

MATHEWS HIGH SCHOOL
EXTRACURRICULAR ACTIVITIES POLICY
VHSL STUDENT-ATHLETE CODE OF CONDUCT

I. THE ATHLETIC MISSION

The overall objective of the athletic programs within the Mathews County School Division is to provide an opportunity for student participation in properly supervised and controlled activities under guidelines established by the Virginia High School League (VHSL) and the Mathews County School Board. The school division's athletics programs encourage and support broad participation for as many boys and girls as possible, with teams competing on an equitable basis with other schools without sacrificing sportsmanship, scholarship, general welfare, and the health of the school and student.

II. MATHEWS COUNTY SCHOOL BOARD PHILOSOPHY

Participation in athletics/extracurricular activities at Mathews High School is a privilege, not a right that provides student-athletes with the opportunity to grow athletically, academically, emotionally, physically, and socially.

All stakeholders must view athletic/extra-curricular participation and competition as a lifelong learning experience. Good sportsmanship not only is required of the division's student-athletes and coaches, but also of all persons who support and attend VHSL related events. Spectators, including parents, are expected to support the events through courteous behavior at all times. This includes courteous behavior toward all participants, coaches, officials, staff and fellow spectators. Persons who engage in inappropriate behavior are subject to immediate removal from the event and the event premises, and possible additional attendance restrictions (no trespass order). The School Board empowers principals, the athletic director and coaches to enforce the good sportsmanship code at all times.

III. MATHEWS COUNTY SCHOOL BOARD--CODE OF CONDUCT

A. BEHAVIOR REQUIREMENTS

Students participating in VHSL related activities are required to follow behavior requirements established for all students in the Mathews County schools in accordance with School Policy. Because of the leadership status afforded student-athletes (VHSL activities) by their peers, coaches/sponsors may require higher behavior standards.

From the time a student becomes a Mathews County School System student-athlete (Grades 8-12 involved in VHSL activities) he/she is a student-athlete

365 days a year (in school and outside of the school). A student has the responsibility to self-report to the school athletic director any inappropriate behavior, including any legal charge or complaint, conviction, deferred disposition or any other student handbook violation. This includes any student involved with the Dept. of Juvenile Justice Division Program(s).

- All violations of the Code of Conduct are accumulative. Violations remain on the student's record his/her 5 years of eligibility (grades 8-12) at Mathews High School. Violations are not removed from one year to the next school year

Code of Conduct for Students Involved in VHSL Activities:

1. Alcohol--the possession, consumption, buying, selling, or the open/empty containers of alcohol products on your person or property is forbidden.
2. Bullying--any negative repeated behavior intending to frighten or cause harm and targeting a specific victim. Behavior may include physical intimidation, taunting, name calling, insults, falsifying statements about other persons, comments regarding race, gender, religion, physical abilities, or any characteristics of associates of the targeted person.
3. Criminal Behavior--any student identified through the legal system that has been arrested and/or charged with a crime either in or out of school may be ineligible to participate (charges and circumstances involved will be taken into consideration)
4. Drugs--the unlawful purchase, possession, use or distribution of controlled substances (illegal drugs, substances or devices) as defined by Virginia State Law and the Mathews County Sheriff's Department and the Mathews County School System (0 tolerance policy).
5. Hazing--any activity that humiliates, degrades, abuses, or risks emotional and/or physical harm, regardless of the person's willingness to participate.
6. Social Media--online postings and/or any media outlets, must be consistent with federal and state laws, Mathews County School Board policy and VHSL rules and regulations. Specifically prohibited behaviors include but not limited to:
 - sexually explicit, profane, lewd, indecent, illegal or defamatory language or actions
 - derogatory language regarding school personnel, students, coaches or teammates
 - comments designed to harass or bully students and/or school personnel
 - nude, sexually-oriented or indecent photos, images or altered pictures
 - online posting and/or any social media outlet of any activity/behavior in violation of Mathews County School Board Policy/Athletic Policy

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or team activities

7. Sexual Harassment--sexual harassment is defined as any unwelcome verbal, nonverbal, or physical advance of a sexual nature. Sexual harassment may include the following:
 - engaging in excessively personal conversations
 - using sexually explicit language or telling sexually explicit/off color jokes
 - sending personal letters, emails, or gifts
 - commenting on the physical appearance, including the manner of dress and specific physical attributes of students, athletes, or school peers
 - physical contact with or touching of another individual.

8. Tobacco/Nicotine--all tobacco/nicotine related products/devices/paraphernalia are prohibited.
 - cigarettes, cigars, chewing tobacco, dip, snuff
 - vape/vaping
 - juul/juuling
 - e-cigarettes
 - any related tobacco/nicotine product, device or activity

The Code of Conduct Policy applies to any student who participates in an interscholastic VHSL program that is sponsored by the Mathews County School System.

The goal of this policy is to maintain both the physical and the mental well-being of the student-athletes. At the beginning of each VHSL sponsored season, all participants shall acknowledge receipt of the policy. Parents must also sign the acknowledgment to indicate their understanding of the program and receipt of the policy.

B. VIOLATION OF THE CODE OF CONDUCT

1. Use of Alcohol and Tobacco/Nicotine

First Offense (on school property or out of school)-Suspended 10% of the scheduled season games/contests including the playoffs/tournaments. (Grades 8-12)

The use of alcohol (alcohol related products), tobacco/nicotine products/devices/paraphernalia in violation of Athletic Department policy and Mathews County School Board Policy (on school property or in the community) will result in a 10% suspension from scheduled team games/contests in addition to any school discipline (OSS). If the violation occurs at the end of the season, the remaining suspended percentage games/contest will carry over to the next sports season/school year. During the time of the suspension/OSS the student CANNOT practice, compete in or attend any school sponsored and/or VHSL activity home or away. Once the student returns from OSS, he/she must make up the days of practice missed before he/she can compete in any game/contest. Until the 10% suspension is completed, including all practice

days missed are made up, the student-athlete cannot attend any team contests/VHSL activities home or away.

If there is no OSS, only the 10% suspension applies. Team member must practice to play when the suspension is completed.

Second Offense (on school property or out of school)-20% suspension from the scheduled season games/contests including the playoffs/tournaments. (Grades 8-12)

The use of alcohol (alcohol related products), tobacco/nicotine products/devices in violation of Athletic Department policy (on school property or in the community) will result in a 20% suspension from the scheduled team games/contests in addition to any school discipline (OSS). If the violation occurs at the end of the season, the remaining suspended percentage games/contests will carry over to the next sports season/year. During the time of the suspension/OSS the student cannot practice, compete in or attend any school sponsored and/or VHSL activity home or away. Once the student returns from OSS, he/she must make up the days of practice missed before he/she can compete in any game/contest. Until the 20% suspension is completed, including all practice days missed are made up, the student-athlete cannot attend any team contests/VHSL activities home or away.

If there is no OSS, only the 20% suspension applies. Team member must practice to play when the suspension is complete.

Third Offense (on school property or out of school)-365 day suspension from all VHSL sponsored activities. (Grades 8-12)

The use of alcohol (alcohol related products), tobacco/nicotine products/devices in violation of Athletic Department policy (on school property or in the community) will result in suspension from the team and all VHSL sponsored activities for one (1) calendar year. The student remains under the guidelines of the Code of Conduct (Extracurricular Activities Policy) during his/her suspension.

Fourth Offense (on school property or out of school)-Banned from all VHSL sponsored activities for his/her remaining Mathews High School career. (Grades 8-12)

2. Criminal Behavior (Grades 8-12)--In addition to any of the stated policy violations (alcohol, tobacco, bullying, hazing, sexual harassment, social media, drugs/controlled substances) any student-athlete (VHSL activities) identified through the legal system that has been arrested and/or charged with a crime either in the school or out of the school (including the Department of Juvenile

Justice Division) may be suspended from the next competitive event, current VHSL sponsored team and/or the next season in which the “student-athlete” would participate for a time to be determined by the Principal/Administration and/or until the court system determines the outcome.

Any student convicted of a criminal offense is ineligible to compete in any VHSL sponsored activity. This includes any diversion program and the completion of such program. The student may appeal to the Mathews County School Board considering any extenuating circumstances.

3. Drugs and Controlled Substances (Grades 8-12)

Mathews County Public Schools has a 0 tolerance drug policy:

First Offense (on school property or out of school)-10 day suspension (OSS) from all VHSL sponsored activities, practices, and events home and away. After the 10 day suspension, the Superintendent/Assistant Superintendent or designated school official determines if and/or when the student-athlete will be reinstated as a student. If reinstated, the student-athlete will be removed from the VHSL team/activity for the remaining semester. In addition, the student-athlete is ineligible to participate the next semester as well (two semester suspension). Student-athlete remains under the Athletic Policy during the two semester suspension. After the two (2) semester suspension, the student-athlete may return to VHSL activities if they have not violated any additional athletic policies.

Second Offense (on school property or out of school)-365 day suspension from all VHSL sponsored activities. (Grades 8-12)

During the time on suspension the student-athlete is still under the guidelines of the Code of Conduct Policy (Extracurricular Activities Policy)

Third Offense (on school property or out of school)-Banned from all VHSL sponsored activities for his/her Mathews High School career. (Grades 8-12)

4. Social Media (Grades 8-12)

First Offense (on school property or out of school)-10% suspension from scheduled season games/contest including playoffs/tournaments.

All online postings and/or media outlets must be consistent with all State and Federal laws, Mathews High School and Mathews County School Board Policy rules and regulations. Any posting or media outlets that violate these rules and regulations will result in a 10% suspension from the team games/contests in addition to any school discipline (OSS). If the violation occurs at the end of the season, the remaining percentage of the games/contests will carry over to the next sports/activity or school year. During the time of the suspension (OSS), the student cannot practice, compete in or attend any of his/her contests or any

scheduled VHSL or school sponsored activities home or away. Once the student returns from OSS, he/she must make up the practice days missed before he/she can compete in any game/contest. Until the 10% suspension is completed, including all practice days missed are made up, the student-athlete cannot attend any team contests/VHSL activities home or away.

If there is no OSS, only the 10% suspension applies. Team member must practice to play when the suspension is completed.

Second Offense (on school property or out of school)-20% suspension from scheduled season games/contest including playoffs/tournaments. (Grades 8-12)

A second offense violating the Social Media guidelines will result in a 20% suspension from the scheduled team games/contests in addition to any school discipline (OSS). If the violation occurs at the end of the season, the remaining percentage of the games/contests will carry over to the next sports/activity or school year. During the time of the suspension (OSS), the student cannot practice, compete in or attend any of his/her contests or any scheduled VHSL or school activity home or away. Once the student returns from OSS, he/she must make up the practice days missed before he/she can compete in any game/contest. Until the 20% suspension is complete, including all practice days missed are made up, the student-athlete cannot attend any contests/VHSL activities home or away.

If there is no OSS, only the 20% suspension applies. Team member must practice to play when suspension is completed.

Third Offense (on school property or out of school)-365 day suspension from all VHSL sponsored activities. (Grades 8-12)

A third offense violating the Social Media guidelines will result in a 365 day suspension from the team and all VHSL sponsored activities. The student remains under the guidelines of the Code of Conduct (Extracurricular Activities Policy) during his/her suspension.

Fourth Offense (on school property or out of school)-Banned from all VHSL sponsored activities for his/her Mathews High School career.

5. Bullying, Hazing and Sexual Harassment (Grades 8-12)

First Offense (on school property or out of school) 10% suspension from scheduled season games/contest including playoffs/tournaments-student-athletes (VHSL activities) that violate any section of the Mathews County School Board Policy concerning bullying, hazing and/or sexual harassment will result in a 10% suspension from the scheduled games/contests in addition to

any school discipline (ISS, ASD, OSS). If the violation occurs at the end of the season, the remaining percentage of games/contests will carry over to the next sports season and/or school year. During the time of the suspension (ISS, ASD, OSS) the student-athlete CANNOT practice, compete in or attend any school sponsored and/or VHSL activity home or away. Once the student-athlete returns from any school discipline suspension, he/she must make up the days of practice missed before he/she can compete in any game/contest. Until the 10% suspension is completed, including all practice days missed are made up, the student-athlete cannot attend any team contests/VHSL activities home or away. On his/her return to the team, the student-athlete will receive a verbal-reprimand from the team's coach and be reminded of the consequences if this behavior occurs resulting in a second suspension.

Second Offense (on school property or out of school) 20% suspension from scheduled season games/contests including playoffs/tournaments (Grades 8-12)-student-athletes (VHSL activities) that violate any section of the Mathews County School Board Policy concerning bullying, hazing and/or sexual harassment will receive a 20% suspension from all schedules games/contests in addition to any school administered discipline (ISS, ASD, OSS). If the violation occurs at the end of the season, the remaining suspended percentage games/contest will carry over to the next sports season and/or school year. During the time of the suspension (ISS, ASD, OSS) the student-athlete CANNOT practice, compete in or attend any school sponsored and/or VHSL activity home or away. Once the student-athlete returns from any school discipline, he/she must make up the days of practice missed before he/she can compete in any game/contest. Until the 20% suspension is completed, including all practice days missed are made up, the student-athlete cannot attend any team contests/VHSL activities home or away. On his/her return to the team, the student-athlete will receive a verbal-reprimand from the team's coach and be reminded of the consequences if the behavior occurs in a third suspension (365 day suspension).

Third Offense (on school property or out of school)-365 day suspension from all VHSL sponsored activities. (Grades 8-12)
Bullying, hazing and/or sexual harassment violations of the Mathews County School Board Policy a third time will result in suspension from all VHSL sponsored activities for one (1) calendar year. The student remains under the guidelines of the Code of Conduct (Extracurricular Activities Policy) during his/her suspension.

Fourth Offense (on school property or out of school)-Banned from all VHSL sponsored activities for his/her Mathews High School career. (Grades 8-12)

C. PARTICIPATION IN VHSL SPONSORED ACTIVITIES

Participation in athletes and/or VHSL extracurricular activities at Mathews High School is a PRIVILEGE not a right.

As a member of any athletic team or VHSL sponsored activity a student is expected to fulfill all team rules, VHSL rules/regulations and Mathews County School System rules/regulations.

Once a student becomes a member of a team (selected to the team, added to the roster and/or put on the VHSL eligibility list) that student is a member of that team/group until the conclusion of that sports/activity season. Any student that quits or is removed from the team during that team's season CANNOT join another team/activity, tryout for another sport/activity, take part in out of season conditioning or participate in "open gym."

Any student who is currently "in season" is not allowed to attend out of season practice at any time that conflicts with any in season team activity, game, or practice.

All out of season practices are voluntary. Playing time for out of season activities remains at the coach's discretion. Out of season opportunities are open to any student regardless of tryout results in a previous season.

D. ATTENDANCE

Regular attendance in school is mandatory in order to participate in VHSL sponsored activities.

Students are expected to be in school on time.

On days following contests/competitions, students are expected to be in school on time.

Tardy and attendance violations by a student-athlete may result in a suspension of participation in activities. If such behavior continues, the student may be dismissed from the team.

Student-athletes who are absence from school during the regular school hours will not be permitted to practice or play in any competition scheduled for that day.

Students are expected to attend all of their scheduled classes daily in order to practice or to play/compete in any VHSL sponsored activity.

Students cannot spend more than one (1) class period in the Nurse's office and be allowed to practice or play/compete in any VHSL sponsored activity. If a student is too sick to attend class, he/she is too sick to practice or play.

Student-athletes who leave school during the regular school hours will not be permitted to practice or play in any competition scheduled for that day.

EXCEPTIONS:

- Doctor's appointment (doctor's note required)
- Court appearances (court documentation required)
- Funerals (excused by Administration)
- Family emergencies (excused by Administration)
- Other absences that have been received prior and approved the Administration

E. GAME AND PRACTICE ATTENDANCE

Student-athletes (VHSL activities) are expected to be present for all competitive events, regular season, post-season and make-up games/contests. Exceptions are NOT made for vacations, Saturdays, work schedules, or other sports activities.

There are no consequences for student-athletes who miss a practice or game for absences due to school-sponsored trips or other academic activities required by the school.

Attending practice is mandatory. Athletes must attend practice to play. Unexcused absences (2 or more) from practices may result in dismissal from the team.

F. AWARDS BANQUETS

Attendance at awards banquets is REQUIRED. Awards banquets/presentations are considered a scheduled team contest/event. Attendance is mandatory for any athlete/team member to receive his/her letter, certificate, patches and/or awards.

Any athlete and/or VHSL activity member that does not attend the awards will not receive their letter, certificate, patches and/or award until they have met with the Athletic Director. All banquet/presentation letters, certificates, patches & awards may be picked up at the end of the school year...not before.

G. SPORTSMANSHIP

Mathews High School student-athletes are expected to exhibit good sportsmanship during practices and competitive events. Trustworthiness, respect, responsibility, fairness, caring and good citizenship are the six core principals embodied in the concept of sportsmanship.

Consequences for Poor Sportsmanship:

1. Repeated offenses of unsportsmanlike behavior may result in suspension from the team at the discretion of the coach and/or the Principal.
2. Observed offenses by the athletic director or principal may result in suspension of future competitive events.
3. Ejections/Removal from the game:

Technical ejection--addressed by the VHSL regulations

Referee ejection/coach removal--the student-athlete may be suspended from the future competitive events.

Fighting:

First Offense-the student-athlete will be declared ineligible for the next two (2) games/contests.

Second Offense-the student-athlete will be declared ineligible for the remainder of that sports season. (the student cannot participate in any other VHSL activity until the season is complete)

Profanity and other forms of inappropriate conduct, behavior and/or language will not be tolerated. Student-athletes (VHSL activities) who exhibit this type of language will be disciplined by the coaching staff, the Athletic Director and/or the Administration.

H. STUDENT CONDUCT

Students involved in VHSL activities may be declared ineligible for participation in any of the VHSL activities if he/she:

- Is found to be delinquent by the courts or put on probation by the courts.
- Conducts himself/herself in a manner that, in the opinion of the school administration, would reflect unfavorable upon the school.

I. SCHOOL DISCIPLINE

If a student-athlete receives In-School-Suspension (ISS), After School Detention (ASD) and/or Out-of-School Suspension (OSS) he/she is also suspended from participating in any athletic/VHSL sponsored activities the same day(s) of the ISS, ASD and/or OSS. Athletic/VHSL activities include practices, games, and/or any other team activities.

The following guidelines will apply to any school-disciplined student-athlete (VHSL activity) ISS, ASD, and/or OSS during the current season:

First Suspension-the student-athlete cannot practice or play/compete the day(s) of ISS, ASD and/or OSS. Upon his/her return to the team they MUST

make up all practice day(s) missed before competing in any game/contest. The student-athlete will receive a verbal reprimand from the team's coach and will be reminded of the consequences if this behavior occurs resulting in a second offense.

Second Suspension for ISS or ASD-the student-athlete will be suspended from the team for three (3) school days, resume team practice on the fourth (4) school day, and becomes eligible for game competition on the seventh (7) day. MUST practice 3 days after he/she returns from ISS or ASD suspension before eligible to play.

Second Suspension for OSS-If the OSS days exceed three (3) days, the student-athlete will serve those assigned suspended days. On their return to the team, they MUST practice the number of days missed before they can play/participate in any contest.

Third Suspension-the third (3rd) suspension for ISS, ARD and/or OSS the student-athlete will be dismissed from the team. He/she CANNOT join another VHSL activity, open gym, out-of-season practice until the season is complete from the sport/activity they were dismissed from.

J. TRANSPORTATION

All student-athletes must ride in school division vehicles/buses to all athletic events that are held off school grounds when transportation is provided by the school division. Failure to comply with this policy will result in the athlete/student not participating in the game/contest.

Academic circumstances are an exception when approved by the Principal.

Athletes/students are "encouraged" to ride to and from all games/contests as a team. However, a parent/guardian may sign-out his/her child if they so desire. Parent/guardian must see the coach and sign a sign-out sheet with the child's name, location and the time departed.

Written permission from a parent/guardian for their child to ride home with another adult/parent_must be approved by the Principal prior to the team departure from Mathews High School.

Win or lose, stay together and grow together!

Coaches may require team members to ride the team bus to and from all away contests. If this occurs, food and drinks will be provided for after the game/contest ride home on the bus.

T-together

E-everyone

A-achieves

M-more

K. PHYSICALS

Any student that participates in any Mathews High School athletic activity (team try-outs, open gym, pre-season conditioning, out of season practice) MUST have an up-to-date VHSL physical BEFORE they can participate. NO EXCEPTIONS!

Updated VHSL Physicals are valid only from June 30 to May 1 of the following year NOT one (1) year from the date the physical was administered. The Mathews High School Athletic Department provides a sports physical clinic each spring after May 1 for VHSL activities the next school year.

L. ACADEMICS

The VHSL requires all students participating in VHSL sponsored activities to pass a minimum of five (5) classes each semester to remain eligible to play/compete during that season (fall, winter and/or spring activities). Any student that does not pass five (5) academic classes in either the 1st semester or the 2nd semester is ineligible to play/compete. NO EXCEPTIONS!

In addition to the VHSL requirements, Mathews High School expects all students to be on track to graduate in four years. Therefore, any student participating in a VHSL sponsored activity that receives an F and/or 3 D's at any grading period CAN NOT continue to participate/play. Once there are no F's and/or two (2) D's or less, the student/athlete may compete/play. Student/athlete may practice during this time, but may not compete/play until their grades have meet all academic standards.

All work/assignments must be turned in prior to the grading period. After grades are issued, there will be a three (3) day "no play" period for all work/assignments and/or quizzes/tests to be made-up/completed before any athlete/student can return to play/compete for their VHSL activity and NOT before the three (3) day period.

Standard Diploma-22 credits

Advanced Diploma-26 credits

Students considering playing sports in Division I or II colleges are required to meet certain eligibility criteria determined by the NCAA Clearinghouse. These criteria include certain minimum SAT/ACT scores and GPA.

Adopted: October 16, 2018