Section 1) STATEMENT OF PHILOSOPHY
The philosophy of the Taylor High School Athletic Department is to offer the opportunity to be a part of a team to as many of our students as possible. We feel strongly that athletics are extremely important in the development of the mind as well as the body. We feel leadership skills can be developed through athletics. Being an athlete at Taylor High School is a privilege; we therefore have the right to expect higher standards of behavior from our athletes than we do the general student body. We expect positive leadership at all times, as well as high levels of achievement academically and athletically. THS athletics also provide a unifying influence upon our student body and between our school and community. Winning is very important to our athletic programs; however, handling setbacks and learning how to deal with adversity is equally important. Being successful is not always recorded on the scoreboard or in the win-loss records. Finally, as is true in all aspects of education at Taylor High School, our athletic program is committed to the pursuit of excellence, acknowledging that the quest itself is the most significant aspect of achievement.

Section 2) SPORTS OFFERED
Fall
Boys- Football, Soccer, Cross Country, Tennis, Cheer
Girls- Volleyball, Soccer, Cross Country, Golf, Cheer
Winter
Boys- Basketball, Wrestling, Cheer
Girls- Basketball, Cheer, Wrestling
Spring
Boys- Baseball, Track, Golf
Girls- Softball, Track, Tennis

Section 3) PHYSICAL EXAMINATIONS
Each participant is to have on file a completed IHSAA Parent-Physician Form. All sections of the form must be fully completed including signatures of the athlete, parents, and the physicians. Forms are available in the athletic office. The IHSAA requires that physicals be dated between May 1 and the first practice for that sport for each school year. Students may not practice until a completed physical form is on file in the Athletic Office.

Section 4) RULES FOR PARTICIPATION
Introduction
It is the responsibility of the student-athlete and their parents/guardians to take the time to read the following rules and policies and to make sure the student/athlete understands his/her role in athletics. These standards have been agreed upon by the Athletic Council; consisting of the Principal, Athletic Director, and 50% of the head coaches. The following rules, adopted by the Athletic Council, are for all Taylor High School athletes, managers, or other students involved in support of an athletic team. The coach of a particular sport may require rules in addition to these rules, which may be stricter than these rules. Participation in Taylor High School Athletics is a privilege, and not a right. Taylor High School expects a higher standard of conduct from its athletes than from students who are non-athletes. If a student does not wish to follow this higher
standard of conduct, then he or she should decide not to be a Taylor High School athlete. During the time a student is a Taylor High School athlete, he or she will be in the public eye and will be representing the school not only while participating in a particular sport, but also at all other times, both in and out of school, and during non-school hours, including vacations.

**RULES**

1. An athlete shall not at any time, on or off school property, possess, sell, use, or be under the influence of alcohol, illegal drugs, or intoxicants of any kind.

2. An athlete shall not, at any time, on or off school property, possess or use tobacco in any form. This shall include, but not be limited to snuff, chewing tobacco, or smoking tobacco.

3. Athletes wishing to participate in athletics must enroll in the Taylor High School Random Drug Testing Program.

4. An athlete shall not engage in actions which result in criminal arrest, conviction, or produce other evidence of criminal wrongdoing that are not in keeping with the general philosophy of athletics. Examples are, but not limited to, shoplifting, theft, vandalism, criminal mischief, drug use/possession/selling, and assault.

5. All of these rules are in effect year round, 24 hours a day, 365 days a year. That is, the rules are in effect during the season, the off-season, and during the summer and all other vacations.

6. An athlete must pass five credit awarding subjects every grading period to be eligible to participate in athletics. Grades are issued every nine weeks. Mid-term reports do not count toward eligibility. Semester grades will always override the nine weeks grades.

**IHSAA By-Law / Enrollment**

7. There is an age limitation to participate in athletics. An athlete is eligible so long as he or she is not age twenty on or before the day of the state finals of that given sport.

**IHSAA By-Law / Age**

8. If an athlete is absent from practice for five to ten days due to illness or injury, he or she will be required to present written proof from a doctor that he or she is able to attend practice and participate again. The athlete must then participate in a minimum of four practices before being eligible to compete in a contest.

**IHSAA By-Law / Illness and Injury**

9. If an athlete is **absent from practices for more than ten days** due to illness or injury, he or she will be required to present written proof from a doctor that he or she is able to attend practice and participate again. The athlete must then participate in a minimum of six practices before being eligible to compete in a contest.

**IHSAA By-Law / Illness and Injury**

10. An athlete must have **ten separate days of practice before participating** in any sporting event; an exception is girls golf, which requires only two days. Individual student athletes moving directly from one sport season to the next sport season may be eligible to participate in a following season contest after **five** separate days of organized practice under the direct supervision of the high school coaching staff.

**IHSAA By-Law / Practice**
11. When a student transfers with a corresponding change of residence by the parent-guardian, the principal of the receiving school shall conduct an investigation and after such investigation may recommend residence eligibility of the student-athlete to the Commissioner provided: (1) the change of residence is bona fide; and (2) there is no evidence of transferring the primarily athletic reason; and (3) there is no evidence of undue influence. A student cannot become eligible for competition until approval has been granted by the IHSAA. If transfer requirements are not met, a student may be granted “limited eligibility” which allows for participation at the junior varsity or freshman level only for 365 day, or in some cases, a student may be ruled ineligible for athletic participation. **IHSAA By-Law / Transfer 19-5**

12. Athletes are responsible for the care of athletic equipment issued to them, and may be expected to pay for any lost equipment or equipment which is damaged by carelessness.

13. Athletes are responsible for making sure that all team practice package money is turned in to the coach in a timely manner.

14. As a representative of Taylor High School, athletes are expected to be well groomed and neat in appearance at all times. In the event that a student has a documented medical reason for not being able to meet the coach’s policy regarding proper grooming, The Athletic Director may exempt that particular athlete from that rule.

15. For the safety of all athletes, wearing jewelry is not allowed during participation in practices of sporting events. The wearing of jewelry is prohibited in accordance with the IHSAA By-Laws.

16. An athlete shall practice and participate in only one sport at a time, unless coaches in two programs agree to share an athlete. Prior to discussion with coaches and parents, an athlete will choose their primary sport which will have precedence on conflicting dates. At this point, both coaches, the athlete, his/her parents and the Athletic Director will meet to outline the season in the best interest of the athlete. (Non-school sports of “club teams” are not governed by this rule) **If the athlete meets the criteria for a varsity letter in both sports, he/she will receive a varsity letter in both sports.**

17. Before the first practice, an athlete must have on file, a completed physical form. Before the first IHSAA event, an athlete must have on file:
   - Emergency Medical Form
   - Signed Athletic Handbook/ Drug Policy Form
   - Signed Concussion Fact Sheet
   - Signed Sudden Cardiac Arrest Form

18. An athlete who has been suspended from school cannot practice or play in an event during the suspension or be on the school’s ground during the suspension for other activities.

19. Taylor High School is governed by the Indiana High School Athletic Association. The IHSAA By-Laws can be found by going to [www.ihsaa.org](http://www.ihsaa.org). Any questions concerning the rules and regulation of the IHSAA should be clarified by the Principal or Athletic Director.
20. In order for an athlete to be eligible for participation, they cannot be more than One hour late in the morning while attending the rest of the school day or cannot leave more than one hour prior to the end of the school day, after being at school all day. Doctor’s appointments, or any other preapproved absences, during the school day must be preapproved by contacting the Principal, Assistant Principal or Athletic Director. There are exceptions if preapproved.

IHSAA By-Laws

21. For Saturday eligibility, an athlete must be in compliance with rule 20 on the Friday preceding Saturday. Additionally, a student who misses Friday with an excused absence turned in prior to the end of the school day Friday is eligible on Saturday.

22. In addition to these rules, athletes are also bound by any other rules of the Taylor High School Handbook, which may apply, additional rules which each individual coach may have; as well as the Rules of the IHSAA.

**PENALTIES**

1. When an athlete fails to follow a reasonable request, the coach shall inform the athlete at that time by removing the athlete from the practice or contest to an area of privacy to inform the athlete of the possible consequences of any further offense.

2. Violations involving possession or use of any kind of tobacco substance will result in the following minimal suspensions:

   2.1 First violation involving the possession or use of any kind of tobacco substance would result in a suspension of 10% of the current sports season, or from the participation in the next sports participation.

   2.2 Second violation involving the possession or use of any kind of tobacco substance would result in a suspension of 50% of the current sports season, or from the participation in the next sports participation.

   2.3 Third violation involving possession or use of any kind of tobacco substance would result in suspension of the athlete for 365 days from the date of the suspension.

3. Violations involving possession or use of alcoholic beverages, illegal drugs, felony, or any misdemeanor which is derogatory to the proper conduct of an athlete shall be enforced as follows:

   3.1 A positive drug test will result in the student-athlete being suspended from athletics for 50% of the contests.

   3.2 Student-athlete must be re-tested after the suspension has been served and provide a negative drug test to be eligible.

   3.3 A second positive drug test will result in the student-athlete being suspended for one calendar year (365 days) from athletics.
3.4. Student-athlete must participate in a drug/alcohol education program at his or her own expense and written notification from the drug/alcohol program must be submitted to the athletic director verifying completion of the program (online program, school guidance counselor, etc).

3.5. Student-athlete must be re-tested at own expense and provide a negative drug test to be eligible after testing positive.

3.6. Any student-athlete found to be in possession of illegal drugs (alcohol included) on or off school property will also receive a 50% suspension of their respective athletic season contests even though a drug screen test might be negative.

3.7. Non-violent felony or misdemeanor arrest of a student-athlete or any conduct deemed to embarrass the school or athletic association will result in the student-athlete being suspended from participation of 50% of their respective athletic contests.

3.8. Misuse of technology- including but not limited to damaging the reputation of a staff member, coach, student, athlete, bullying any of the aforementioned, or otherwise making disparaging remarks directed at a member of the Taylor Community on social media, i.e. Facebook, Twitter, Snapchat, Instagram, etc., text messaging, emails, personal messages- will result in loss of 50% of their respective athletic contests.

3.9. A subsequent offense for violating 3.6, 3.7 and 3.8 results in the student-athlete being suspended for one calendar year (365 days) from the date of the second offense.

3.10. In determining the exact number of games a student-athlete is to be suspended, the appropriate percentage will be multiplied times the total number of games scheduled (to include one post season contest) in that particular sport and any fractional outcomes will be rounded to the nearest whole number.

3.11. Any remaining contests that the student-athlete was unable to serve as a suspension due to the season ending will be carried over into that student-athlete’s next sport per % for the next season total number of contests. Athletic suspensions carry over from one school year to the next per % for the suspension per next season total number of contests.

4. Violations involving lateness or unexcused absences to athletic practices or contests shall be enforced as follows:

4.1. Each coach shall have a tardy policy for athletes to follow, and inform all athletes of said policy.

4.2. Each coach will have definite penalties to enforce tardies that are inexcusable.
Penalties such as extra conditioning, skill development or extra weight training are all acceptable provided the activities are beneficial and not unreasonable in terms of the athlete’s physical condition.

**ELIGIBILITY FOR AWARDS:**

5. Violations involving eligibility for awards:

5.1 An athlete who becomes scholastically ineligible before the contest season ends shall not receive an award.

5.2 Any athlete who misses 50% of season due to a handbook violation or fails to complete the season due to a school policy violation as stated in the Athletic Handbook will not receive a Varsity Letter in their sport.

5.3 Any athlete who fails to participate in the final athletic contest due to a reason NOT due to an Athletic Handbook violation may or may not receive a Varsity Letter and shall be determined by head coach and athletic director.

5.4 An athlete who incurs an injury during the sports season while participating or practicing in the sport may or may not receive an award based on the coach and Athletic Director’s ruling. This only applies to cases where the athlete is unable to complete the season due to an injury.

5.5 The coach and Athletic Director shall determine whether an athlete who is unable to complete the season due to an injury suffered outside the designated sport shall receive an award.

**Section 5) ATHLETIC REVIEW BOARD**

Any decision made by the Principal, Athletic Director, or coach of a sport may be appealed to the Athletic Review Board. The Athletic Review Board will be comprised of one School Board Member, one administrator, athletic director, and three head coaches. The mission of this committee will be to review all pertinent facts regarding the decision in question.

When a decision is made that you wish to appeal, it is expected that you contact the individual making the decision. After the action has been discussed with the coach or responsible party and you still feel the decision is inappropriate, you may file an appeal with the Athletic Review Board.

To request action by the Athletic Review Board you must submit in writing to the Athletic Director, within 14 calendar days of the decision to be reviewed, the following:

1) Decision being appealed
2) Reason for appeal
3) Any pertinent information supporting the reason for appeal

The Board will convene at the earliest possible time to review materials. The Board will request information from both parties. A final written decision of the Athletic Review Board will be sent to the appealing party, the Superintendent, the Principal, and members of the Athletic Review Board. The Athletic Review Board’s decision will be final.
Section 6) MINIMUM ATTENDANCE POLICY
A student-athlete at Taylor High School has two options to adhere to Athletic Handbook Policy allowing a student-athlete to be eligible to participate in practice or in any athletic contest scheduled on a school day.

1) Attend school all day (7:45a.m. - 2:36)

2) The student cannot be more two hours late in the morning while attending the rest of the school day or leaving early by two hour after being at school all day. Doctor appointment during the school day must be preapproved by contacting the Principal Assistant Principal or Athletic Director. There are exceptions if preapproved.

Section 7) NCAA CLEARINGHOUSE

PROSPECTIVE COLLEGIATE ATHLETES
It is an honor and great accomplishment to have the opportunity to compete at the collegiate level. Collaboratively, our coaches and athletic department will make available any information (profiles, videos, etc.) to college recruiters and provide needed assistance to any student-athlete with the ability and desire to compete intercollegiate. However, there are some very important facts that each athlete must be aware of. The following is information in regard to college participation. Should you have any questions, please speak with your coach, guidance counselor, or athletic director.

1. **NCAA CLEARINGHOUSE**
   All prospective NCAA Division I and II athletes must register with the NCAA clearinghouse. Please see guidance department for more information.

2. **FINANCIAL ASSISTANCE (FEDERAL AND STATE)**
   All college bound students should complete and submit the standard Financial Aid Form to be considered for financial assistance. This is a free application. To be considered for state aid, the FAF must be postmarked no later than March 1. Please note that current tax return information is necessary to complete the FAF.

3. **ACADEMIC REQUIREMENTS**
   NCAA academic requirements are available in the athletic or guidance office. Please note that listed GPA and SAT/ACT scores represent only the minimum NCAA standards for freshman eligibility in Divisions I and II. Keep in mind that these standards do not reflect the admission requirements of individual colleges or universities which vary greatly in regard to GPA and standardized test scores.

4. **SCHOLASTIC APTITUDE TEST (SAT): AMERICAN COLLEGE TEST (ACT)**
   All prospective student-athletes must take and achieve a minimum score on the SAT or ACT to be eligible as college freshman.
Section 8) ACADEMIC REQUIREMENTS

The Indiana High School Athletic Association, of which Taylor High School is a voluntary member, requires student-athletes:

- to be passing in five credit-awarding subjects at the time of the certification date.
- once established eligible by the IHSAA, to have no more than one course F during any one-week period
  - grade verifications will be completed each Friday determining eligibility for the following week. Students must attend practice while they are suspended from play to be eligible to return. Grades will be checked the following Friday allowing an athlete to be reinstated.
- to be accountable to individual class withdraw/fail due to attendance- athlete who is removed from a single class due to absenteeism will receive a two-week suspension. Athlete may regain eligibility by attending Study Hall/OSR during that period 100% of the time during suspension.
- Any student who misses 10 days, excused or unexcused, without a doctor’s note, will be removed from all extra-curricular activities for the remainder of the semester.

At Taylor High School, athletics can be a very important part of one’s high school experience, but the academic commitment is and always will be the most important goal we have. We expect our student-athletes to work to their potential in the classroom in order to become outstanding citizens in our community.

Section 9) INSURANCE

Taylor High School does not carry medical/hospitalization insurance for its athletes. Add: IHSAA carries catastrophic insurance for all high school athletes in the event that an injury and treatment exceeds $25,000.

Section 10) AWARD SYSTEM

1. A middle school athlete shall receive a certificate of participation.
2. An athlete shall receive a letter T ADD: and sport specific chevron for their first varsity sport they letter in and a chevron for each letter earned along with a certificate of participation.
3. A junior varsity athlete shall receive a certificate.
4. To earn an honor jacket, the athlete shall meet the following requirements:
   4.1 Letter in one sport at least three out of four high school years.
   4.2 Earn a minimum of six varsity letters in more than one sport
   4.3 Jacket would be presented at the conclusion of the season in which the athlete met the above requirements.
   4.4 Reserve awards shall not contribute towards the jacket.
   4.5 Students who are currently juniors, or seniors for the 2018-2019 season will be “grandfathered” in with the previous rule of four varsity letters to earn an honor jacket. Freshman athletes and those following them will be held to the six letter criteria.

5. To purchase a letter jacket, the athlete or manager shall meet the following requirements:
   5.1 Be a sophomore, which is assessed by credits.
If a sophomore or above earns their first varsity “T” they can purchase their jacket immediately at the conclusion of that sport.

The blanket award may be earned when an athlete has earned a varsity letter in at least eight different seasons. However, the blanket will not be presented until the athlete’s senior year.

The ring award may be earned at the end of the season once an athlete has earned a varsity award in ten different seasons. The ring will be presented on Honors Day.

Junior Varsity awards shall not count toward the honor jacket, blanket, or ring awards. The ring award is the top honor award and entitles the athlete to be installed in the Taylor Hall of Fame.

Award Presentations
a. ALL awards shall be presented at the athletic banquets even though some awards, such as, the honor jacket, conference awards, and IHSAA awards may have been received by the athlete on an earlier date.
b. ALL honors that have been earned by an athlete, such as, Taylor awards, conference awards, sectional or state recognition, shall be mentioned by the coach at the awards banquet.

For a team to enter a picture in the Hall of Fame, it shall be a sectional champion or better.

An individual who receives ten varsity letters shall enter the Hall of Fame.

An individual who becomes a sectional champion or better shall enter the Hall of Fame.

d. An individual who is First Team AP All-State candidate.
e. An individual who is an All-State candidate on the North/South or Second Team AP All-State candidate can use this honor one time during their Senior year to go toward the ring and Hall of Fame honor. Honorable mentions will not count.

An athlete in grades 9-12 who participates in three sports and receives three varsity letters in one school year will receive this medal on Honors Day in May.

OTHER CONSIDERATIONS
a. Attendance, attitude, training and school citizenship will be considered in the awards.
b. Transfer students can transfer their athletic points to THS by providing documentation.
c. There will be no automatic awards. They must be earned.
d. A record of awards shall be kept in the Athletic Office.
e. Only the recipient of an athletic award may wear or be in possession of that award.
f. All equipment must be turned in to be eligible for awards.
Section 11) **STARTING DATES FOR PRACTICES AND CONTESTS** will change each year
2015-2016 IHSAA Sports Seasons at a Glance and Future Important Dates for school years 18-19 at the back of the Athletic Handbook. Also listed you will find Moratorium dates.

Section 12) **TRANSPORTATION POLICY**
The athletic team of which your son/daughter is a member will be making several trips during the course of the competition season. We will be making these trips on a safety-checked bus/van driven by an adult-licensed bus driver (or in the case of the school van, a coach) with coaches on board for supervision. A student-athlete will be required to travel by the school provided transportation both to and from the athletic event.

We realize there will be extenuating circumstances, which may require students to use private vehicles driven by their parents/guardians. **Permission will only be granted upon written request by the parent/guardian using the Travel Release Permission Form provided by the Athletic Office. This form must be completed and on file in the Athletic Office prior to the event, and the coach must receive the original copy from the student. Permission will be granted only in extreme rare cases.**

Section 13) **MEDICAL REGULATIONS**
Schools are not permitted to administer aspirin or any other type medication.

Section 14) **INCLEMENT WEATHER POLICY**
If school is dismissed early for inclement weather, there will NOT be any athletic activities after school on that day. If school is canceled for the entire day, coaches may get approval of the athletic director or principal to hold an optional practice. No punitive action may be taken against any player who cannot attend practice on inclement weather days.

Section 15) **COMMUNICATION**
The Taylor High School Athletic Department supports an open line of communication between coaches, athletes, and parents. Each coach is a unique individual and has his/her own style, but they all care about our student-athletes. When a concern arises with your son/daughter, below is the appropriate procedure we support:

1. **Have your son/daughter speak directly to his/her immediate coach at an appropriate time when the coach is not coaching or teaching.** For example, if your son/daughter is on the freshman baseball team, he/she should speak to the freshman coach after practice.

2. **If a concern still exists, you as a parent should set up a meeting with the coach(s) who work(s) directly with your child.** This should be set up ahead of time with an appointment. Attempting to talk to a coach before or after an athletic event is NOT considered an appropriate time, and the athletic office does not expect our coaches to participate in a meeting with a parent during these times. Confrontations after an event are non-productive and not acceptable. Talk to coaches at the appropriate time with an appointment scheduled in advance.

3. **If a concern still exists after steps 1 & 2, contact the athletic director.** Again, schedule an appointment to ensure availability. The athlete, coach, parent(s) and athletic director will meet to resolve the situation.
Section 16) CODE OF CONDUCT FOR PARENTS AND FANS
The IHSAA expects each member school to provide a safe environment that promotes good sportsmanship for fans, officials, coaches and players. At a time when society is experiencing increased incidents of physical confrontations and unmanaged anger associated with sports on all levels, Taylor Junior/Senior High School wishes to keep our athletes, officials, coaches, and fans safe by insisting on proper behavior and promoting our positive reputation for good sportsmanship.

We are proud that the majority of our parents and fans set a behavioral example of the highest standard. However, we are forced to address the issue by the few who do not act appropriately.

Taylor Schools will not condone or permit inappropriate behavior directed toward players, school staff, the opposing school, or game officials. Such behavior can cause the school to suffer severe sanctions from the IHSAA or the Mid-Indiana Conference, and is embarrassing to our school and community.

THS supports the IHSAA/conference rules and the emphasis on good sportsmanship. Proper courtesy, behavior and decorum must apply to all situations, and sports are no exception.

Parents need to understand characteristics of the structure of school athletics and relationships Involved.

1. Participation in high school athletics is a privilege, not a right. Coaches will retain only those players whose skills and attitudes meet the needs of the program, as defined by the coach.
2. The coach alone is responsible for deciding who plays and how much.
3. By allowing one’s child to play sports, the parent is, in effect, turning over the child to the coach for the period of time the player is in the sport. The coach will instruct the child and keep the child safe within normal accepted standards.
4. Coaches are professionals and are operating within the best interests of all student-athletes in their charge.
5. It is inappropriate for parents of fans to confront a coach after practice or an event. Parents who have a concern are asked to contact the coach and schedule a meeting at the appropriate time to avoid conflict at a potentially emotional time. If parents cannot reach a satisfactory resolution through a meeting with the coach, they may then contact the Athletic Director.
6. Swearing or making derogatory comments about the officials, coaches, players of either team, or other parents and fans at an athletic event are never acceptable.
7. Attending an athletic event while intoxicated is not acceptable.
8. Being offensive in any other fashion is not acceptable.

Parents and fans that violate any of the above standards of behavior risk sanctions by Taylor Junior/Senior High School including, but not limited to:
   a. A verbal or written warning
   b. Removal from the contest of premises. Temporary or permanent banishment from attendance at Taylor Junior/Senior High School athletic events and/or other school functions.
c. Civil or legal action

In conclusion, we commend those parents who always exhibit exemplary behavior and serve as positive role models for our student-athletes. We encourage our parents to volunteer, to become involved with our teams, and to be supportive of the attempts of the entire community to educate our youth. By working together, we will establish Taylor athletics as a first class program.

We strive to make good sportsmanship at Taylor High School an expectation where the players play, the coaches coach, the officials officiate, and the FANS ARE POSITIVE!

Section 17) EXPECTATIONS OF ATHLETES

Athletes at Taylor High School are expected to be a positive role model both in and out of school. They are expected to treat authority figures with the respect due them, and to take an active and productive role in the classroom and the community in general. Also, they are expected to live up to all team, department, and school rules and policies. As an athlete of Taylor High School, the student-athlete is expected to live up to a higher standard of expectations. We are proud to have students in athletics and hope that everyone’s experiences are both enjoyable and rewarding.

Section 18) RISK STATEMENT

As you embark upon your participation in athletics at Taylor High School there are several things of which you and your parents need to be aware:

Participation in athletics presents a possibility of injury. Most injuries that occur are relatively minor scrapes, scratches, sprains, strains, etc. However, more serious injuries are possible. More serious injuries could possibly include cuts, muscle tears, tendon or ligament damage, neck and spinal cord injuries, and head injuries. It should be recognized that these conditions may require major surgery, or may result in paralysis or even death. The coaching staff of each sport will teach proper techniques for each skill and provide safe areas for practice and competition. Your awareness is imperative that these injuries are possible and following directions can save your life. Your coaches will provide additional information regarding potentially dangerous activities in their sport.

Section 19) ADMISSIONS

ADMISSION TICKETS

All-sports tickets are available for both students and adults. A $85.00 adult ticket, $50 middle/high school student ticket, or a $25 elementary school student admits the holder to unlimited home athletic contests in grades 4 through 12. The all-sports tickets are not good for tournaments hosted by Taylor. These tickets may be purchased in the athletic office, registration, or at the gate at any time. All tickets for varsity events will be $5.00 at the door/gate. All other elementary/middle/high school athletic events (4-12) will be $4.00 for all attendees age 6 or higher. Information needed concerning extra-curricular activities should be directed to the Athletic Director, 453-1101 (ext. 197).

Admission Ticket Prices:

Varsity, JV, Freshman Games: $5 for ages 5-adult (school age children)
Middle School, or Elementary Games: $4
Sports Passes for unlimited games:

- Adult All-Sports Pass: $85
- Middle/High School Student All-Sports Pass: $50
- Elementary (Tiny Titan) All-Sports Pass: $25
- Family Pass-$185- immediate family only
- Senior Pass- $70

Indiana High School Athletic Association, Inc.
9150 North Meridian Street, PO Box 40650, Indianapolis, Indiana 46240–0650
Phone: 317–846–6601 Fax: 317–575–4244 Website: www.ihsaa.org
Bobby Cox, Commissioner

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**Athletic Eligibility**
**A Basic Guide for Schools, Students and Parents**

**To Students**

*Your high school years* will provide some of the most memorable and enjoyable moments you will ever experience. Competition in interschool athletics is a once-in-a-lifetime experience, which will influence you forever.

*Your participation* in high school athletics is dependent on your eligibility.

*Keep* that eligibility. Read the following summary of Indiana High School Athletic Association rules which govern your participation.

*Review* the rules with your parents/guardians. Ask questions of your principal, athletic director/s and coaches.

**To Parents**

*The value* of participating in athletics has been well documented. Participants earn better grades, have better attendance and have a greater chance for success in later life than non-participants.

*Students must* meet certain standards in order to maintain the privileges of competition.

*Review* the following rules with your son or daughter. Your role in stressing and supporting the value of following these rules cannot be emphasized enough.

**From the IHSAA**

The Indiana High School Athletic Association has been the governing body of high school athletics in our state since 1903.

Your school is a voluntary member of the IHSAA and has agreed to follow its rules. Both your school and the IHSAA believe in equal competition among schools and the close relationship between academics and athletics.

The IHSAA rules listed in this brochure are only a summary of some of the regulations affecting student eligibility. All rules are found in
You are eligible if:

1. **Age**
   + You do not turn 20 years old prior to or on the scheduled date of the IHSAA State Finals tournament in a sport.

2. **Amateurism**
   + You have not played under an assumed name.
   + You have not accepted money or merchandise directly or indirectly from athletic participation.
   + You have not signed a professional contract in that sport.

3. **Awards and Gifts**
   + You have not received in recognition for your athletic ability any award that is not approved by your high school principal or the IHSAA.
   + You have not used or accepted merchandise as an award, prize, gift or loan or purchase such for a token sum.
   + You have not accepted awards, medals, recognitions, gifts and honors from colleges/universities or their alumni.

4. **Conduct and Character**
   + You have not conducted yourself in or out of school in a way which reflects discredit on your school or the IHSAA.
   + You have not created a disruptive influence on the discipline, good order, moral and educational environment in your school.

5. **Consent and Release Certificate**
   + You have the completed certificate (physical form) on file with your principal each school year, between April 1 and your first practice.

6. **Enrollment**
   + You enrolled in a school during the first 15 days of a semester.
   + You have not been enrolled more than four consecutive years, or the equivalent (e.g. 8 semesters or 12 tri-mesters, etc.), beginning with grade 9.
   + You have not represented a high school in a sport for more than four years.

7. **Illness and Injury**
   + You are absent 5 to 10 or more consecutive school days due to illness or injury, and have participated in at least 4 separate days of practice prior to competing.
   + You are absent 10 or more consecutive school days due to illness or injury, and have participated in at least 6 separate days of practice prior to competing.

8. **Participation**
   a. **During Contest Season**
      + You do not participate in try-outs or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete.
      + You do not participate in a practice with or against players not belonging to your school.
      + You do not participate in a non-school-sponsored contest without an approved waiver.
      + You do not attend and participate in a student-clinic.
   b. **During School Year Out-of-Season**
      + You do not participate in a team sport contest as a member of a non-school team where there are more than the following number of students listed below in each sport, including incoming freshmen, who have participated the previous year in a contest as a member of their school team in that sport.
      - Basketball - 3
      - Baseball - 5
      - Football - 6
      + You do not receive instruction in a team sport from individuals who are members of your high school coaching staff (Exception: open facility).
      + You do not participate in a non-school contest that required participation during school time, without gaining approval by the school principal or his/her designee.
   c. **During Summer**
      + You do not attend any school-sponsored fall sports camp and/or clinic after Monday of Week 4 (See your athletic director for specific dates).
      + You do not attend any non-school camp and/or clinic after Monday of Week 7 (See your athletic director for specific dates).

9. **Practice**
   + You have completed the required number of separate days of organized practice in your sport under the direct supervision of the high school coaching staff in your sport preceding participation in a contest.

10. **Scholarship**
    + You passed 70% of the full credit subjects or the equivalent that a student can take in your previous grading period. Semester grades take precedence.
    + You are currently enrolled in 70% of the full credit subjects or the equivalent that a student can take.

11. **Transfer**
    + You do not transfer from one school to another primarily for athletic reasons.
    a. You are entering the 9th grade for the first time.
    b. You are transferring from a school district or territory with a bona fide move by your parents.
    c. You are a ward of the court.
    d. You are an orphan.
    e. Your former school closed.
    f. Your former school is not an IHSAA member school and is not accredited by the state accrediting agency in the state where the school is located.
    g. Your transfer was pursuant to school board mandate for redistricting.

the IHSAA By-Laws and Articles of Incorporation. Your principal and athletic director/s have copies and an on-line version also is located at www.ihsaa.org
h. You enrolled and/or attended, in error, a wrong school.
i. You transferred from a correctional school.
j. You are emancipated, as defined by the IHSAA.
k. You did not participate in any contests as a representative of another school during the preceding 365 days.
l. You return to an IHSAA member school from a non-member school and reside with the same parent/s or guardian/s.
m. You transfer to a member boarding school with a corresponding move from the residence of your parent/s or you transfer from a member boarding school with a corresponding move to the residence of your parent/s.
n. You are a qualified foreign exchange student attending under an approved CSIET program, who has attended a member school for less than one year.
12. Undue Influence
You, your parents or guardians have not been influenced by any person to secure you as a student at a member school.
**Preparticipation Physical Evaluation**

**HISTORY FORM**

(Not: This form should be filled out by the patient and parent prior to seeing the physician. The physician should keep a copy of this form in the chart.)

<table>
<thead>
<tr>
<th>Date of Exam</th>
<th>Date of birth</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Name**  
[Cell content is not visible]

**Age**  
[Cell content is not visible]

**Grade**  
[Cell content is not visible]

**School**  
[Cell content is not visible]

**Sports**  
[Cell content is not visible]

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medications and supplements (herbal and nutritional) that you are currently taking.

<table>
<thead>
<tr>
<th>Medicines</th>
<th>Pollen</th>
<th>Food</th>
<th>Stinging Insects</th>
</tr>
</thead>
</table>

Do you have any allergies?  
[ ] Yes  
[ ] No  
If you have: please identify specific allergy below.

**Explain “Yes” answers below. Circle questions you don’t know the answers to.**

**GENERAL QUESTIONS**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Has a doctor ever denied or restricted your participation in sports for any reason?</td>
<td></td>
</tr>
<tr>
<td>2. Have you ever had surgery?</td>
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</tr>
<tr>
<td>3. Has a doctor ever told you that you have any heart problems? If so, check all that apply.</td>
<td></td>
</tr>
<tr>
<td>4. Is there anyone in your family who has asthma?</td>
<td></td>
</tr>
<tr>
<td>5. Do you have a heart murmur?</td>
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<tr>
<td>6. Have you ever had any bone, muscle, joint injury or tendinitis?</td>
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<tr>
<td>7. Do you have any long-term medical conditions that could affect your ability to participate in sports?</td>
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<td>8. Do you have any medical conditions that could affect your performance in sports?</td>
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<tr>
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<tr>
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</tbody>
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**MEDICAL QUESTIONS**

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<td>44. Do you have any bone, muscle, joint injury or tendinitis?</td>
<td></td>
</tr>
</tbody>
</table>

**HEART HEALTH QUESTIONS ABOUT YOU**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Have you ever passed out or nearly passed out during or after exercise?</td>
<td></td>
</tr>
<tr>
<td>6. Have you ever passed out or nearly passed out during exercise?</td>
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<tr>
<td>7. Did you ever take a heart medication during exercise?</td>
<td></td>
</tr>
<tr>
<td>8. Is there anyone in your family who has a heart problem?</td>
<td></td>
</tr>
<tr>
<td>9. Has a doctor ever told you that you have any heart problems? If so, check all that apply.</td>
<td></td>
</tr>
<tr>
<td>10. Do you feel immediate or feel more short of breath than expected during exercise?</td>
<td></td>
</tr>
<tr>
<td>11. Have you ever had an unexplained seizure?</td>
<td></td>
</tr>
<tr>
<td>12. Do you feel immediate or feel more short of breath than expected during exercise?</td>
<td></td>
</tr>
</tbody>
</table>

**HEART HEALTH QUESTIONS ABOUT YOUR FAMILY**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>13. Has anyone in your family been told that they have a heart problem?</td>
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</table>

| Females Only ||
|-------------||
| Is there anyone in your family who has sickle cell trait or disease? | |
| Has anyone in your family been told that they have a heart problem? | |
| Has anyone in your family been told that they have a heart problem? | |
| Has anyone in your family been told that they have a heart problem? | |
| Has anyone in your family been told that they have a heart problem? | |

Explain “yes” answers here:

**BONE AND JOINT QUESTIONS**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>17. Have you ever had any bone, muscle, joint injury or tendinitis that caused you to miss practice or a game?</td>
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<td>18. Have you ever had surgery?</td>
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<tr>
<td>21. Have you ever been told that you or someone in your family has an injury?</td>
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</tr>
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<td>22. Have you ever been told that you or someone in your family has an injury?</td>
<td></td>
</tr>
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</tr>
<tr>
<td>24. Have you ever been told that you or someone in your family has an injury?</td>
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**EXPLAIN “YES” ANSWERS HERE**

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<td></td>
</tr>
<tr>
<td>44. Do you have any bone, muscle, joint injury or tendinitis?</td>
<td></td>
</tr>
</tbody>
</table>

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of athlete:  
[Cell content is not visible]

Signature of parent/guardian:  
[Cell content is not visible]

Date:  
[Cell content is not visible]
# Preparticipation Physical Evaluation

**Physical Examination Form**

(The physical examination must be performed on or after April 1 by a licensed professional holding an unlimited license to practice medicine to be valid for the following school year — IHSAA By-Law C 3-10)

**Physician Reminders**

1. Consider additional questions on more sensitive issues
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at home or school?
   - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or any other performance supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

<table>
<thead>
<tr>
<th><strong>Examination</strong></th>
<th>Height</th>
<th>Weight</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medical</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appearance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pupils</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Lungs</td>
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<tr>
<td>Abdomen</td>
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<tr>
<td>Skin</td>
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<tr>
<td>Neurologic</td>
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<tr>
<td><strong>Musculoskeletal</strong></td>
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</tr>
<tr>
<td>Neck</td>
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<tr>
<td>Back</td>
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</tr>
<tr>
<td>Shoulder/arm</td>
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</tr>
<tr>
<td>Wrist/Hand/Fingers</td>
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<tr>
<td>Hip/Thigh</td>
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<tr>
<td>Knee</td>
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</tr>
<tr>
<td>Foot/Ankle</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Normal/Abnormal Findings**

*Consider ECG, echocardiogram, and refer to cardiologist for abnormal cardiac history or exam.
*Consider D1 exam if in private setting. Having third party present is recommended.
*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports with restrictions with recommendations for further evaluation or treatment

- Not cleared
  - Pending further evaluation
  - For any sports
  - For certain sports
  - Reason

**Recommendations**

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parent/guardian). The physical examination must be performed on or after April 1 by a licensed professional holding an unlimited license to practice medicine to be valid for the following school year — IHSAA By-Law C 3-10.

Name of physician: ________________________  Date: ________________

Signature of physician: ________________________  MD or DO

(2 of 4)
INDIVIDUAL ELIGIBILITY RULES (Grades 9 through 12)

ATTENTION ATHLETE: Your school is a member of the IHSAA and follows established rules. To be eligible to represent your school in interschool athletics, you:

1. must be a regular bona fide student in good standing in the school you represent; must have enrolled not later than the fifteenth day of the current semester.
2. must have completed 10 separate days of organized practice in said sport under the direct supervision of the high school coaching staff preceding date of participation in interschool contests. (Excluding Girls Golf – See Rule 101)
3. must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence.
4. must not have reached your twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
5. must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students . . .
   . . . unless you are entering the ninth grade for the first time.
   . . . unless you are transferring from a school district or territory with a corresponding bona fide move on the part of your parents.
   . . . unless you are a ward of a court; you are an orphan, you reside with a parent, your former school closed, your former school is not accredited by the state accrediting agency in the state where the school is located, your transfer was pursuant to school board mandate, you attended in error a wrong school, you transferred from a correctional school, you are emancipated, you are a foreign exchange student under an approved CSIET program. You must have been eligible from the school from which you transferred.
6. must not have been enrolled in more than eight consecutive semesters beginning with grade 9.
7. must be an amateur (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract).
8. must have had a physical examination between April 1 and your first practice and filed with your principal your completed Consent and Release Certificate.
9. must not have transferred from one school to another for athletic reasons as a result of undue influence or persuasion by any person or group.
10. must not have received in recognition of your athletic ability, any award not approved by your principal or the IHSAA.
11. must not accept awards in the form of merchandise, meals, cash, etc.
12. must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than your school team. (See Rule 15-1a) (Exception for outstanding student-athlete – See Rule 15-1b)
13. must not reflect discredit upon your school nor create a disruptive influence on the discipline, good order, moral or educational environment in your school.
14. students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete. Graduates should refer to college rules and regulations before participating.
15. must not participate with a student enrolled below grade 9.
16. must not, while on a grade 9 junior high team, participate with or against a student enrolled in grade 11 or 12.
17. must, if absent five or more days due to illness or injury, present to your principal a written verification from a physician licensed to practice medicine, stating you may participate again. (See Rule 3-11 and 3-14.)
18. must not participate in camps, clinics or schools during the IHSAA authorized contest season. Consult your high school principal for regulations regarding out-of-season and summer.
19. girls shall not be permitted to participate in an IHSAA tournament program for boys where there is an IHSAA tournament program for girls in that sport in which they can quality as a girls tournament entrant.

This is only a brief summary of the eligibility rules.

You may access the IHSAA Eligibility Rules (By-Laws) at www.ihsaa.org
Please contact your school officials for further information and before participating outside your school.

(Consent & Release Certificate - on back or next page)
I. STUDENT ACKNOWLEDGMENT AND RELEASE CERTIFICATE
A. I have read the IHSAA Eligibility Rules (next page or on back) and know of no reason why I am not eligible to represent my school in athletic competition.
B. If accepted as a representative, I agree to follow the rules and abide by the decisions of my school and the IHSAA.
C. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved, and agree to release and hold harmless my school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agree to take no legal action against my school, the schools involved or the IHSAA because of any accident or mishap involving my athletic participation.
D. I consent to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me, including but not limited to any claims or disputes involving injury, eligibility, or rule violation.
E. I give the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use my picture or image and any sound recording of me, in all forms and media and in all manners, for any lawful purposes.

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION. (to be signed by student)

Date: ___________________________ Student Signature: (X) ___________________________

Printed: _______________________________________________________________________

II. PARENT/GUARDIAN/EMANCIPATED STUDENT CONSENT, ACKNOWLEDGMENT AND RELEASE CERTIFICATE
A. Undersigned, a parent of a student, a guardian of a student or an emancipated student, hereby gives consent for the student to participate in the following interschool sports not marked out:
B. Undersigned understands that participation may necessitate an early dismissal from classes.
C. Undersigned consents to the disclosure, by the student’s school, to the IHSAA of all requested, detailed financial (athletic or otherwise), scholastic and attendance records of such school concerning the student.
D. Undersigned knows and acknowledges that the student knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and chooses to accept any and all responsibility for the student’s safety and welfare while participating in athletics. With full understanding of the risks involved, undersigned releases and holds harmless the student’s school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agrees to take no legal action against the IHSAA or the schools involved because of any accident or mishap involving the student’s athletic participation.
E. Undersigned consents to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me or the student, including but not limited to any claims or disputes involving injury, eligibility, or rule violation.
F. Undersigned gives the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes.
G. Please check the appropriate space:
   □ The student has school student accident insurance. □ The student has football insurance through school.
   □ The student has adequate family insurance coverage. □ The student does not have insurance.

Company: ___________________________ Policy/Number: ___________________________

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.
(to be completed and signed by all parents/guardians, emancipated students, where divorce or separation, parent with legal custody must sign)

Date: ___________________________ Parent/Guardian/Emancipated Student Signature: (X) ___________________________

Printed: _______________________________________________________________________

Date: ___________________________ Parent/Guardian Signature: (X) ___________________________

Printed: _______________________________________________________________________
Summer 2015
Deadline Dates

DEFINITIONS

Summer – begins with Monday of Week 49 (June 8, 2015) or the close of the school year, whichever comes first, and ends prior to Monday of Week 4 (July 27, 2015) for fall sports and prior to Monday of Week 5 (August 3, 2015) for all other sports.

Open Facility – Program in which the gymnasium, playing field or other school facilities are open to all students for participation on a voluntary basis. Specific equipment related to a particular sport, i.e. balls, goals, nets, etc., may be used.

Conditioning Program – Program designed for and limited to activities which promote physical fitness and exclude game drills. Examples of permissible activities are weight lifting, running and aerobic exercising. Specific equipment related to a particular sport, i.e. balls, goals, nets, etc., shall not be used.

RULE 15-3.2 CAMPS AND CLINICS

• For all school-sponsored camps and clinics, attendance must be terminated prior to Monday, Week 4 (July 27, 2015).  
• For non-school-sponsored camps and clinics, attendance must be terminated prior to Monday, Week 7 (August 17, 2015).
• Attendance for winter and spring sport camps and clinics may resume on or after Monday of Week 7 (August 17, 2015), or the first day of school, whichever comes first. Attendance must be limited to non-school time. Verified Olympic development camps are exempt from this rule.

RULE 15-3.3 OPEN FACILITY PROGRAM AND CONDITIONING PROGRAM

• Operation of open facility programs must be terminated prior to Monday of Week 4 (July 27, 2015) for all sports. Open facility programs may begin again on the first day of school.
• A conditioning program may be extended through Saturday of Week 4 (August 1, 2015). These programs may begin again on the first day of school.

RULE 15-3.4 MORATORIUM

• Each member school shall observe a moratorium starting on Monday of the week which includes July 4th (June 29 – July 5, 2015). During this seven-day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted.

FUTURE MORATORIUM DATES

• 2015: June 29 – July 5
• 2016: July 4 – July 10
• 2017: July 3 – July 9
• 2018: July 2 – July 8
• 2019: July 1 – July 7
**Student Athlete Information:**

Name: ___________________________ Date of Birth: __________

Medical Insurance Company: _______________ Policy #: __________________

Allergies: _______________________________________

Current Medications:  | Name of Medication | Dose | Frequency Taken
______________________________________________________________________

Does the Student Athlete have any of the following conditions (indicate yes or no):
  - asthma  ____
  - low blood sugar  ____
  - diabetes  ____
  - fainting spells  ____
  - seizures  ____
  - sickle cell anemia  ____
  - others  _______________________

**Parent/Guardian Information:**

Parent/Guardian #1: Name: ___________________________

Street Address: ____________________________________

City/State: ____________________________

Zip: __________ Home Phone: __________ Work: __________

Cell: ____________________________

**Emergency Contacts if Parent/Guardian Cannot Be Reached:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone #/(s)</th>
<th>Relationship to Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
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<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
What is a concussion?
A concussion is a brain injury that:
- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been “dinged” or "had your bell rung.”

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?
You can't see a concussion, but you might notice one or more of the symptoms listed below or that you “don't feel right” soon after, a few days after, or even weeks after the injury.
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?
- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- Get a medical check-up. A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?
Every sport is different, but there are steps you can take to protect yourself.
- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:
Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.
For more information and to order additional materials free-of-charge, visit: www.cdc.gov/Concussion.
What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

<table>
<thead>
<tr>
<th>SYMPTOMS REPORTED BY ATHLETE</th>
<th>SIGNS OBSERVED BY PARENTS/GUARDIANS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache or “pressure” in head</td>
<td>Appears dazed or stunned</td>
</tr>
<tr>
<td>Nausea or vomiting</td>
<td>Is confused about assignment or position</td>
</tr>
<tr>
<td>Balance problems or dizziness</td>
<td>Forgets an instruction</td>
</tr>
<tr>
<td>Double or blurry vision</td>
<td>Is unsure of game, score, or opponent</td>
</tr>
<tr>
<td>Sensitivity to light</td>
<td>Moves clumsily</td>
</tr>
<tr>
<td>Sensitivity to noise</td>
<td>Answers questions slowly</td>
</tr>
<tr>
<td>Feeling sluggish, hazy, foggy, or goggly</td>
<td>Loses consciousness (even briefly)</td>
</tr>
<tr>
<td>Concentration or memory problems</td>
<td>Shows mood, behavior, or personality changes</td>
</tr>
<tr>
<td>Confusion</td>
<td>Just “not feeling right” or “feeling down”</td>
</tr>
</tbody>
</table>

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:

Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.

April 2013
SUDDEN CARDIAC ARREST
A Fact Sheet for Student Athletes

FACTS
Sudden cardiac arrest can occur even in athletes who are in peak shape. Approximately 500 deaths are attributed to sudden cardiac arrest in athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest. Once a cardiac arrest occurs, there is very little time to save the athlete, so identifying those at risk before the arrest occurs is a key factor in prevention.

WARNING SIGNS
There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:
- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

EMERGENCY SIGNS – Call EMS (911)
If a person experiences any of the following signs, call EMS (911) immediately:
- If an athlete collapses suddenly during competition
- If a blow to the chest from a ball, puck or another player precedes an athlete’s complaints of any of the warning signs of sudden cardiac arrest
- If an athlete does not look or feel right and you are just not sure

How can I help prevent a sudden cardiac arrest?
Daily physical activity, proper nutrition, and adequate sleep are all important aspects of lifelong health. Additionally, you can assist by:
- Knowing if you have a family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Telling your health care provider during your pre-season physical about any unusual symptoms of chest discomfort, shortness of breath, racing or irregular heartbeat, or feeling faint, especially if you feel these symptoms with physical activity
- Taking only prescription drugs that are prescribed to you by your health care provider
- Being aware that the inappropriate use of prescription medications or energy drinks can increase your risk
- Being honest and reporting symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think I am developing warning signs that may lead to sudden cardiac arrest?
1. Tell an adult – your parent or guardian, your coach, your athletic trainer or your school nurse
2. Get checked out by your health care provider
3. Take care of your heart
4. Remember that the most dangerous thing you can do is to do nothing

Developed and Reviewed by the Indiana Department of Education’s Sudden Cardiac Arrest Advisory Board (1-7-15)
SUDDEN CARDIAC ARREST
A Fact Sheet for Parents

FACTS
Sudden cardiac arrest is a rare, but tragic event that claims the lives of approximately 500 athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest.

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- If an athlete does not look or feel right and you are just not sure

How can I help my child prevent a sudden cardiac arrest?
Daily physical activity, proper nutrition, and adequate sleep are all important aspects of lifelong health. Additionally, parents can assist student athletes prevent a sudden cardiac arrest by:
- Ensuring your child knows about any family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Ensuring your child has a thorough pre-season screening exam prior to participation in an organized athletic activity
- Asking if your school and the site of competition has an automatic defibrillator (AED) that is close by and properly maintained
- Learning CPR yourself
- Ensuring your child is not using any non-prescribed stimulants or performance enhancing drugs
- Being aware that the inappropriate use of prescription medications or energy drinks can increase risk
- Encouraging your child to be honest and report symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think my child has warning signs that may lead to sudden cardiac arrest?
1. Tell your child’s coach about any previous events or family history
2. Keep your child out of play
3. Seek medical attention right away

Developed and Reviewed by the Indiana Department of Education’s Sudden Cardiac Arrest Advisory Board
(1-7-15)
CONCUSSION and SUDDEN CARDIAC ARREST
ACKNOWLEDGEMENT AND SIGNATURE FORM
FOR PARENTS AND STUDENT ATHLETES

Student Athlete’s Name (Please Print): ____________________________

Sport Participating In (If Known): ____________________________ Date: __________________

IC 20-34-7 and IC 20-34-8 require schools to distribute information sheets to inform and educate
student athletes and their parents on the nature and risk of concussion, head injury and sudden cardiac
arrest to student athletes, including the risks of continuing to play after concussion or head injury.
These laws require that each year, before beginning practice for an interscholastic or intramural sport, a
student athlete and the student athlete’s parents must be given an information sheet, and both must
sign and return a form acknowledging receipt of the information to the student athlete’s coach.

IC 20-34-7 states that a high school athlete who is suspected of sustaining a concussion or head injury in
a practice or game, shall be removed from play at the time of injury and may not return to play until the
student athlete has received a written clearance from a licensed health care provider trained in the
evaluation and management of concussions and head injuries.

IC 20-34-8 states that a student athlete who is suspected of experiencing symptoms of sudden cardiac
arrest shall be removed from play and may not return to play until the coach has received verbal
permission from a parent or legal guardian of the student athlete to return to play. Within twenty-four
hours, this verbal permission must be replaced by a written statement from the parent or guardian.

Parent/Guardian - please read the attached fact sheets regarding concussion and sudden cardiac arrest
and ensure that your student athlete has also received and read these fact sheets. After reading these
fact sheets, please ensure that you and your student athlete sign this form, and have your student
athlete return this form to his/her coach.

As a student athlete, I have received and read both of the fact sheets regarding concussion and sudden
cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes,
including the risks of continuing to play after concussion or head injury, and the symptoms of sudden
cardiac arrest.

_________________________ __________________________
(Signature of Student Athlete) (Date)

I, as the parent or legal guardian of the above named student, have received and read both of the fact
sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion
and head injury to student athletes, including the risks of continuing to play after concussion or head
injury, and the symptoms of sudden cardiac arrest.

_________________________ __________________________
(Signature of Parent or Guardian) (Date)

January 2015