Athletic Rules and Regulations

Participation on an athletic team is a privilege extended to students as a part of the education experience. Athletes are expected to maintain passing grades in all academic subjects and to abide by the Team, Athletic and School District’s Code of Conducts.

Athletes are required to attend a minimum of a ½ day of school in order to participate in practices or games on the same day. Upon arrival at school, the athlete is required to present an excuse note to the secretary from the parents stating the reason for tardiness, early dismissal, or absence. If the athlete does not present a valid excuse he/she will not be allowed to participate that day.

Athletes are required to be punctual and to attend and participate in all practices and contest. If the athlete is going to be late, miss a practice or contest then he/she must verbally notify the coach prior to the practice or contest. An injured athlete should attend practices even if excused from participation unless the injury is such that being present could endanger the athlete.

Athletes can only be on school grounds during supervised activities and must remain in the team’s designated area. There is a 15 minute rule of which coaches will be present to supervise allowing athletes to arrive 15 minutes before their activity and they must be off school grounds within 15 minutes following the activity. The 15 minute rule applies to any team activities (meetings, practices, games, bus trips etc.).

Cell phones are to be kept off and not to be used during practice and games. Under appropriate circumstances, a coach may allow a cell phone to be used by a player.

Athletes will take pride in their school and athletic facilities. Keep all locker rooms, practice and game areas clean. Athletes will extend their pride by leaving areas their team uses clean when visiting other schools.

An athlete will dress in accordance to the “Dress Code” as outlined in the NVHS student passbook. The following shall be included or excluded as stated:

-No cleats/spikes in buildings or on buses. Athletes should have separate shoes for indoor and outdoor use. Outdoor shoes are not to be worn in the gym.

-Shirts and footwear are to be worn at all times.

-Appropriate hats and headband for the sport may be worn.

-Practice and game night attire will be determined by the coach and must be in accordance with the Athletic and High School dress code.

Any athlete having outstanding equipment or uniforms will not be given equipment for the next season’s sport until all equipment from their previous teams has been returned.

Accidents and injuries that occur during practice and games are to be reported to the coach in charge when the incident occurs. If an athlete goes to a doctor or emergency room for any reason, they must have a release allowing them to return to activity.

Athletes are required to travel to and from all contest by school provided transportation. Upon the request of the parents and approval of the coach, an athlete may be allowed to ride home with their parent or an approved adult. A transportation release form must be filled out by the parent for each request.

Practices are closed. Only eligible team members, invited clinicians and coaches are allowed at practices.

Athletes are expected to treat all teammates, coaches, opponents, officials, and fans with respect. At all times athletes are to act in accordance with the “Dignity for All Students Act of 2010” as outlined in the student passbook.

All athletic practices and games are governed under the regulations of the Drug Free School Zone Law. Possession or use of drugs, alcohol and tobacco is prohibited for all athletes. An infraction of this during the season will result in disciplinary action with the possibility of suspension of playing time or removal from the team.

 Should a situation arise that is not in the Team or Athletic Code of Conduct then refer to the School Districts “Student Code” outlined in the Student Passbook.

Athletes are expected to follow the Team, Athletic and School Code of Conduct at home and when a guest at another facility. Your behavior is a reflection of your program, school and community. Athletes who violate the team, athletic and/or district code of conduct will be subject to disciplinary actions by the coach, athletic director, vice principal, principal, and/or superintendent.

Communication is a key element to any successful organization. If an athlete has a concern, he/she needs to be an advocate for himself / herself by communicating with the coach.