

Middle School Sports Code

THIS SPORTS CODE establishes the rules governing the conduct of all district middle school students participating in a district sanctioned sport. Such sports are a privilege, not a right or an obligation or a requirement for advancement.

Students participating in such sports are representing this community and district, their school and their team, regardless of the time of day or their location. Every student should be able to expect that teammates will commit themselves to this Code. Accordingly, students not conducting themselves in accordance with the high expectations set by this Code should sustain ineligibility for those privileges in order to maintain a disciplined, just, educational experience for all students participating in middle school sports.

A. SCOPE

The Middle School Sports Code shall apply to all district enrolled students participating in district sanctioned middle school sports, beginning the first day of 6th grade until the last day of 8th grade, in addition to and separately from any consequences administered by the criminal justice system or the district's Student Code.

B. ELIGIBILITY

To be eligible to participate in middle school sports, students must be in passing status in all courses for which they are currently enrolled. A student who is not passing all courses will be declared academically ineligible for participation in practice or competition by the Principal or his/her designee for a minimum period of five (5) school days or until the student regains passing status in all courses.

C. VIOLATIONS

It shall be a violation for a student within the Scope of this Middle School Sports Code to:

1. Commit, at any time or location, a Crime as defined in paragraph B (1) of the Student Code
2. Consume or possess, at any time or location, alcohol or tobacco products, regardless of parental permission
3. Commit a violation of paragraphs B (3-5) of the Student Code
4. Maintain or frequent a disorderly house in violation of Sioux City Code

The Middle School Sports Code does not address insubordination, unsportsmanlike behavior, appearance, or attendance issues. Administrators, Activity Coordinators and/or coaches have discretion, within the bounds of the laws and the respective policies of the district, to impose consequences for such behavior irrespective of this Code, by adopting "team rules". To the extent that there is a conflict between application of a "team rule" and this Code, this Code shall govern.

D. PROCEDURE FOR CODE VIOLATIONS

Violations of this Code should be reported to the student's Principal or Activity Coordinator (the "Administration"). When the Administration has reason to believe that a student has committed a violation of this Code, whether by notification from law enforcement officials, by notification from staff, by self-admission by a student, or otherwise, the Administration shall deliver to the student and parent/guardian written notice ("the Notice") of (a) the nature of the alleged violation (which may consist of a juvenile citation), (b) the student's potential ineligibility dates under paragraph E for his/her various activities, and (c) the right of the student and parent/guardian to meet with the Administration within five (5) school days of the Notice to discuss the violation alleged and potential ineligibility imposed (the "meeting").

At the meeting, the student and parent/guardian shall be allowed to be heard and to present evidence regarding the alleged violation. The Coach of the relevant Sport is encouraged to attend the meeting.

Within five (5) school days of the meeting, the Administration shall deliver to the student and parent/guardian its written findings on the alleged violation, and on any ineligibility imposed under paragraph E. Any period of ineligibility sustained by the Administration's written decision shall remain in effect during any of the following levels of the appeal process, unless modified by subsequent decision.

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The student or parent/guardian shall have seven (7) calendar days after delivery of the Administration's written decision to file with the Administration a written appeal of the decision.

Within seven (7) school days of receipt by the Administration of the written appeal, a hearing shall be scheduled by the Administration before the Director of Secondary Education, or his/her designee (the "Hearing Officer"). Notice of the time and place of hearing shall be delivered to the student and parent/guardian not later than five (5) school days before the hearing. The student and parent/guardian shall be allowed to be heard and present evidence to the Hearing Officer. Within ten (10) calendar days of the hearing, the Hearing Officer shall deliver his/her written decision to the student and parent/guardian, which shall be final.

For purposes of this paragraph, notice shall be deemed delivered (a) to a student and/or parent when either mailed to their last known address or hand-delivered, and (b) to the Administration when hand-delivered, faxed or mailed to the student's Principal's office.

E. INELIGIBILITY FOR CODE VIOLATIONS

1. PROVISIONS APPLICABLE TO ALL VIOLATIONS

The student must complete the season in good standing for the period of ineligibility to count. If a student is in two or more sports at the time the period of ineligibility must be served, the period of ineligibility will be served concurrently in all sports in which the student is participating. The record of any violation of this Code and period of ineligibility will travel with the student if transferred within the district.

2. FIRST VIOLATION: The student shall be ineligible for one (1) competition.

3. SECOND VIOLATION: The student shall be ineligible for two (2) competitions.

4. EACH SUBSEQUENT VIOLATION: The student shall be ineligible for two (2) competitions plus such additional ineligibility/conditions as are determined by the Administration.

HEADS UP: Concussion Information in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C,

Brain Injury Policies:

1. A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
2. A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
3. Key definitions: "Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board. "Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.

- a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
 3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

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What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

Signs Reported by Students:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

PARENTS:

How can you help your child prevent a concussion? Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

Acknowledgement

I hereby acknowledge that I have read this Sports Code and the “Heads Up: Concussion in High School Sports” and agree to comply with its provisions as a condition to exercising the privilege of participating in middle school sports sanctioned by the Sioux City Community School District. I understand that this Code is revised annually by the Board of Education, and I will be required to sign each revision as a condition to continued participation.

Executed this ____ day of , 20__.

Student printed name

Student signature

Parent/Guardian printed name

Parent/Guardian signature