsion, notification of parents/law enforcement officials, or prosecution under the law.

#### HARASSMENT

Harassment occurs when a series of intentionally cruel verbal or physical incidents that are deliberately hostile and aggressive are directed toward a student. This can create an intimidating, hostile, or offensive environment. Any student who believes they have been the victim of harassment should make a prompt oral complaint to their coach/advisor. If the complaint is not resolved, the incident should be submitted to the building principal and/or activities director. When reviewing a complaint, the principal and/or activities director will consider the following:

- Was the action intentionally cruel, deliberately hostile and/or aggressive?
- Was it unwanted?
- Was it repeated?

Any student found to be in violation of the guidelines listed shall meet with their coach/advisor, the building activities director, and school principal to determine appropriate consequences. Consequences may include but are not limited to a warning, temporary or permanent suspension from an activity, building level discipline, suspension, or expulsion, notification of parents/law enforcement officials, or prosecution under the law.

#### HIGH SCHOOL ATTENDANCE

In the Bismarck Public School District, we have three middle schools that feed students directly to three high schools. The students at Wachter Middle School go to Bismarck High School, the students at Simle Middle School go to Legacy High School, and Horizon Middle School students go to Century High School. Students may apply for a transfer to another school if they do not wish to attend the school that is in the district they reside in. All decisions on transfer requests are made by the BPS district office. Students at Simle and Legacy are not permitted to harass others about their decision to transfer to another school, nor are they permitted to "recruit" other students to attend the school they attend.

Any student found to be in violation of the guidelines listed above shall meet with their coach/advisor, the building activities director, and school principal to determine appropriate consequences. Consequences may include but are not limited to a warning, temporary or permanent suspension from an activity, building level discipline, suspension, or expulsion, notification of parents/law enforcement officials, or prosecution under the law.