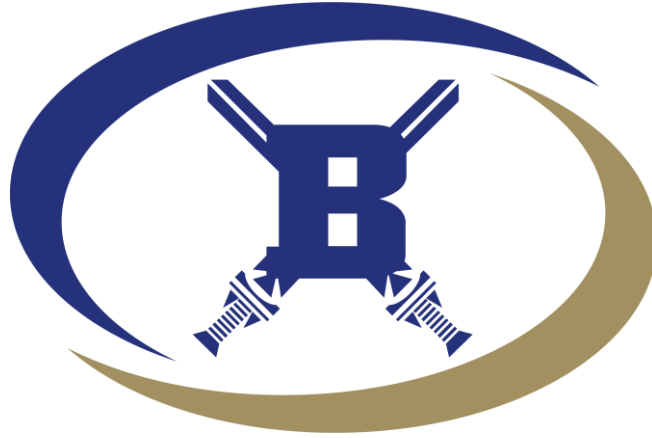


Spartanburg School District Three



Athletic Handbook

2020 - 2021

Broome High School
CENTURIONS

Cowpens Middle School
RED RAIDERS

Middle School of Pacolet
INDIANS



TABLE OF CONTENTS

I.	Introductions	3
II.	Interscholastic Competition Philosophy	4
III.	Governance	5
IV.	Athletic Academic Requirements	6
V.	Requirements for Participation	8
VI.	Basic Interscholastic Participation Policies	10
VII.	Athletic Awards Policy	12
VIII.	Athletic Code of Conduct	13
IX.	Social Media Guidelines for Student-Athletes	15
X.	Suspension/Appeal Procedures	18
XI.	Required Form	19
XII.	Additional NCAA Clearinghouse Information	20

Statement of Non-Discrimination

Spartanburg School District Three does not discriminate based on race, color, national origin, sex, disability, or age in its programs or activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Assistant Superintendent for Personnel and Pupil Services; PO Box 267, Glendale, SC 29346; (864) 279-6000; rgoode@spartanburg3.org.

I. INTRODUCTIONS

A. Message to Parents/Guardians

This material is presented to you because your student has indicated a desire to participate in interscholastic activities. We believe that participation in sports and other interscholastic activities offers a wealth of opportunities and experiences, which will assist students in personal growth and development.

We also think that a properly-controlled, well-organized interscholastic activity program enhances a student's self-expression, mental alertness, and physical growth. Our goal is to maintain a program that is sound in purpose and furthers each athlete's educational maturity.

A student who elects to participate in the interscholastic program is voluntarily making a choice of self-discipline and sacrifice. These are two reasons we stress good training habits. **Failure to comply with the rules of training and conduct will result in dismissal from participation.** The concepts of self-discipline and sacrifice are tempered by our responsibility to recognize the rights of the individual within the objectives of the team or activity. Students who will not discipline their minds and bodies for rigorous competition have no place in interscholastic activities. We are striving for excellence and will not accept mediocrity.

When your student enlists in one of our interscholastic programs, he/she will receive the following commitments from our staff:

- Adequate equipment and facilities
- Well-trained coaches
- Full schedules with qualified officials as directed by the South Carolina High School League

The Athletic Department's role is to set rules to govern the spirit of competition. These rules need a broad base of community support, which is achieved only through communication to the parent/guardian. We hope to accomplish this objective partially through this publication for students and parents/guardians.

B. Message to Student Participants

Membership on a District Three interscholastic team is the fulfillment of an ambition for many students. The attainment of this goal carries with it traditions and responsibilities that must be upheld. A great competitive tradition is not built overnight; it takes hard work from many people over many years. As a member of an interscholastic team, you will be faced with maintaining an already successful tradition or establishing a successful tradition.

It is not easy to build a great tradition in interscholastic athletics or academics. When you represent your school, we assume that you understand our goals and traditions and will meet the responsibilities that go with them. We hope that the contributions you make will be a satisfying accomplishment for you and your family.

1. **Responsibilities to yourself:** Your most important responsibility is to strengthen your character. You owe it to yourself to get the greatest possible benefits from your high school experiences. Your academic studies, your participation in extracurricular activities, as well as sports, prepare you for adulthood.

2. **Responsibilities to your school:** Your school cannot build or maintain a reputation as an outstanding school unless you do your best in each activity in which you engage. By participating in interscholastic competition, you are contributing to the reputation of your school.

You also assume a leadership role if you are on an interscholastic team. The student body and citizens of the community know you. You are on stage with a spotlight on you. The student body, the community, and other communities judge our school by your conduct and attitude in and out of school. Because of your leadership role, you can contribute greatly to school spirit and community pride.

3. **Responsibilities to others:** As a team member, you bear a heavy responsibility to your family. You should never bring shame to your family. When you know in your heart that you have met all training rules, that you have practiced to the best of your ability, and that you have played the game “all out”, you can maintain your self-respect. Your family can be justly proud of you and your effort. Always remember that younger students are watching you and will copy you in many ways. **Always set good examples for them.**

II. INTERSCHOLASTIC COMPETITION PHILOSOPHY

Statement of Philosophy

District Three interscholastic activity programs should provide a variety of experiences to aid in the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

Our programs will be conducted in accordance with the policies of our Board of Trustees and the regulations of the South Carolina High School League (SCHSL). While our Board and district take great pride in winning, we do not condone “winning at any cost.”

We discourage any pressure that might adversely affect good sportsmanship. Our interscholastic activity programs will be conducted in such a way as to justify them as approved educational activities.

B. Goals and Objectives

Our main goal for a student-athlete is to help them become effective citizens in a democratic society. Our student-athletes will learn the following:

1. **How to work with others:** In a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed before an athlete’s personal desires.

2. **How to be successful:** Our society is very competitive. We do not always win, but we succeed when we continually do our best. An athlete can learn to accept defeat only by striving to win with earnest dedication. He/she must develop a desire to excel.
3. **How to develop sportsmanship:** To accept any defeat like a true sportsman involves knowing we have done our best. We must learn to treat others the way we would have them treat us. An athlete must develop positive social traits, including emotional control, honesty, cooperation, and dependability.
4. **How to improve:** Continual improvement is essential to athletic excellence. As a participant, you must establish goals and continually strive to reach them. You must try to better yourself in the skills required for success.
5. **How to enjoy participation:** Athletes must enjoy participation, acknowledge all personal rewards to be derived from participation, and give sufficiently of themselves to enhance the program.
6. **How to develop positive personal health habits:** To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

III. GOVERNANCE

A. District Board of Education

- Our Board of Trustees is the governing body for our school system.
- One of its responsibilities is to provide interscholastic athletic programs as a value to our students and community. The Board approves all personnel involved with our interscholastic athletic programs. The Board also allocates funds to support quality interscholastic programs.

B. The Region

- Broome High School is a voluntary member of the South Carolina High School League Region III AAA.
- Regions are established for promoting selected interscholastic activities among member schools.
- Region membership facilitates the arranging of schedules, equalizing competition, conducting meets/tournaments/playoffs, and determining championships.
- Region provides each school the opportunity for competition without excessive travel and with schools of similar size.
- Membership requires abiding by Region schedules, rules, and regulations.

C. South Carolina High School League (SCHSL)

- All schools are voluntary members of the South Carolina High School League and compete only with member schools or out-of-state schools that are approved by the SCHSL.
- As a member school system, the secondary schools of District Three will abide by and enforce all rules and regulations set forth by the SCHSL.
- The primary role of the SCHSL is to maintain rules and regulations that ensure equity in competition for the students and a balance with other educational programs.
- The SCHSL solicits input and is responsive to requests for modification from member schools, appointed committees, and coaches' associations.

IV. ATHLETIC ACADEMIC REQUIREMENTS

- A. District students, while participating, must be full-time as determined by guidelines set forth by the State Department of Education. A student who is repeating a course for which he/she has previously received credit cannot count this course as one required for eligibility. NOTE: State law provides opportunities for charter and home schooled students to participate under certain conditions. Such students must be determined eligible before a team begins practice.
- B. To participate in an interscholastic athletic activity, students in grades 9–12 must achieve an overall passing average in addition to the following:
1. To be eligible in the first semester, a student must pass a minimum of five Carnegie units applicable toward a high school diploma during the previous year. At least two units must have been passed during the second semester or summer school.
 2. To be eligible during the second semester, a student must meet one of the following conditions:
 - a. If the student met first semester eligibility requirements, he/she must pass the equivalent of four, $\frac{1}{2}$ units during the first semester.
 - b. If the student did not meet first semester eligibility requirements, he/she must pass the equivalent of five, $\frac{1}{2}$ units during the first semester.

In most cases on a traditional or AB block schedule, the following will apply:

- If eligible first semester, must pass four subjects
- If not eligible first semester, must pass five subjects

In a 4X4 block schedule where units or $\frac{1}{2}$ units are granted at the end of the first semester, the following will apply:

- If eligible first semester, must earn 2 units
- If not eligible first semester, must earn 2 $\frac{1}{2}$ units

3. Students must satisfy eligibility requirements in the semester preceding participation.

- a. Credits earned in summer school, approved by the State Department of Education, may apply for first semester eligibility. A maximum of two units per year may be used.
 - b. Students eligible for a first semester sport will be permitted to complete that sport even if it extends into the second semester. Under current SCHSL regulations, this will apply to participants in basketball and wrestling in the high school and middle school programs.
4. Students with Disabilities:
- a. Students diagnosed with disabilities, and being served in a non-diploma program, shall be considered eligible for participation in interscholastic activities if they are successfully meeting the requirements of their Individual Education Plan.
 - b. Students with disabilities, and being served in a program leading to a state high school diploma, must meet all eligibility requirements previously stated for participation in interscholastic activities.
5. A course that is dropped after the 20th day of a semester with a failing average will be considered as a failed course when determining academic eligibility for the following semester.
6. Credit courses used for eligibility purposes must be courses that are applicable as credit toward a state high school diploma. A student may also use college credit courses, provided the student has met or is meeting all requirements for graduation.
7. Academic deficiencies may not be made up through enrollment in adult education programs.
8. A maximum of two credit recovery units may be used toward eligibility, to include the two units presently allowed in summer school. The course would have to be accepted by the State Department of Education for graduation and accredited by a certified teacher in that field. To be eligible for recovery credits, the student must have received a minimum grade of 60.

NOTE: Credit recovery must be completed by the following dates:

- Courses taken for first semester eligibility – August 17, 2018
 - Courses taken for second semester eligibility – March 21, 2019
9. A student must not have received a high school diploma or its equivalent.
10. Academic requirements for students enrolled in the seventh and eighth grades, including first semester ninth graders are:
- a. Students passing the sixth, seventh, and eighth grades by academic promotion (not by social promotion or placement) are considered as having met the requirements for academic eligibility for first semester.
 - b. Students in grades seven and eight must be meeting the school district promotion policy at the end of the first semester in order to be eligible second semester. (Second semester ninth grade students must meet League academic regulations.)

- c. A seventh or eighth grade repeater shall not be eligible during a school year if academic requirements for promotion were not met during the previous year.

NOTE: A student failing the seventh or eighth grade is eligible during second semester if he/she has satisfactorily passed first semester work.

- 11. Schools will follow the procedures outlined in by the State Department of Education, in accepting or rejecting credits received by a student while the student is enrolled in private schools, home schools and/or out-of-state schools.

V. REQUIREMENTS FOR PARTICIPATION

A. Physical Examination

A yearly physical examination is required. The physical must be completed by a licensed physician and a report submitted to the coach prior to participation. The physical covers all sports for one calendar year. The report will be kept on file in the high school athletic trainer's office.

B. Risk of Participation

All athletes and parent(s)/guardian(s) must realize the risk of serious injury which may be a result of athletic participation. District Three requires that Risk of Participation forms be signed by athletes and parent(s)/guardian(s).

C. Emergency Medical Authorization

Each athlete's parent(s)/guardian(s) shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s)/guardians(s) are not available. The form will be kept by the athletic department for use as needed.

D. Insurance

Spartanburg School District Three provides a supplemental accident insurance policy for student athletes which helps pay medical expenses up to a maximum of \$25,000 per injury. In addition, the South Carolina High School League (SCHSL) provides accident insurance to cover severe injuries which are in excess of \$25,000 in total medical costs. The district policy is an "excess" policy, which means it pays secondary to any insurance coverage carried by parents or guardians on their athletes. It becomes primary in cases where a parent or guardian has no other insurance, and will coordinate benefits where Medicaid is involved.

The District's policy can be accessed by filing an insurance claim at the time of an injury. Claim forms are available from athletic directors or from our athletic trainer. Parents are responsible for filing the claim, but our athletic staff will provide assistance as necessary. Insurance companies have guidelines that must be adhered to. Ours requires that a claim be initiated within 90 days of the date of the accident or injury in order to be honored. It also requires that medical treatment be sought within 90 days of the injury.

Should medical expenses exceed \$25,000, please contact your school athletic director about filing with the SCHSL's catastrophic insurance carrier.

For more information on the SCHSL's coverage, please refer to the brochure on their web site at: http://www.schsl.org/2013Forms/CATbrochure_.pdf

When an injury occurs, please follow these steps:

- Secure an insurance form from the athletic director, trainer, or school nurse.
- The school portion of the claim form (Section A) should be completed and signed by the school district representative.
- The parent or guardian must complete the Parent's Statement and Medical Authorization portions (Section B). This part also includes information about primary insurance or Medicaid.
- The parent or guardian must forward the completed form directly to the insurance company, and provide the necessary information to the providers to file expenses as secondary coverage.

Please keep ALL copies of correspondence, as well as all bills, for your records, and to facilitate follow-up during the process. Federal HIPPA regulations do not allow Spartanburg School District Three or any of its agents to act on behalf of the student athlete. Therefore, only the parent or student athlete can be responsible for the process of filing insurance and providing any information pertaining to treatment or the student's condition to the insurance company. However, in cases where there is difficulty with providers and/or the insurance company in paying claims or obtaining information, or where there are general questions, parents may contact the Assistant Superintendent for Finance & Operations at (864) 279-6011 or via e-mail at gmack@spartanburg3.org for assistance.

E. Parental Acknowledgement of Athletic Policies

Upon entering high school, or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing the necessary forms and information for participation. Each parent/guardian must read the enclosed materials and certify that they understand the athletic eligibility rules and policies. The signed document will be filed in the athletic office.

F. Scholastic Eligibility

In order to participate in an interscholastic activity, each athlete must have satisfied all eligibility requirements prior to participation.

G. Other South Carolina High School League Eligibility Rules

1. A student who turns 19 prior to July 1 cannot participate the following year.
2. Once a student enters the ninth grade, he/she will have four successive years in which to participate provided he/she does not exceed the age requirement. This is referred to as the "8 semester rule" in the SCHSL Constitution and By-Laws.
3. Transfer students must comply with the SCHSL transfer rule. If you are a transfer student, immediately contact your coach so that he/she may determine if you are in compliance with the transfer rule.

VI. BASIC INTERSCHOLASTIC PARTICIPATION POLICIES

A. Participation

A student may participate in only one interscholastic activity per season unless all coaches/sponsors agree and priorities are set to resolve conflicts before the season. When a student wishes to compete in more than one activity during a season, coaches/sponsors are encouraged to cooperate so this may happen. Sometimes, however, fulfilling the requirements of both activities may not be possible.

B. Quitting or Transferring Sports

Quitting/dismissal from a team after competitions (scrimmage, Jamboree, game) have begun, that student cannot begin a new sport until the entire season of that sport is completed.

C. Equipment

School equipment or uniforms issued to the student-athlete is the student's responsibility. Loss of any equipment or uniform is the athlete's financial obligation, and failing to meet that obligation can result in denial of participation in the athletic program.

D. College Recruitment Policy

In the event that a student athlete is contacted personally by a college recruiter, he/she must work through his/her coach and the athletic department. Inform your coach of the contact as soon as possible. College recruitment information is available in the athletic office or counseling office.

NCAA ELIGIBILITY REQUIREMENTS

Most college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization that has established recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II and Division III. Institutions are members of one or another of these according to the size and scope of their athletic programs and whether they provide athletic scholarships.

Athletes planning to enroll in college as a freshman who wishes to participate in Division I or Division II athletics must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse was established as a separate organization by the NCAA member institutions to ensure consistent interpretation of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

Athletes who want to participate in Division I or Division II sports in college should start the certification process in their junior year (11th grade) in high school. Athletes should do the following: 1) check with their guidance counselors to make sure that they are taking course work that meets NCAA requirements; 2) register to take the SAT or ACT as juniors; and 3) submit the Student

Release Form (available in the Guidance Office) to the Clearinghouse by the beginning of the senior year.

ATHLETIC SCHOLARSHIPS

Applying for athletic scholarships has become an important area of college preparation because these scholarships are a way of earning tuition in return for an athlete's competitive abilities. Whether one is male or female or interested in baseball, basketball, cheerleading, crew, cross-country, fencing, field hockey, football, golf, gymnastics, lacrosse, sailing, skiing, soccer, softball, swimming and diving, tennis, track and field, volleyball, or wrestling, there may be scholarship dollars available for him/her.

At the beginning of an athlete's high school career, he/she should ask his/her guidance counselor to help him/her to make sure that he/she takes the required number and mix of academic courses, and to determine the SAT and ACT score minimums that must be met to play college sports. Also, the athlete should ask the counselor about academic requirements, because the NCAA Initial-Eligibility Clearinghouse must certify all athletes and start this process by the end of junior year.

****See Section XII for NCAA Information****

E. Conflicts in Extracurricular Activities

1. An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.
2. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.
3. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.
4. In the event of a conflict, the sponsors/coaches will work out a solution if possible. If a solution cannot be found, the principal or athletic director will resolve the matter based on the following criteria:
 - a. The relative importance of each event to the school.
 - b. The importance of each event to the student.
 - c. The relative contribution the student can make.
 - d. How long each event has been scheduled.
 - e. The opinion of the parent(s)/guardian(s).
 - f. Once the decision has been made and the student complies, he/she will not be penalized in any way by either sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

F. Attendance

Students marked absent over half of the school day will not be able to play in a contest or practice on that date. Students absent from school on the day prior to a non-school day will be eligible to participate the day after the absence. This rule may be waived by the principal in extremely unusual circumstances.

G. In-School and Out-of-School Suspensions

Students will not be allowed to participate until they have served their out-of-school suspension. There will be no adjustments made to suspension days to allow a student to participate in any activities. **Athletic penalties for In-School and Out-of-School Suspensions will be determined by the coach or athletic director.**

H. Release from Class

It is the responsibility of the student to see his/her teacher(s) the day before he/she is to be released to participate in an interscholastic activity. All work shall be made up at the convenience of the teacher.

I. Team Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the interscholastic program while at our school, we encourage coaches to keep as many students as they can without compromising the integrity of their program. Time, space, facilities, equipment, and other factors will place limitations on the most effective team size for any particular activity. **Choosing the members of athletic teams is the responsibility of the coaches and they have the final authority in doing so.**

J. Reporting of Injuries

All injuries that occur while participating in athletics must be reported immediately to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report and an insurance claim form completed. A physician treats a student; the athlete must obtain written permission from the doctor to return to the activity.

VII. ATHLETIC AWARDS POLICY

- A. Varsity Award Requirements: The varsity award will be presented to an athlete who satisfies the participation requirements set forth by the head coach. The coach may recommend a waiver of these requirements under an unusual circumstance. Certificates are given to athletes who complete the season but do not meet the varsity award requirements.
- B. Junior Varsity awards are given on the recommendation of the coach to all athletes who complete the season. Certificates are given for participation to athletes who complete the season.
- C. The regular awards system will apply for managers, trainers, and statisticians, if they work for the entire season.

- D. All members of a varsity team that wins a region or state championship will receive a chenille patch, which will indicate the championship.

VIII. ATHLETIC CODE OF CONDUCT

A firm and fair code of conduct is necessary to uphold the standards of our athletic department and school. The Board, school administrators, and coaching staff believe strongly that high standards of conduct and citizenship are essential in maintaining sound interscholastic programs. All students will abide by our code of conduct, which will earn them the honor and respect that participation in interscholastic programs affords. Any conduct, which results in dishonor to the athlete, team, school, or community, will not be tolerated.

A. Code of Conduct

Acts of unacceptable conduct, such as, but not limited to, disruptive behavior, theft, vandalism, disrespect, or violations of law tarnish the reputation of everyone associated with a program and will not be tolerated. When such violations occur, the appropriate coach, athletic director, and principal will meet and determine the punishment according to the infraction. The punishment may range from suspension to forfeiture of athletic participation.

B. Substance Abuse

We will not tolerate substance abuse by any athlete. A student-athlete who uses tobacco, alcohol, illegal drugs, or any type of mood altering substance in legal, over-the-counter products not only does physical harm to himself/herself but also jeopardizes team morale, reputation, and success. **If you wish to participate in interscholastic programs, you must make a commitment to yourself and your team to avoid the use of any harmful substances.**

1. **Use of Tobacco/Vaping/Juuling:** Research shows that the use of tobacco/vaping/juuling is physically harmful to youth and adults. If one team member uses tobacco/vapes/juules, the team's reputation is damaged. **This rule is in effect all year, in or out of season.**
2. **Use of Alcoholic Beverages:** Alcohol can cause many serious problems, and we will not tolerate its use by our athletes. **This rule means no use of alcoholic beverages in or out of season.**
3. **Use of Illegal Drugs or Mood Altering Substances:** Drug abuse by an athlete will not be tolerated. **This rule is in effect all year.**

C. Penalties for Substance Abuse

1. **Tobacco/Vaping/Juuling Violations:**

- a. **1st offense:** If in season, forfeiture of the next contest. If out of season, the athlete will be placed on probation for 365 days and encouraged to seek assistance in dealing with the habit.
- b. **2nd offense:** Forfeiture of two contests.

- c. **3rd offense:** In or out of season, exclusion from all interscholastic activities for the remainder of the year.

2. Drugs/Alcohol Violations:

- a. **1st offense:** If in season, forfeiture of playing in 20% of the scheduled contests or 10% of the contests if the student voluntarily participates in the Adolescent Services Program. If out of season, 8 hours of school service and completion of the Adolescent Services Program.
- b. **2nd offense:** Up to one-year suspension from athletics. To be determined by the athletic director and principal
- c. **3rd offense:** Up to a suspension for the remainder of the student's career. To be determined by the athletic director and principal.

3. DUI Conviction:

- a. **1st offense:** Forfeiture of one calendar year of participation in all interscholastic activities. Future offenses would result in removal from athletics for the remainder of their high school career.
- b. If less than 20% (or 10% if participating in Adolescent Services Program) of the contests remain, there will be a carryover into the next activity including the following year, if necessary, so that the total exclusion is served.
- c. During the exclusion period, the student will not participate in team activities unless approved by the coach or athletic director.
- d. A student found in violation for a third offense has the right to an appeal after one calendar year from the determination of guilt. The appeal for reinstatement is contingent upon substantial proof of rehabilitation and will be made to the principal, athletic director and the head coach.

D. Appeal:

The student found in violation for a 3rd offense has the right to an appeal after one calendar year from the violation. The appeal for reinstatement is contingent upon substantial proof of rehabilitation and will be made to the principal, athletic director, and head coach.

E. Hazing/Bullying:

The athletic department will not tolerate hazing/bullying by students, staff and third parties as part of any school sponsored activity. Students must avoid any action that could be viewed as planning, directing, encouraging, assisting or engaging in any hazing/bullying activity. Students should also not engage in acts that have a foreseeable potential for causing physical harm to any person for the purpose of initiation, admission into, or affiliation with any athletic team that is connected to

Spartanburg School District Three.

State law defines hazing as “the wrongful striking, laying open hand upon, threatening with violence or offering to do bodily harm by a superior student to a subordinate student with the intent to punish or injure the subordinate student, or other authorized treatment by the superior student of a subordinate of a tyrannical, abusive, shameful, insulting or humiliating nature.”

Any hazing activity, whether by an individual or a group, will be presumed to be a forced activity, even if the student willingly participates.

Any student who feels he/she has been subjected to hazing/bullying is encouraged to immediately notify the athletic director or the principal. All complaints will be investigated promptly and confidentially.

A student found to be in violation of this policy may be subject to discipline from the school, athletic department and law enforcement.

F. Arrests, Probation, Investigations:

An athlete who is arrested, under investigation, on probation, etc., will be suspended from competition until approved by the principal (excluding minor violations such as traffic).

G. Medical Situations:

Athletes that are believed to be medically unfit to participate fully in the sport may be removed from an athletic team until a licensed medical physician clears them.

H. Individual Coach’s Rules

Coaches will establish rules and regulations for their sports with the approval of the athletic director. These rules must be given by the coach in writing to all team members and parents and explained fully before the start of the season. Penalties for violation of team rules will be in writing and administered by the coach. Copies of all team rules must be on file in the athletic office.

IX. Social Media Guidelines for Athletes

With the popularity of social media in today’s society, student athletes need to be very careful of what they post. Inappropriate postings may lead to discipline coaches, athletic director, or school administrators.

1. **Avoid sharing private information.** Be careful of how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as date of birth, social security number, address, phone numbers, class schedules, bank account information or details about your daily routine. All of these can facilitate identity theft or stalking. Remember that once posted, the information become the property of the website.
2. **Consider your career.** Be aware that potential current and future employers and college admission offices can access information you post on social networking sites. Realize that any information you post will provide an image of you to prospective employers or schools. The

posting is considered public information. Protect yourself by maintaining a self-image you can be proud of years from now.

3. **Watch out for “phishing.”** Be careful in responding to unsolicited emails asking for passwords or PIN numbers, also known as “phishing.” Reputable businesses do not ask for this information online.
4. **Understand your rights.** Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited and not without consequence. Social networking sites are not a place where you can say and do whatever you want without repercussions.
5. **Protect your photos.** Photos put on a social network site become the property of the site. You may delete the photo from you profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

One of the biggest lessons athletes should learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions office or potential employer. Please be reminded that social media activity is monitored.

Each student-athlete must remember that participating and competing for Spartanburg School District Three is a privilege, not a right. Each represents his or her school and the District and they are expected to portray themselves, their teams, and their school, in a positive manner. Any online postings must be consistent with federal and state laws, as well as team, school, school division, and District rules and regulations.

Specifically prohibited behaviors include but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal or defamatory language/actions.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students or school personnel
- Nude, sexually-oriented or indecent photos, images or altered pictures.
- Gang images.

Nine Social Media Do’s and Don’ts for Student-Athletes:

Four Things to Keep in Mind:

1. **It's a tool, not a toy.** Social media isn't just something for your own entertainment, Petroff says. If used effectively, social media can be an asset to help a student-athlete's individual brand, their community, their team and the school they represent.
2. **Nothing is truly private... ever.** Petroff says there are two types of social media users: Those who realize they are functioning in public and those who don't. While many kids think they can delete a tweet or delete their Facebook profile if need be, many don't realize that content posted on the internet can last forever. Content can be captured in screenshots or

saved by other users. And that message someone thinks only his or her friends will see? Student-athletes should keep in mind that tweets, Facebook statuses, or Instagram photos could end up being viewed by thousands of people.

3. **If you retweet it (or share it), you own it.** Yes, this even applies to people who put that cliché saying, "RTs do not equal endorsements," on their Twitter profile. That phrase is basically worthless. As Petroff says, "Freedom of speech does not equal freedom from consequences." This is something with which younger student-athletes struggle. They retweet a trash-talking tweet from a friend and all-of-a-sudden they can be caught in the middle of an ugly conversation over the internet.

Petroff shared the example of Ryan Spadola, now a wide receiver for the Miami Dolphins. In 2011, Spadola was a top wide receiver at the FCS level of college football for Lehigh University. Before an NCAA quarterfinal game, he retweeted "**an inappropriate and repugnant racial reference.**"

Even though the tweet wasn't Spadola's, he was still suspended for retweeting the message.

4. **Personal branding: Every tweet reflects who you are.** How are student-athletes choosing to represent themselves? Are they sending the right message about themselves to the public? Petroff reminded the Oregon high schoolers that coaches, college admissions officers and employers all use social media to learn more about candidates. What does your social media portfolio say about you?

When it comes to social media, there are plenty of examples of what not to do. But Petroff says it's important to provide positive examples of how student-athletes should be using social media.

What Should You Post?

1. **Say thank you.** This is always a good option. Teach student-athletes to take time to thank those who support them. Fans, teammates and family for example.
2. **Support others.** Student-athletes can provide a positive example for other students by sending positive messages about their peers in other sports or activities at school.
3. **Share news and humor.** Social media is meant to be fun. Join in conversations and share things you find interesting or entertaining.
4. **Engage in discussion with those you admire.** Petroff discussed how prior to social media, it was difficult to interact or even hear from famous people that student-athletes admire. But now, they can follow them on Twitter and learn what they're talking about and even interact with them.
5. **Post anything consistent with your personal brand.** Again, how do you want to present yourself in public?

X. SUSPENSION/APPEAL PROCEDURES

The following procedures will be followed in the administration of the rules of interscholastic programs:

A. General

1. Each coach will develop rules for his/her team and secure approval by the athletic director. Students will be notified in writing by the coach of general rules and the team's specific rules.
2. The team's coach must administer reasonable disciplinary action for violation rules that are warranted by the violation.
3. Violation of team rules may result in immediate disciplinary actions, including suspension or removal from the team. In these cases, the coach must follow the procedures outlined in B and C below.
4. Violation of a coach's specific rules may result in suspension from a team. However, before denying participation in the activity, the coach must communicate with parents and discuss the situation with the student.

B. Temporary denial/permanent denial of participation

1. Temporary denial is defined as any suspension less than a permanent denial of participation.
2. When a coach denies participation of a student in an activity group, the student must be informed of the intended action. The coach must discuss the situation with the athlete before the penalty is levied.

C. Permanent denial of participation

1. If an athlete will be permanently denied participation in an activity, the coach must notify the student and parent/guardian in writing after discussing the issue with the athletic director.

D. Conferences

1. A parent may parent may schedule a conference with a coach by contacting the coach or athletic director by phone or e-mail. Parents should not attempt to talk to coaches before, during, or after a game.

XI. REQUIRED FORMS

ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT

Athlete's Name (Please Print)

Year

- A. Prior to participating in any practice or tryout for any interscholastic sport, each athlete must:
1. Successfully pass a physical examination by a registered physician and a copy of the exam must be on file in the office of the athletic director. One physical examination per year is sufficient for all sports during that school year.
 2. Sign and return to the coach the Athletic Responsibility Acknowledge Form.
 3. Complete and return to the coach the Emergency Medical Form.
- B. As a District Three student-athlete participating voluntarily in interscholastic athletics, I pledge that:
1. I will abide by the Spartanburg School District Three student code of conduct, the rules of our athletic handbook, the coach's team rules, and the rules of the SCHSL.
 2. I will conduct myself in an exemplary manner and model good character.
 3. I will be responsible for all athletic equipment issued to me, will return such equipment at the conclusion of the season, and I will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
 4. I will not use, or be in possession of, tobacco, alcohol, or any illegal or inappropriate substance. If I use any of these substances, am in possession of such substances, or am suspended from school for use or possession of these substances, I will be subject to disciplinary actions as outlined in district, school, and athletic policies.
 5. I acknowledge that I have been properly advised and cautioned, by administrative and coaching personnel of District Three that I am exposing myself to the risk of injury, including, but not limited to sprains, fractures, ligament/cartilage damage, brain damage, paralysis, or even death. Such injuries could result in temporary or permanent, partial or complete impairment. Having been warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
 6. I, along with my parent/guardian, certify that I have read and understand all policies in the athletic handbook. I also understand that in order to be eligible for participation, I must comply with all requirements listed.

Student Signature _____

Date _____

Parent/Guardian Signature _____

Date _____

XII. NCAA ELIGIBILITY INFORMATION

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



NCAA Division I Initial-Eligibility Requirements

Core Courses: (16)

- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - Sixteen (16) core courses are required (see chart below for subject-area requirements).
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - Sixteen (16) core courses are required (see chart below for subject-area requirements).
 - Ten (10) core courses completed before the seventh semester; seven (7) of the 10 must be in English, math or natural/physical science.
 - These courses/grades are "locked in" at start of the seventh semester (cannot be repeated for grade-point average [GPA] improvement to meet initial-eligibility requirements for competition).
 - Students who do not meet core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year of enrollment by meeting academic redshirt requirements (see below).

Test Scores: (ACT/SAT)

- Students must present a corresponding test score and core-course GPA on the sliding scale (see Page No. 2).
 - **SAT:** critical reading and math sections.
 - Best subscore from each section is used to determine the SAT combined score for initial eligibility.
 - **ACT:** English, math, reading and science sections.
 - Best subscore from each section is used to determine the ACT sum score for initial eligibility.
- All ACT and SAT attempts *before* initial full-time collegiate enrollment may be used for initial eligibility.
- Enter **9999** during ACT or SAT registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. **Test scores on transcripts will not be used.**

Core Grade-Point Average:

- Only core courses that appear on the high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org) will be used to calculate your core-course GPA. Use this list as a guide.
- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale A (see Page No. 2).
 - Core-course GPA is calculated using the **best 16 core courses** that meet subject-area requirements.
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
 - Core-course GPA is calculated using the **best 16 core courses** that meet both progression (10 before seventh semester; seven in English, math or science; "locked in") and subject-area requirements.

DIVISION I Core-Course Requirement (16)	
4	years of English
3	years of math (Algebra I or higher)
2	years of natural/physical science (1 year of lab if offered)
1	year of additional English, math or natural/physical science
2	years of social science
4	years of additional courses (any area above, foreign language or comparative religion/philosophy)

DIVISION I – 2016 Qualifier Requirements <i>*Athletics aid, practice, and competition</i>	
•	16 core courses <ul style="list-style-type: none"> ◦ Ten (10) core courses completed before the start of seventh semester. Seven (7) of the 10 must be in English, math or natural/physical science. <ul style="list-style-type: none"> ▪ "Locked in" for core-course GPA calculation.
•	Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
•	Graduate from high school.

DIVISION I – 2016 Academic Redshirt Requirements <i>*Athletics aid and practice (no competition)</i>	
•	16 core courses <ul style="list-style-type: none"> ◦ No grades/credits "locked in" (repeated courses after the seventh semester begins may be used for initial eligibility).
•	Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale B (see Page No. 2).
•	Graduate from high school.

Sliding Scale A		
Use for Division I prior to August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Sliding Scale B		
Use for Division I beginning August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

For more information, visit www.eligibilitycenter.org or www.2point3.org.

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Division II Initial-Eligibility Requirements

Core Courses

- **Division II currently requires 16 core courses.** See the chart below.
- **Beginning August 1, 2018**, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement.

Test Scores

- **Division II** currently requires a minimum SAT score of 820 or an ACT sum score of 68. **Beginning August 1, 2018**, Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's approved List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- The current **Division II** core GPA requirement is a minimum of 2.000. **Division II** core GPA required to be eligible for competition on or after August 1, 2018, is 2.200 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- The minimum **Division II** core GPA required to receive athletics aid and practice as a partial qualifier on or after August 1, 2018, is 2.000 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- Remember, the NCAA core GPA is calculated using NCAA core courses only.

DIVISION II 16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II COMPETITION SLIDING SCALE		
<i>Use for Division II beginning August 1, 2018</i>		
Core GPA	SAT <small>Verbal and Math ONLY</small>	ACT Sum
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
<i>Use for Division II beginning August 1, 2018</i>		
Core GPA	SAT <small>Verbal and Math ONLY</small>	ACT Sum
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above

For more information, visit the NCAA Eligibility Center website at www.eligibilitycenter.org.