

Expected Standards for Conduct and Eligibility for Athletes

Athlete defined: The Arab athlete is defined as and includes all young men and women who represent a team that engages in interscholastic competition.

*Athletes should exhibit positive behavior. Drinking alcohol, taking controlled substances, using tobacco products, using profanity and being disobedient are harmful to athletes and the teams they represent. Maximum effort and performance cannot be attained doing these things.

*All Arab athletes must comply with the standards of this Athletic Code of Conduct and Student Code of Conduct or be subject to disciplinary action or dismissal from a team as determined by the rules, coaching staff, athletic director and/or school officials.

IMPORTANT: One of our goals of athletics is to grow the character of our student athletes so that they may serve as role models within our community. Adherence to the standards of this Athletic Code of Conduct will require sacrifice and dedication from the student athlete. Our thought is - Live clean, think clean and do things that make you a better athlete and person.

School and Game Day Attendance

All student-athletes must attend classes for at least one-half of the day of any event to be eligible to participate in that event. Approved field trips or school activities constitute attending school. The principal or his designee may approve exceptions prior to the excused absence. All related policies in the Parent/Student Handbook will apply.

Conflicts between Activities

If a conflict between two Arab school activities occurs, the athlete will decide which activity to attend. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the athlete will play.

Volunteer Coaches

The athletic director, principal, superintendent, and the board of education must approve all volunteer coaches. Parents and other individuals may attend practice sessions with the permission of the head coach; however, under no circumstances shall anyone other than the approved coaching staff become involved in the performance of the coaching duties. Volunteer coaches must comply with all AHSAA requirements.

Rules Which Govern an Athlete

1. Athletes must meet the rules and regulations set by the AHSAA and abide by the rules and regulations of the school board.
2. Athletes must follow the training rules that are set by the coaches and administrators of the school.
3. Athletes will be leaders in both athletics as well as academics.
4. Athletes must be loyal to each other, their coaches, the administration, and their school.
5. Athletes must maintain and exhibit the highest moral standards.
6. Athletes are expected to maintain the highest standards of conduct and decorum at all times.
7. Athletes are to dress in a positive and appropriate manner, reflective of these standards. Male athletes may not have unkempt, shaggy hair that covers the eyes, ears or touches the collar, facial hair, or wear earrings. No athlete may have body piercing.
8. Athletes will treat everyone with respect.
9. Each athlete is responsible for his/her equipment and will replace or pay for lost or damaged equipment due to negligence.
10. Athletes will attend all practices and meetings on time.
11. Athletes will travel to "away" events by bus if provided by the school.
12. Each athlete is responsible for notifying his/her coach if he/she is to be absent from practice/school **prior** to the absence.
13. Athletes are required to participate in the off-season program unless they are actively involved in another sport.
14. Athletes in grades 9 – 12 must demonstrate perseverance and the honoring of a commitment. Therefore, if an athlete quits a sport or is dismissed from a sport after the season starts he/she is not eligible to participate in **any** athletics until the beginning of that sport's next season. In the instance where the continuation of the activity may be detrimental to the athlete, the athlete and/or parent/guardian may request from the coach and athletic director a release from the sport. A release, if granted, does not constitute quitting.

Requirements for participation in Arab Athletics

- I. 9th grade athletes must pass five new full Carnegie units the preceding year with a composite numerical average of 70 to be eligible to participate in athletics.
- II. 10th – 12th grade athletes must pass six new Carnegie units that include the 4 core courses the preceding year with composite numerical average of 70 to be eligible to participate in athletics.
- III. All student athletes must have a current physical form on file in the athletic office. This form must be updated yearly.
- IV. All student athletes must have a copy of their state-issued birth certificate on file in the athletic office.
- V. All student athletes must have some type of insurance that will cover the student athlete in case of an injury sustained during practice or competition.
- VI. All student athletes must complete the Arab City Board of Education Competitive Extracurricular Activity/Student Parking Privilege Consent and Release Form regarding the system's policy on the Competitive Extracurricular Substance Abuse Program.