

Cook County School District 130

Athletic Handbook

Guidelines for the CCSD130
Middle School Sports Program

2016-2017

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Philosophy

The Cook County District 130 Middle Schools athletic program is based on the premise that students in the transitional years between childhood and adolescence have characteristics and needs that are unique to their age group. Coaches of middle school students should possess an understanding of the characteristics of the age group and should utilize a variety of methods in working with the students.

The goal of each athletic activity should be to improve physical fitness, coordination, confidence and the ability to follow directions, while developing such values as cooperation, sportsmanship, discipline, self-respect and respect for others. Although excellence is a worthy goal and students should strive to win, they should also learn to recognize the value of participating in a team effort and in doing their best. In order to be effective, the athletic program at each school should be a cooperative venture shared by the administration, coaches, and parents working together to provide a positive experience for students.

Middle School Athletic Committee

The Athletic Committee will consist of an administrator from each middle school, 1(one) building administrator, 1(one) athletic director for the district and 1(one) athletic coordinator from each middle school. One of the administrators will be elected as the chairperson. This process will insure that there are always experienced committee members serving District 130.

Duties of the Middle School Athletic Committee:

- Hear evidence in rules violations as outlined in this manual
- Render decisions in rules violations as outlined in this manual
- Review the Middle School Athletic Handbook and make recommendations for change's to the middle school principals
- Present recommendations to board of education and all stakeholders
- Select coaches and rated officials
- Schedule and Procure Sites
- Set agendas for mandatory meetings of coaches
- Organize fundraising events for the athletic program

Committee Members

Melissa Boyd, Chairperson	Nathan Hale Middle
Raeann Zylman, Athletic Director	Veterans Memorial
Jeff Andersen, Athletic Coordinator	Veterans Memorial
Karen Brady, Athletic Coordinator	Nathan Hale Middle
Brian Babulic, Coach	Nathan Hale Middle
Jorge Mauricio, Coach	Nathan Hale Middle
Kristine Corliss, Soccer Supervisor	Nathan Hale Intermediate
Eduardo Rodriguez, Athletic Coordinator	Kerr Middle
Evelyn Reardon, Coach	Kerr Middle
Steven Van Zee, Coach	Kerr Middle
Ramon Ibarra, Coach	Kerr Middle

Administrator Game Supervision

For the home school hosting a game, a middle school administrator must be on site for supervision either in the building or at the soccer field for the duration of the game.

Violation Procedures

If a violation of the guidelines, procedures, rules and regulations described and outlined in the code of conduct is brought to the attention of any standing member of the athletic committee, the following process shall be used to address any issues.

Chain of command for code of conduct violations should begin with communication directed to:

- Coaches
- Athletic Coordinator
- Athletic Director
- Athletic Chairperson
- Building Administration
- District Administration
- Board of Education

The reporting person may be a teacher, coach, student, or private citizen. The suspected violation must be in writing and copied to the appropriate party.

- If the allegation reaches administrative levels, they will investigate the suspected violation within 48 hours.
- If the allegation has merit, the administrator of the host building who has investigated the allegation should contact the administrator of the visiting building within 24 business hours.
- In the case of allegations of which involve physical and/or sexual abuse, the aforementioned procedures shall not apply. Instead, the district child abuse procedures must be followed.

SECTION A
ADMINISTRATION AND IMPLEMENTATION

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 1A

Qualifications of Coaches

All coaching positions in District #130 must meet the following requirements:

- Must be an employee of District 130 or employed as police, fire, teacher or paraprofessional.
- Attend mandatory coaches meeting prior to season for volleyball, soccer and basketball conducted by Athletic Director.
- Must conduct mandatory informational parent/student meetings prior to season to review CCSD 130 Middle School Athletic Handbook.

(If a student participates in more than one sport, parents are only required to attend one meeting.)

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 2A

Coaching Management & Remuneration

CCSD 130 Schools will pay a monetary supplement for the following coaching positions in each middle school:

Athletic Director (1): District Wide

Athletic Coordinator (3): Kerr, Hale, Veterans

Soccer Assistant (1)

Soccer (4): Boys and Girls

Varsity (2)

JV (2)

Volleyball (4): Boys and Girls

Varsity (2)

JV (2)

Basketball (4): Boys and Girls

Varsity (2)

JV (2)

Student Managers

- A maximum of two (2) student managers are allowed per team.
- Student managers must be identified by wearing a team shirt at games.

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GUIDELINE 3A

Coaches Code of Conduct

Coaches are in a unique position to influence behavior and character development. Therefore, it is essential that the conduct of coaches be of the highest order and that coaches assume the responsibility for assuring equally desirable conduct from their teams. Specific areas of emphasis are:

- To refrain from the use of profanity in the performance of duties.
- To refrain from the use of tobacco while in the presence of students. CCSD 130 policy prohibits the use of tobacco while on school property.
- To be responsible for the behavior of students and to make every effort to see that students do not argue with officials or display unsportsmanlike behavior.
- To be well groomed and appropriately dressed at all times.
- To be supportive of administrative decisions.
- To maintain a high standard of sportsmanship in relationships with coaches, players, officials, parents, and spectators.
- To extend professional courtesy to other members of the profession at all times.
- To give each student an equal/fair opportunity.
- To avoid intentionally humiliating one's opponent in competition.

Remedies and penalties

If the conduct of a coach results in ejection from the game, the result will be an automatic forfeiture of the game. The situation will be reviewed by the district athletic committee before the next scheduled game.

Coaches that are ejected for the second time in one season shall be relieved from their coaching duties.

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GUIDELINE 4A

Spectators Code of Conduct

- Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers.
- Spectators are not allowed to wear hats in the building.
- Spectators are not permitted to have artificial noisemakers.
- Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or actions.
- All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials.
- Spectators shall not use a flash when taking pictures.
- Spectators are not allowed on or behind the bench.
- Spectators who fail to comply with the code of conduct will be removed from the premises.

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 5A

Sportsmanship

One of the primary objectives of educational athletics is good sportsmanship. Middle School students should set a good example in the matter of sportsmanship and quickly condemn unsportsmanlike conduct of the part of other students or adults. To this end they should:

- Remember that a student spectator represents his/her school the same as does the athlete.
- Recognize that the good name of the school is more valuable than any game won by unfair play.
- Learn the rules of the various athletic games so that, either as spectators or critics, they will be intelligent.
- Accept decisions of officials without question.
- Express disapproval of rough play or poor sportsmanship on the part of players representing the school.
- Recognize and applaud an exhibition of fine play or good sportsmanship on the part of the visiting team.
- Be considerate of the injured on the visiting team.
- Insist on the courteous treatment of the visiting team as it passes through the streets or visits the local school building and extend the members every possible courtesy.
- Acquaint the adults of the community and the students with the ideals of sportsmanship that is acceptable to the middle school.
- Impress upon the community its responsibility for the exercise of self-control and fair play at all athletic contests.
- Advocate that any spectator who continually evidences poor sportsmanship be requested not to attend future contests.
- Insist on fair, courteous and truthful accounts of athletic contests in local and school papers.
- Encourage the full discussion of fair play, sportsmanship, and school spirit through class work and assembly programs in order to discover ways by which students and schools can develop and demonstrate sportsmanship.

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GUIDELINE 6A

Athletic Schedule

Fall Aug/Sept/Oct	Winter A Oct/Nov/Dec	Winter B Jan/Feb/Mar	Spring Mar/Apr/May
Girls Volleyball Varsity/JV	Boys Basketball Varsity/JV	Girls Basketball Varsity/JV	Boys Volleyball Varsity/JV
Boys Soccer Varsity/JV			Girls Soccer Varsity/JV

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GUIDELINE 7A

Awards Guidelines

Individual athlete awards will be considered as trophies or medals and be awarded at the conclusion of the school year.

The Athletic Coordinator will furnish the following from each respective middle school sports activity account:

- Volleyball 4 trophies (Boys/Girls Varsity, Boys/Girls JV)
- Basketball 4 trophies (Boys/Girls Varsity, Boys/Girls JV)
- Soccer 4 trophies (Boys/Girls Varsity, Boys/Girls JV)

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 8A

Game Referees

- Basketball and Volleyball
 - Varsity and JV games will be officiated by referees according to the following criteria. Priority will be given in the following order to persons having Illinois sports association certification.
 - In district certified
 - In district non-certified
 - Out of district certified
 - Out of district non-certified
- Soccer
 - All Varsity and JV teams will be officiated by certified out-of- district referees.
- Referees
 - Prior to the beginning of each season, the building Athletic Coordinator will report the names of individuals who present an interest in refereeing games to the Athletic Director.
- Score Keeping
 - Adults should be sitting with students who are running the score board. There should be no change in the score without the referee approval. The score should only be changed by coordinator or referee.

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 9A

Accident Procedures

If an accident should occur during a game, an accident report must be completed by the coach(es), as appropriate, and submitted to the Athletic Coordinator. The coach should also inform the building administrator and school nurse. Accident report forms are obtained from the building Athletic Coordinator.

SECTION B
ELIGIBILITY

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 1B

Eligibility Criteria and Game Play

Eligibility Criteria

- It shall be the responsibility of the coach of each sport, the district Athletic Director, and Athletic Coordinator to validate the eligibility of each participant.
- When validating eligibility, the following guidelines should be followed:

Grades

- Eligibility is determined by maintaining passing grade in all classes. If the athlete has an F in any class, they will not be allowed to participate in game play for the duration of that week.
- Grade reports should be determined by 10:00 am on the school day prior to the first game of the week.
- If two games are scheduled in the same week, for the same level, grade eligibility will be rechecked the day of the second game.
- If a game gets rescheduled, players ineligible will still be ineligible at the rescheduled date.
- All eligibility is final once submitted.

Attendance

- Students need to be present at least half day on a game day in order to participate. Any special circumstances that relate to student attendance shall be decided under the discretion of the building administrator.

Misconduct

- Student misconduct may disqualify a student to participate in game and/or practice. This shall be decided under the discretion of the building administrator.

Game Play

Moving Players

- Players cannot be moved between JV and Varsity teams in the event there are not enough players eligible to play. The game must be forfeited.

Forfeit

- No games will be forfeited due to ineligibility. Athletes will moved up to complete a roster.

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GUIDELINE 2B

Coach/Athletic Coordinator, Parent and Athlete Informational Meeting

Upon final selection of the team athletes, the Athletic Coordinator and Team Coach will host an informational meeting attended by parents and student athletes. The purpose of the meeting is to review the CCSD 130 Middle School Athletic Handbook.

Attendance to the meeting is mandatory. If the parent and student athlete do not attend the meeting on the schedule date, they will need to meet with the Coach and/or Athletic Coordinator prior to the first game. The athlete will not be allowed to participate in games until this requirement is met.

- The meeting will be held individually at each middle school for each athletic season.
- The Middle School Athletic Contract must be reviewed at the meeting. This contract requires signatures by both parent/guardian and student. The contract can be returned no later than the next school day to the Coach or Athletic Coordinator.

SECTION C
BASKETBALL

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 1C

Basketball Rules Boys/Girls

General Regulations

- A minimum of 10 players and a maximum of 15 are required per roster.
- Game Ball: A regulation size ball will be furnished by the home team, unless the official deem the ball illegal.
- All girls (including Varsity) and boys JV teams will use the 28.5” size ball.

Uniforms

- Gym shoes must be worn on the court at all times.
- The uniforms will consist of a league provided shirt and gym uniform shorts.
- If a shirt is worn under the uniform it must be consistent throughout the team.
- Uniform tops must be tucked in and pants must be above the hips and worn properly.
- For their safety, players must remove ALL jewelry prior to the game.
- Rubber bands and soft ponytail holders may be worn in the hair.
- Hair beads cannot be worn during the season.
- Fingernails must be kept short.

Game Play

- The game shall begin with five (5) players per team starting the game with a tip-off.
- Game possession, points, fouls, clock and substitutions shall be kept by scorers’ table attendants.
- Man-to-man and zone offenses shall be allowed throughout the game.
- “Pressing” is allowed up to half court throughout the game only if the pressing team is trailing or leading by 10 or fewer points. Once a team is ahead by 10 or more points, a zone defense is required below the top of the “Key”. If point differential goes below 10 points, a “press” defense up to half court may be resumed. Pressing full court is only allowed in last 2 minutes of the 2nd (second) and 4th (fourth) quarter when the team is trailing by 10 points or more. All Half Court Presses must allow the ball to cross half court before pressing.

Scoring and Game Clock

- The home team will be responsible for providing an adult to keep the official score clock. If the home team does not provide an adult to keep the official clock, the visiting team will provide an adult to keep the clock.
- The official score book will be kept by an adult from the home team.
- Running clock for four, eight (8) minute quarters. (Exception: the clock will stop on all dead balls the last 2 minutes of the 2nd and 4th quarters.
- If a team is behind by 15 or more points at the beginning or anytime during the fourth quarter, the clock will be running time with no stops except for the time outs. If the margin changes to 14 points or less, the game will revert to normal timing rules for the remainder of the game.

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Playing Time

Every Player:

- Must start at least one (1) quarter.
- Must sit at least one (1) quarter
- If team roster is 9 players or less, above mentioned playing time rules do not apply.
- Must sit and must play at least 8 minutes, not at one time, but throughout the game.

Length of Game

- Four (4): eight (8) minute quarters on a regulation clock, with one (1) minute between quarters and five (5) minutes between halves.
- Clock will stop on all ‘dead’ balls the last 2 minutes of each half (2nd and 4th quarters). Exception: Running clock if score margin is 15 or more in the fourth quarter.

Warm-up Time

- Five (5) minutes warm-up time will be allowed prior to a game.

Timeouts

- Each team is allowed two 30 second timeouts per half. (4 per game)

Tied Game / Overtime

- One extra period consisting of three (3) minutes will be played if the game is tied. Each team will be allowed to call one (1) time out during the three (3) minute overtime. Pressing will be allowed for one (1) minute of the three (3) minute overtime. If tied after the first overtime, successive one (1) minute overtimes will be played until a winner is decided. No additional time outs will be allowed for the one minute overtimes. Pressing Is NOT allowed during the one (1) minute overtimes.
- If an official calls time due to injury, the injured player must be substituted for and may not reenter the game until the next stopped clock.

Bench Conduct

- NO phones, cameras, iPods (or other music playing devices), or food will be permitted on the team bench during game play.

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

Unsportsmanlike Conduct

We sincerely hope that none of the below steps have to be taken because of unsportsmanlike behavior on the part of the players, coaches, parents or spectators. Above all, this program strives to make the displaying of good sportsmanship a priority. The administrator present at the event is responsible for addressing and resolving any unsportsmanlike conduct.

- All unsportsmanlike “technical(s)” will be reported to the Athletic Director.
- Ejection of a player will be brought to the attention of the Athletic Director.
- Any player who receives a technical foul for unsportsmanlike conduct **MUST** sit out a minimum of three (3) game minutes immediately following the infraction. Also, two (2) points and the ball will be awarded to the opposing team.
- Any profanity by a player will result in a technical foul.
- Two (2) unsportsmanlike technical fouls on any player will result in ejection for the remainder of the game.
- Any player ejected from a game due to unsportsmanlike conduct must sit out the entire next game, be removed from the league and placed on probation for one (1) year.
- All unsportsmanlike technical(s) will be reported to the School Administration.
- Ejection of a coach/parent/spectator will be brought to the attention of the District Office.
- The coach must meet with the Athletic Committee prior to coaching in another game.
- Any profanity by a coach/parent/spectator will result in a team technical foul and automatic ejection from the facility.
- Two (2) technical fouls on a coach will result in expulsion from the facility until the game is finished. If a coach is removed from an additional game for unsportsmanlike behavior will result in an expulsion from the league.
- Any unsportsmanlike behavior displayed by a coach/player/parent/spectator before or after a game will result in the person(s) being expelled from the next two (2) games.
- Any unsportsmanlike technical fouls charged to the team from the parents or spectators will result in the person(s) being asked to leave the facility for the remainder of the game. If the same person(s) receives a second technical in future games, the parent/spectator will be banned from further games. Home team coaches and staff are responsible for the behavior of their parents/spectators. No admission refunds will be given.
- Any individual coach/player/spectator found by the official or District #130 staff to be acting in a disruptive manner to include: abusive language or gesturing in such a manner as to indicate resentment (i.e. flipping the finger, etc.) either on the court, the bleachers, or on the bench will mean ejection from the game. If coach/parent/spectator refuses to leave the premises, the game will be forfeited to the opposing team and the game will be terminated. In addition, players must sit out the entire next game.
- Any abusive action, physical or verbal, directed toward anyone involved in the game, by any participant of the game, will mean automatic and permanent expulsion from the District #130 sports leagues.
- Any participant ejected from a game will automatically be placed on probation for the remainder of the season.

SECTION D
SOCCER

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 1D

Soccer Rules Boys/Girls

Basic Rules

- There will be two (2): 20 minute halves.
- There will be a short 5 minute half between breaks.
 - A minimum of 15 and a maximum of 20 players are required per roster. There must be 10 players on the field.
 - Each player must start each half. No substitutions are allowed until 10 minutes after the start of each half or due to injury or disciplinary reasons.
- Fans cannot sit or be next to any of the teams.
- At the end of 2 halves the team with the most games will be declared the winner and be awarded 2 points in the standings. The losing team will have no points.
- In case of a tie each team will receive 1 point.
- At the end of the season the last two teams will play an extra game for the right to play against the number one team in the championship.
- If a player touches the ball with the hand other than the goalie the ball will be awarded to the other team on the spot of the ball. **If the penalty occurs in the goalie box, a penalty kick will be taken from the goal.**
- If a player hold another player intentionally, or breaks the sliding rule the team will be awarded a free kick from the spot.
- The team losing the ball can set a barrier at the coach and/or goalie discretion to change or block his kick. The wall should be 10 yards from the ball.
- All players must abide by the rules.
- All players must respect the referee, and the call made against them.
- If any player starts arguing with a referee he/she will be asked to go to the side line and sit out the rest of the half, while someone replaces them.
- If the player curses at the referee or any other player he/she will be kicked out of the game. In which case his/her position cannot be replaced. Their team will have to finish the one game, one player short.
- If another incident of the same kind occurs the player will be dismissed from their team.
- No coach is allowed to argue with the referee, any call in question can be discussed after the game away from the players. If any coach breaks this rule, the game will be canceled and their team forfeits the game. Further discipline will be decided by the appropriate authorities.
- During a playoff or championship game, a tied score will result in a shoot-out.

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Defensive Rules

A defensive player is any player trying to stop a player with the ball, or trying to get the ball.

- Defensive player cannot grab any part of the body, or uniform to stop an offensive player.
- Defensive player cannot run at an offensive player football style.
- Sliding to steal the ball is permissible, unless: the offensive player has passed the defensive player on step or both players are side by side.
- Defensive player cannot use his/her body to force the offensive player of course, or out of bounds.
- Defensive player can stand under the goal to help the goalie out but cannot use his/her hands to stop the ball. **ONLY THE GOALIE CAN USE HIS/HER HANDS.**
- If a defensive player gets the ball away from an offensive player he may pass it or handle it up to the mid field. After mid field he/she must pass the ball back or forwards.
- Using body to win the challenge should be permissible as long as arms are kept at their sides and there is intent on going for the ball.

Mid-Fielders

These players can be offensive or defensive players at any time.

Offensive Players

An offensive player is any player who has, or is trying to get the ball. Their purpose is to move the ball towards the other's team goal.

- As like the defensive player the offensive players stay at one side of the field. They must stay on the side of the opposing team.
- They can try to score a goal, or move the ball as far back as the mid field point.
- The offensive player's purpose is to score a goal.
- He/she can use any part of his/her body except his/her hands to handle the ball.
- The offensive player can pass the ball to any person on the field, including defensive players on the back side of the field.
- Forwards should be allowed to cross the halfway line.

Uniforms

The uniform will consist of a team provided shirt and school gym shorts. Black sweat pants are permitted.

Bench Conduct

NO phones, cameras, iPods (or other music playing devices), or food will be permitted on the team bench during game play.

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

Unsportsmanlike Conduct

We sincerely hope that none of the below steps have to be taken because of unsportsmanlike behavior on the part of the players, coaches, parents or spectators. Above all, this program strives to make the displaying of good sportsmanship a priority. The administrator present at the event is responsible for addressing and resolving any unsportsmanlike conduct.

- All unsportsmanlike “technical(s)” will be reported to the Athletic Director.
- Ejection of a player will be brought to the attention of the Athletic Director.
- Any player who receives a technical foul for unsportsmanlike conduct **MUST** sit out a minimum of three (3) game minutes immediately following the infraction. Also, two (2) points and the ball will be awarded to the opposing team.
- Any profanity by a player will result in a technical foul.
- Two (2) unsportsmanlike technical fouls on any player will result in ejection for the remainder of the game.
- Any player ejected from a game due to unsportsmanlike conduct must sit out the entire next game, be removed from the league and placed on probation for one (1) year.
- All unsportsmanlike technical(s) will be reported to the School Administration.
- Ejection of a coach/parent/spectator will be brought to the attention of the District Office.
- The coach must meet with the Athletic Committee prior to coaching in another game.
- Any profanity by a coach/parent/spectator will result in a team technical foul and automatic ejection from the facility.
- Two (2) technical fouls on a coach will result in expulsion from the facility until the game is finished. If a coach is removed from an additional game for unsportsmanlike behavior will result in an expulsion from the league.
- Any unsportsmanlike behavior displayed by a coach/player/parent/spectator before or after a game will result in the person(s) being expelled from the next two (2) games.
- Any unsportsmanlike technical fouls charged to the team from the parents or spectators will result in the person(s) being asked to leave the facility for the remainder of the game. If the same person(s) receives a second technical in future games, the parent/spectator will be banned from further games. Home team coaches and staff are responsible for the behavior of their parents/spectators. No admission refunds will be given.
- Any individual coach/player/spectator found by the official or District #130 staff to be acting in a disruptive manner to include: abusive language or gesturing in such a manner as to indicate resentment (i.e. flipping the finger, etc.) either on the court, the bleachers, or on the bench will mean ejection from the game. If coach/parent/spectator refuses to leave the premises, the game will be forfeited to the opposing team and the game will be terminated. In addition, players must sit out the entire next game.
- Any abusive action, physical or verbal, directed toward anyone involved in the game, by any participant of the game, will mean automatic and permanent expulsion from the District #130 sports leagues.
- Any participant ejected from a game will automatically be placed on probation for the remainder of the season.

SECTION E
VOLLEYBALL

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 1E

Volleyball Rules Boys/Girls

Basic Rules

- A minimum of 12 players and a maximum of 18 are required per roster.
- 6 players per team
- Player rotation can be determined by coach
- Back row players cannot attack (spike) between net and 10 foot line.
- No blocking serve.
- Let serve (when ball touch the net and goes over) allowed.
- Three hits per side. Double hits are allowed the 1st hit only.
- May play ball off ceiling on your side of the court. (Kerr gym = when playing on the right side, if it hits the curtain it is out.)

Substitutions

- 18 per game
- Substitute can only sub in for same player they come out for. (Volleyball is not like basketball)
- Must be done at the 10 foot line.

Match Play

- Three games per match.
- Speed score used up to 25 points, win by 2 points cap 27
- All 3 games count for win/loss record.
- Add 3rd game to 15 points, must win by 2.
- Championship is all 3 games as normal.
- Playoffs will be best 2 out of 3, no cap.
- At the end of each game, teams will switch side of court.
- If there is a 3rd game, teams will return to their benches at the end of game 2 and wait for a coin flip to decide serve/receive and court.

Time Outs

- Two timeouts per game (30 seconds each)
- One extra timeout is awarded if the game is tied at 25.
- Only the coach can call timeouts.

Serving

- Players must serve behind end line.
- Players have 5 seconds to serve once whistle is blown.
- Under or overhand serves.
- Players may let the ball drop one (1) time on serve to retry
- Let serves are allowed.

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

Playing Area

- Court is 60 x 30 ft.
- 10 ft. line.
- Players cannot step across centerline.
- Net antennas
- Ceiling is in play above court (with the exception of the right side @ Kerr)
- Net cannot be touched during play.

Net Height

- The height of the net will be set at 7'4" for Girls JV, Varsity and Boys JV levels.
- The height of the net will be set at 7'11" for Boys Varsity Games.

Start of Match

- Flip of coin
- Each team will start on the baseline, then come forward and shake opponent's hands.
- At end of game, teams go to the baseline and wait for whistle to switch sides.
- End of match; go to baseline, then to net to congratulate teams.

Sportsmanship

- No jewelry
- No trash talking across the net
- No beads in hair
- The captain is the only player allowed to talk to the official

Warm-Ups

- Three (3) minutes shared court, Three (3) minute shared hitting, Two (2) minutes shared serving

Playing Time

- Each player must start at least one (1) game per match.

New Rules

- Ball can come off any point of body, even feet.
- Player is allowed to kick ball.
- Libero position may be introduced at Varsity level.

Rosters

Minimum 12 players during the season (18 player maximum per team)

- Varsity – Minimum of five (5) 7th graders on team
- Junior Varsity – Minimum of five (5) 6th graders on team

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

Bench Conduct

- NO phones, cameras, iPods (or other music playing devices), or food will be permitted on the team bench during game play.

Unsportsmanlike Conduct

We sincerely hope that none of the below steps have to be taken because of unsportsmanlike behavior on the part of the players, coaches, parents or spectators. Above all, this program strives to make the displaying of good sportsmanship a priority. The administrator present at the event is responsible for addressing and resolving any unsportsmanlike conduct.

- All unsportsmanlike “technical(s)” will be reported to the Athletic Director.
- Ejection of a player will be brought to the attention of the Athletic Director.
- Any player who receives a technical foul for unsportsmanlike conduct MUST sit out a minimum of three (3) game minutes immediately following the infraction. Also, two (2) points and the ball will be awarded to the opposing team.
- Any profanity by a player will result in a technical foul.
- Two (2) unsportsmanlike technical fouls on any player will result in ejection for the remainder of the game.
- Any player ejected from a game due to unsportsmanlike conduct must sit out the entire next game, be removed from the league and placed on probation for one (1) year.
- All unsportsmanlike technical(s) will be reported to the School Administration.
- Ejection of a coach/parent/spectator will be brought to the attention of the District Office.
- The coach must meet with the Athletic Committee prior to coaching in another game.
- Any profanity by a coach/parent/spectator will result in a team technical foul and automatic ejection from the facility.
- Two (2) technical fouls on a coach will result in expulsion from the facility until the game is finished. If a coach is removed from an additional game for unsportsmanlike behavior will result in an expulsion from the league.
- Any unsportsmanlike behavior displayed by a coach/player/parent/spectator before or after a game will result in the person(s) being expelled from the next two (2) games.
- Any unsportsmanlike technical fouls charged to the team from the parents or spectators will result in the person(s) being asked to leave the facility for the remainder of the game. If the same person(s) receives a second technical in future games, the parent/spectator will be banned from further games. Home team coaches and staff are responsible for the behavior of their parents/spectators. No admission refunds will be given.
- Any individual coach/player/spectator found by the official or District #130 staff to be acting in a disruptive manner to include: abusive language or gesturing in such a manner as to indicate resentment (i.e. flipping the finger, etc.) either on the court, the bleachers, or on the bench will mean ejection from the game. If coach/parent/spectator refuses to leave the premises, the game will be forfeited to the opposing team and the game will be terminated. In addition, players must sit out the entire next game.
- Any abusive action, physical or verbal, directed toward anyone involved in the game, by any participant of the game, will mean automatic and permanent expulsion from the District #130 sports leagues.
- Any participant ejected from a game will automatically be placed on probation for the remainder of the season.

SECTION F
**Concussion Protocol, Information
& Acknowledgement**

COOK COUNTY SCHOOL DISTRICT 130 MIDDLE SCHOOL ATHLETIC HANDBOOK

GUIDELINE 1F

Procedures for Concussion Protocol, Information & Acknowledgement

Concussion Information Sheet and Acknowledgement Form

- The information is for the parent and student
- The parent and student must sign the acknowledgement form and return it to the school
- The signed acknowledgement form must be kept in the student's cumulative file
- This process will need to be completed for the players in each sport. The acknowledgement form must be signed and returned before a student is allowed to participate in practice or a game.

Concussion Information Sheet for Coaches, Administrators and Staff

- The concussion information sheet needs to be provided to all coaches at the beginning of each season
- At the bottom of the information sheet is our Return to Play Policy that must be followed during games and practices

**Cook County School District 130
Concussion Information Sheet**

Question:

What can happen if my child keeps on playing with a concussion or returns too soon?

Answer:

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

Question:

If you think your child has suffered a concussion?

Answer:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

*For current and up-to-date information on concussions, you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student/Parent Consent and Acknowledgements:

This form must be signed and turned into the school before the student is allowed to participate in a practice or game.

By Signing this form, we acknowledge that we have been provided information regarding concussions.

Student

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____ Grade: _____

Parent/Guardian Signature: _____ Date: _____

Relationship to Student: _____

Schools are required to keep a signed Acknowledgement and Consent Form in each student athlete's cumulative file.

**Cook County School District 130
Concussion Information Sheet**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|---|---|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Distrito Escolar 130 del Condado de Cook
Hoja de Información acerca de una Conmoción Cerebral

Pregunta:

¿Qué puede pasar si mi hijo/a sigue jugando teniendo un conmoción cerebral o si regresa a clases muy pronto?

Respuesta:

Atletas con señales y síntomas de una conmoción cerebral deben dejar de jugar inmediatamente. El que continúen jugando con señales o síntomas de una conmoción cerebral deja al atleta especialmente vulnerable para una lesión más seria. Hay un riesgo muy alto de daño significativo por una conmoción cerebral por un periodo de tiempo después que ocurre una conmoción cerebral, particularmente si el atleta sufre otra conmoción antes de estar completamente recuperado de la primera. Esto puede llevar a una recuperación prolongada, o hasta inflamación severa del cerebro (síndrome de impacto secundario) con devastadas y hasta consecuencias fatales. Se sabe que los adolescentes o jóvenes atletas a menudo se olvidan de reportar síntomas de lesiones. Conmociones cerebrales no son nada diferentes. Como resultado, administradores educativos, entrenadores, padres de familia y estudiantes son la clave para la seguridad de los atletas.

Pregunta:

¿Qué pasa si usted piensa que su hijo/a ha sufrido una conmoción cerebral?

Respuesta:

Cualquier atleta que sospeche que haya sufrido una conmoción cerebral debe salir del juego o la practica inmediatamente. Ningún atleta puede regresar a la actividad después de una aparente lesión en la cabeza o conmoción cerebral, no importa que tan leve haya parecido o que tan rápido hayan pasado los síntomas, sin un permiso médico. Observación cercana del atleta debe continuar por varias horas. La póliza de Regreso-a-Jugar del IESA y IHSA requiere que el atleta provea a la escuela con un permiso medico escrito por un médico con licencia para practicar medicina en todos los campos o de un entrenador para atletas certificado que esté trabajando en conjunto con el medico con licencia para practicar medicina antes de poder regresar a jugar o a practicar después de una conmoción cerebral o después de haber sido sacado de una actividad interescolástica debido a una posible lesión en la cabeza o una conmoción cerebral y que no haya sido autorizado para regresar a la misma actividad. De acuerdo con la ley estatal, se requiere que todas las escuelas sigan esta póliza.

Debería también informar al entrenador de su hijo/a si usted cree que su hijo/a haya sufrido una conmoción cerebral. Recuerde, es mejor faltar a un juego que toda la temporada. Y cuando en duda, el atleta se queda fuera.

*Para la información actual sobre conmociones cerebrales, puede ir a:

<http://www.cdc.gov/ConcussionInYouthSports/>

Consentimiento de Estudiante/Padre y Reconocimiento:

Esta forma debe ser firmada y regresada a la escuela antes de serle permitido al estudiante a participar en algún juego o en práctica.

Al firmar esta forma, reconocemos que se nos ha dado información sobre conmoción cerebral.

Estudiante

Nombre del Estudiante (Escrito): _____ Grado: _____

Firma del Estudiante: _____ Fecha: _____

Padre o Guardián Legal

Nombre del Padre/Guardián (Escrito): _____ Grado: _____

Firma: _____ Fecha: _____

Parentesco con el estudiante: _____

Se requiere que las escuelas mantengan una Forma de Consentimiento y Reconocimiento firmada en el folder del atleta.

Distrito Escolar 130 del Condado de Cook
Hoja de Información acerca de una Conmoción Cerebral

Una conmoción cerebral es una lesión en el cerebro y todas las lesiones cerebrales son serias. Son causadas por un golpe, trauma, o sacudida de cabeza, o por un golpe a alguna otra parte del cuerpo con la fuerza transmitida a la cabeza. Pueden ser desde leves a severas y pueden interrumpir la manera que el cerebro trabaja normalmente. Aunque la mayor parte de las conmociones cerebrales son leves, **todas las conmociones son potencialmente serias y pueden resultar en complicaciones incluyendo daño cerebral prolongado y muerte si no se reconoce y se maneja apropiadamente.** En otras palabras, hasta un golpecillo mínimo en la cabeza puede ser serio. Las conmociones cerebrales no se pueden ver y la mayoría de los deportes pueden causar conmociones cerebrales sin pérdida de conocimiento. Las señales y síntomas de una conmoción cerebral pueden mostrarse luego luego o puede tomar horas o días para que aparezcan completamente. Si su hijo/a reporta cualquier síntoma de conmoción cerebral, o si usted mismo nota los síntomas o señales de una conmoción cerebral, busque atención medica de inmediato.

Los síntomas pueden incluir uno o más de los siguientes:	
<ul style="list-style-type: none"> • Dolor de cabeza • “Presión en la cabeza” • Nausea o vomito • Dolor en el cuello • Problemas de balance o mareo • Borrosa, visión doble o nublada • Sensibilidad a la luz o al ruido • Sentirse con flojera o retrasado • Sentirse aturdido o medio confundido • Somnoliento • Cambio horario al dormir 	<ul style="list-style-type: none"> • Amnesia • “No sentirse bien” • Fatiga o baja energía • Tristeza • Nervioso o ansiedad • Irritabilidad • Mas emocional • Confusión • Concentración o problemas de memoria (olvida jugadas) • Repetición de la misma pregunta/comentario
Señales observadas por compañeros de equipo, padres y entrenadores incluye:	
<ul style="list-style-type: none"> • Aparece aturdido • Expresión facial vacante • Confusión en la tarea/asignación • Olvido de jugadas • Esta inseguro del juego, el marcador, o el equipo oponente • Se mueve torpemente o lo muestra en su coordinación • Responde lentamente a preguntas • Dificultad en el habla • Muestra cambios en comportamiento o personalidad • No puede recordar eventos antes del golpe • No puede recordar eventos después del golpe • Ataques o convulsiones • Cualquier cambien en su comportamiento típico o personalidad • Pérdida de conciencia 	

Cook County School District 130
Concussion Information Sheet for Coaches, Administrators & Staff

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays in coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

Return to Play Policy (RTP) – (Please see Policy 7:30 Student Athletes Concussions and Head Injuries

Procedures

- A coach or staff member must notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.
- Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and/or practice.
- The athlete shall not return to play or practice until he/she is evaluated by and receives written clearance from a licensed health care provider to play or practice.
- A licensed health care provider is a physician licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.
- A copy of the physician’s written clearance indicating that the athlete can return to play or practice shall be kept in the student’s permanent/medical file.

7:305 - Student Athlete Concussions and Head Injuries

The Superintendent or designee shall develop and implement a program to manage concussions and head injuries suffered by students. The program shall:

1. Prepare for the full implementation of the Youth Sports Concussion Safety Act, that provides, without limitation, each of the following:
 - a. The Board must appoint or approve members of a Concussion Oversight Team for the District.
 - b. The Concussion Oversight Team shall establish each of the following based on peer-reviewed scientific evidence consistent with guidelines from the Centers for Disease Control and Prevention:
 - i. A return-to-play protocol governing a student's return to interscholastic athletics practice or competition following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise an athletic trainer or other person responsible for compliance with the return-to-play protocol.
 - ii. A return-to-learn protocol governing a student's return to the classroom following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise the person responsible for compliance with the return-to-learn protocol.
 - c. Each student and the student's parent/guardian shall be required to sign a concussion information receipt form each school year before participating in an interscholastic athletic activity.
 - d. A student shall be removed from an interscholastic athletic practice or competition immediately if any of the following individuals believes that the student sustained a concussion during the practice and/or competition: a coach, a physician, a game official, an athletic trainer, the student's parent/guardian, the student, or any other person deemed appropriate under the return-to-play protocol.
 - e. A student who was removed from interscholastic athletic practice or competition shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the return-to-play and return-to-learn protocols developed by the Concussion Oversight Team. An athletic team coach or assistant coach may not authorize a student's return-to-play or return-to-learn.
 - f. The following individuals must complete concussion training as specified in the Youth Sports Concussion Safety Act: all coaches or assistant coaches (whether volunteer or a district employee) of interscholastic athletic activities; nurses who serve on the Concussion Oversight Team; athletic trainers; game officials of interscholastic athletic activities; and physicians who serve on the Concussion Oversight Team.
 - g. The Board shall approve school-specific emergency action plans for interscholastic athletic activities to address the serious injuries and acute medical conditions in which a student's condition may deteriorate rapidly.
2. Comply with the concussion protocols, policies, and by-laws of the Illinois High School

Association, including its *Protocol for NFHS Concussion Playing Rules* and its *Return to Play Policy*. These specifically require that:

- a. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.
 - b. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.
 - c. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.
3. Require all student athletes to view the Illinois High School Association's video about concussions.
 4. Inform student athletes and their parents/guardians about this policy in the *Agreement to Participate* or other written instrument that a student athlete and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.
 5. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent in continuing to play after a concussion or head injury.
 6. Include a requirement for staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.

LEGAL REF.:

[105 ILCS 5/22-80.](#)

[105 ILCS 25/1.15.](#) CROSS REF.: [4:170](#) (Safety), [7:300](#) (Extracurricular Athletics)

ADOPTED: June 16, 2016

COOK COUNTY SCHOOL DISTRICT 130

APPENDIX

Cook County School District 130 Middle School Athletic Contract

Name _____

Team _____

Congratulations on becoming a member of Cook County School District 130 Middle School Athletic Team! Being a Student Athlete is a privilege and with privileges come responsibilities. As one of our athletes, we expect that players will comply with the following expectations and responsibilities.

1. Athletes will perform to the best of their abilities in all classes.

You are a student first and an athlete second. Failing to complete assignments, submit work and/or follow the eligibility requirements indicates an inability to handle the load of being a team member as well as a student. If you are not working to your potential, you may be suspended from competition until improvement is shown.

2. Athletes are expected to demonstrate citizenship and leadership in all classes.

This includes showing respect to teachers and other students, demonstrating cooperation, and responsible behavior at all times. Behavior should not interfere with the learning opportunities of others. Office discipline referrals may result in the suspension of game participation.

3. Athletes will commit to participate fully in the athletics program at CCSD 130.

This includes:

- a) Committing to all practices, games and team experiences. If you are ineligible to play, you must still attend and dress for the game.
- b) Committing to staying on the team until the end of the season, unless mutually agreed upon by the coach and athlete.
- c) Athletes must choose to conduct themselves in a manner that displays respect for coaches, teammates, game officials, and opponents.
- d) Pay athletic fee of \$30.00 dollars. This cost covers a minimum of one practice and one game per week, a team jersey and an individual participation award. **NO REFUNDS.**
- e) Taking good care of uniforms and equipment issued for player use.
- f) No phones, cameras, iPods (including other music playing devices) or food permitted on the team bench during game play.

Remember that as an athlete you are representing yourself and Cook County School District 130. Your conduct and sportsmanship should always reflect on you and the school in the best possible way. Coaches are expected to remove players who cannot demonstrate a high level of sportsmanship.

I, _____ as an athlete at Cook County School District 130 Middle School recognize that there are high expectations for my conduct and academics both during competition and as a student. I agree to adhere to the above expectations, and understand that if at any time I do not live up to the terms of this contract, my participation may be restricted or terminated. I further understand that should this occur I forfeit any fees paid and will not be reimbursed.

Student Signature

Date

Parent/Guardian Signature

Parent/Guardian Name (printed)

Condado de Cook del Distrito 130

Contrato Atlético de las Escuelas Medias

Nombre de Jugador _____ Equipo _____

¡Felicidades por haberse convertido en un miembro del Equipo Atlético del Condado de Cook del Distrito 130! El ser un Estudiante Atleta es un privilegio y con ese privilegio vienen responsabilidades. Como uno de nuestros atletas, nosotros esperamos que los jugadores cumplan las siguientes expectativas y responsabilidades.

- 1. Los atletas deberán trabajar a su máximo esfuerzo en todas sus clases.**
Primero, eres un estudiante y un atleta después. El no cumplir con tareas, no entregar trabajos y demuestra que no tienes la habilidades de seguir los requisitos de elegibilidad de perteneces ser parte al equipo. Si no estás trabajando a tu máximo potencial, puedes ser suspendido de la competencia hasta demostrar una mejoría.
- 2. Se espera que los atletas demuestren civismo y liderazgo en todas las clases.**
Esto incluye demostrar respeto a maestros y otros estudiantes, ser cooperativos y tener un comportamiento responsable en todo momento. El comportamiento no deberá interferir con las oportunidades de aprendizaje de los demás. Reportes de disciplina pueden resultar en suspensión para participar en un juego.
- 3. Los atletas deberán comprometerse completamente al programa CCSD 130.**
Esto incluye:
 - a) Comprometerse a asistir a todas las prácticas, juegos, y experiencias con el equipo. Si no eres elegible para jugar un partido, es tu responsabilidad vestir en uniforme y asistir al partido.
 - b) Comprometerse a permanecer en el equipo hasta el final de la temporada, al menos que allá algún acuerdo entre el entrenador y atleta.
 - c) Los atletas deberán comportarse de una manera que demuestre respeto a su entrenador, compañeros de equipo, funcionarios de juego y oponentes.
 - d) Pagaran una cuota de \$30.00 dólares. El costo cubre un mínimo de una práctica y un juego por semana, una camiseta del equipo y premio individual de participativo. NO DEVOLUCIONES.
 - e) Cuidaran el uniforme y cualquier equipo que utilicen los jugadores.
 - f) No teléfonos, cameras, iPod (ningún otro aparato electrónico para música) o comida está permitido comer en las bancas durante el tiempo de juego.

Recuerden que como atleta se representan a sí mismos y al Condado de Cook del Distrito 130. Su conducta y su habilidad de trabajar en equipo siempre deben reflejar lo mejor de ustedes y la escuela. Se espera que los entrenadores saquen a jugadores que no trabajen bien en equipo.

Yo, _____ como atleta del Condado de Cook del Distrito 130 Escuela Media reconozco que hay altas expectativas de mi conducta y en lo académico durante la competencia y como estudiante. Estoy de acuerdo y seguiré las expectativas y también entiendo que si en algún momento, no cumplo con los términos de este contrato, mi participación será restringida o terminada. También comprendo que si esto llegara suceder no me devolverán el dinero que he pagado.

Firma del Estudiante

Fecha

Firma del Padre/Guardián

Nombre del Padre/Guardián (letra de molde)

Cook County School District 130
Middle School Athletic Program Permission Form

Dear Parent / Guardian,

Congratulations on your child's interest to participate in Cook County School District 130 Athletic Program!

FEES

For your child to be eligible to play sports at CCSD 130, payment of fees is required. This fee covers the costs of which are for referees, uniforms and awards. For your child to participate in tryouts, \$20.00 of the athletic fee is required to be paid.

If your child is placed on a team roster at a CCSD 130 Middle School an additional \$10.00 is due. This fee must be paid in full prior to the first game of the season. Playing time in a game will be withheld if a player's fees are not paid.

If your child does not make the team roster, the \$20.00 paid at tryouts will be refunded.

The sports teams will practice and play a minimum of once per week either before or after school on a schedule to be determined by the assigned coach. The games will generally be played on Tuesday, Wednesday or Thursday and are open to the public.

GAME ADMISSION FEES

An admission fee for spectators will generally be requested at the door. Admission fees are \$2.00 for adults and \$1.00 for students. Family and friends are encouraged to attend the games and cheer on their team. Spectators are required to follow the spectator's code of conduct.

This permission slip must be signed and on file with the school's Athletic Coordinator before a student may practice and play with the team.

(Please sign, detach and return only the bottom portion)

_____ (child's name) has my permission to try out for CCSD 130 Athletic Program and will pay \$20.00 to tryout. If my child is placed on the team roster, I am responsible to pay an additional \$10.00 fee prior to the first game of the season.

Parent's Signature _____ Date _____

Condado de Cook del Distrito 130
Permiso para Ingresar al Equipo Atlético de las Escuelas Medias

Estimados Padres de Familia/ Tutores,

¡Felicidades por el interés de su hijo/a para participar en el Programa Atlético del Condado de Cook del Distrito 130!

COSTOS

Para que su hijo/a pueda participar en algún deporte del CCSD 130, se requiere una cuota por atleta. La cuota cubre el costo de los referees, uniformes y premios. Para que su hijo/a en la selección del equipo, \$20.00 de la cuota tiene que estar pagado.

Si su hijo/a es seleccionado para el equipo de las Escuelas Medias del CCSD 130, debe pagar \$10.00. Debe cubrir el monto total antes del primer partido de la temporada. No se le permitirá al jugador participar en el juego si la cuota no está liquidada.

Si su hijo/a no logra calificar en el equipo, el \$20.00 se le devolverán.

Los equipos deportivos practicarán/jugarán al menos una vez a la semana ya sea antes o después de clases en un horario que será determinado y asignado por el entrenador. Los partidos generalmente se juegan martes, miércoles y jueves y son abiertos al público en general.

COSTOS DE ENTRADA A LOS JUEGOS

Generalmente, se cobra una cuota de admisión. Los costos son \$2.00 por adulto y \$1.00 por estudiante. Los familiares y amigos son bienvenidos para apoyar y alentar a su equipo. Se requiere que los espectadores sigan el código de conducta.

El formato de permiso debe estar firmado y archivado con el Coordinador Atlético antes de que el estudiante pueda practicar o jugar con el equipo.

(Por favor firme y regrese la parte de abajo)

_____ (nombre del estudiante) tiene mi permiso para la selección al Programa Atlético del CCSD 130 y traer \$20.00 para poder participar en la selección. Si mi hijo/a es seleccionado, yo soy responsable por la cantidad restante de \$10.00 que debe ser cubierta antes del primer partido de la temporada.

Firma del Padre _____ Fecha _____

Cook County School District 130 Contact Information Directory

Directory

Kerr Middle

Bridgette K. McNeal-Principal
Ann Marie Mayorga-Assistant Principal
12915 S. Maple Avenue
Blue Island, IL 60406
708-385-5959

Nathan Hale Middle

Constance Grimm-Grason-Principal
Melissa Boyd-Assistant Principal
5220 W. 135th Street
Crestwood, IL 60445
708-385-4690

Veterans Memorial Middle

Kiwana Sanders-Principal
Don Jones-Assistant Principal
12320 S. Greenwood Avenue
Blue Island, IL 60406
708-385-6630

Crestwood Soccer Fields

13860 S. Lavergne
Crestwood, IL 60445

CCSD Transportation Department

Jackie Human-Transportation Supervisor
708-385-6800, ext. 7303

Illinois School Bus

13939 Cicero Avenue
Crestwood, IL 60445
708-389-4545

Cook County School District 130
Game Schedule
(see attached calendar)