

# Department Rules/Regulations

## **Athletic Fees**

All students participating in a sport must pay a \$100 athletic fee per sport to the Athletic Department at Rudolf Steiner High School. This fee is vital to the Athletic Department budget, as we use it to help pay for equipment, uniforms, officials and facility rental fees.

## **Physical Exams**

All students must have a *current* physical exam completed and on file with the athletic department before they are eligible to play. Physicals that are signed and dated after April 15<sup>th</sup> of 2015 are considered valid for the 2015-2016 school year. If necessary, physical exams can be completed at most urgent care facilities without an appointment.

## **Tryouts/Cuts**

Rudolf Steiner High School is proud to be a “no-cut” Athletic Department. We believe that our “no-cut” policy aligns with our department philosophy about the benefits of participation in interscholastic athletics. However, playing time is still entirely at the discretion of the Head Coach. Athletes and parents must recognize that in order for our athletic programs to excel at their full potential, playing time will be awarded however the Head Coach sees fit.

## **Attendance**

Students may not participate in athletic events (practices or games) if they miss any part of the school day due to illness. If a student is excused to miss school by a parent for a non-illness related reason, they are allowed to participate in athletic events. Students are expected to be at all practices and games, and must notify the head coach immediately if they will not be in attendance.

## **The 24-Hour Rule**

The “24-Hour Rule” is a tool used to allow discussions pertaining to athletics in a more constructive and fruitful environment. Parents who are upset with a child or coach regarding athletic performance, day-to-day team operations, or an aspect of an athletic event are encouraged to wait for 24 hours. This allows the initial emotions from the game or event to calm and a more reasoned, thoughtful and productive discussion can ensue about the issue.

## **Suspensions/Dismissal**

Major violations of the school standards of conduct may result in suspension or dismissal from the team. Suspensions could range from a partial game suspension, up to the duration of the season depending on the severity of the infraction. A review team including the head coach, athletic director, and school administrator will reach all suspension or dismissal decisions on a case-by-case basis.

These violations include the possession or use of alcohol, illicit drugs and use of tobacco products, stealing, and conduct deemed detrimental to the team or Rudolf Steiner athletic department. This conduct includes but is not limited to fighting, insubordination, destruction of property, and falsifying of excuses or records.

## **Transportation**

It is the responsibility of the individual families to provide transportation or ensure that transportation is provided for their student to all practices and games. The athletic department understands that providing this transportation can be difficult for certain families due to work or family schedules, which is why carpooling is encouraged. To ensure fairness in transportation responsibilities among parents, all parents are required to sign up for a minimum of two occasions where they will help drive students to a practice or a game.

Parents who are transporting students other than their own must have the following information on file with the school

1. Valid driver license
2. Proof of current insurance on vehicle being used to transport students
3. A background check done indicating that they have no more than 6 points on their driving record in the previous five years and that they have no restrictions for OUIL.
4. Acceptance of personal liability, covered by their insurance policy.

Students can drive themselves and a sibling to practices and games provided that they meet the following criteria.

1. Valid driver's license
2. Completed driver permission form turned in to and approved by the school
3. The destination is within an 18 mile radius of the school (if it is more than 18 miles away, a parent must drive)
4. If there is a game on a non-school day and the location is closer to the student's home than the school, the student may drive directly to the game location, and then return home, even if the distance exceeds 18 miles

Coaches/Teachers should not be consistently relied on to drive students to practices or games, as they are needed in case of an emergency situation.