

Saint Francis Xavier Athletic Program Constitution and By-laws

Constitution

Article I

Name This Association shall be known as the St. Francis Xavier Athletic Committee.

Article II

Purpose The Saint Francis Xavier Athletic Program provides an instructional and competitive sports program for boys and girls as an extension of the Saint Francis Xavier School academic program. Participants will learn the fundamentals of each sport and be given the opportunity to develop strong, healthy, and disciplined minds and bodies. Participants will also develop a sense of good sportsmanship, fair play, and team spirit while representing their school and community.

Article III

Philosophy Saint Francis Xavier School is concerned with the development of the whole person - the religious, emotional, moral, social, and academic dimensions, as well as physical development. Participation in athletics is an important part of student development. Through participation in the Saint Francis Xavier Athletic Program, students may develop life-long skills and positive values. These values include leadership, healthful living habits, self-discipline, integrity, teamwork, respect for rules and regulations, and the ability to participate, win or lose, with dignity

Article IV

Administration & Positions

The administrative authority of this association shall be vested in a committee of fifteen (15) members. This Committee headed by an Athletic Director and comprised of Sport Coordinators for each sport offering as well as a Special Events, Spirit Wear, Concessions, and Picture Coordinator, Purchasing Agent, Treasurer and Secretary. A St. Francis Xavier School faculty member also serves on the Committee acting as a liaison (non-voting position) with the school administration. The Committee aids the Athletic Director by making recommendations concerning all activities, as well as the future direction of the Program. The Pastor interviews, hires, and evaluates the AD. The Athletic Director appoints the committee positions. Any parish member may apply for any vacant Committee position.

Members:

Voting

Athletic Director
Boys' Basketball Coordinator
Girls' Basketball Coordinator
Volleyball Coordinator
Football Coordinator
Cheerleading Coordinator
Cross Country/Track & Field Coordinator
Treasurer
Secretary

Non-voting

Special Events Coordinator
Spirit Wear Coordinator
Concession Stand Coordinator(s)
Picture Coordinator
Purchasing Agent
Academic Liaison

Article V

Authority

The members of the Committee are hereby authorized to interpret the Constitution and By-laws and to exercise all the powers and duties expressed or implied in this Constitution and By-laws. The members of the Committee shall conduct all business of the Committee, shall be empowered to appoint such assistants as may be found necessary to carry on the affairs of the Committee. Since school-sponsored athletic programs are an extension of the school and its curriculum, these programs are subject to the authority of the Pastor by virtue of his office, and the Principal. The Principal and the Pastor share primary authority over the Athletic Program in the school.

Article VI

Financial Structure and Management

The Athletic program is funded by individual sport activity fees, admissions collected, concession and spirit wear profits and an annual donation from the SFX Men's Club. The determination and collection of all activity fees and the final distribution of receipts from all contests sponsored by the Committee shall be left to the discretion of the Committee. The Committee does not accept donations from individuals or groups for the benefit of only one team or sport. The Committee shall determine all necessary expenditures of money in the conduct of the affairs of the Committee.

Article VII

Action on Amendments

Quorum

A majority voting members of the Committee shall constitute a quorum. When a vote is taken upon any matter pending before the Committee, a quorum being present, a majority of the votes of the members of the Committee voting on the matter shall determine the outcome thereof.

Amendments

All proposed amendments to either the Constitution or By-laws and all other proposed legislation of a permanent character shall be referred to this Committee for consideration. Proposals to amend the Constitution and By-laws shall be submitted not less than 20 days prior to the next meeting to deal with such proposals. The Committee shall be authorized to reword or amend a proposal, but shall obtain authorization from the person(s) submitting the original proposal before referring the revised or amended proposal to the Committee.

Effective Date of Amendments

Each amendment of the Constitution and By-laws shall become effective on July 1st of the year following its adoption; on the date specified by the person(s) submitting the proposal providing such date is not less than thirty days following the vote in which the proposal was passed; or on a date mutually agreed upon by the submitting person(s) and the Committee.

Article VIII

Statement of Non- Discrimination

Saint Francis Xavier School does not discriminate on the basis of race, color, sex, national or ethnic origin in its admission or hiring policies, educational programs, athletics, or any other school-administered program.

Article IX

Meetings

The Athletic Committee generally meets monthly during the school year. Meetings are held in the Rectory on a set convenient date to be determined each year. Meetings are open to the public.

By-laws

Program Goals

In addition to the fundamentals of each sport, it is the goal of the SFX Athletic program to teach athletes a sense of sportsmanship, teamwork, and fairplay and for SFX sports to be a positive experience for all. Sportsmanship includes the manner in which the athletes conduct themselves on the athletic field, respect for the opponent, their adherence to the rules of the game, and courtesy to the officials. While during team play, the athlete is expected to conduct him/herself in a way that brings honor to their school and to their teammates. This includes the way they receive the judgments of officials. In all things they are first and foremost courteous and respectful. Team leadership, self-discipline, self-confidence, fair play and humility are paramount virtues to be built in to the character of the athlete.

Program Overview

Interscholastic athletics are a part of the educational process. The SFX Athletic Program sponsors six different sports, over three seasons. The program consists of more than forty interscholastic teams involving boys and girls in grades five through eight. The success of the Athletic Program through the years can be attributed to effective leadership, encouragement by the parish staff, and most importantly, the tremendous support of our parents, not only financially, but in acting as volunteer coaches and providing supervision at home events.

Athletic Program Offerings Grade 5 through Grade 8

Season set by Suburban Parochial League

Fall

Football
Cheerleading
Cross Country
5th & 6th Gr. Volleyball
7th & 8th Gr. Girls Basketball

Winter

7th & 8th Gr. Volleyball
5th & 6th Gr. Girls Basketball
5th—8th Gr. Boys Basketball

Spring

Track & Field

Evaluations & Team Selection

The Saint Francis Xavier athletic program has a “no cut” policy for all programs. No interested, eligible student is excluded from participation.

Basketball and Volleyball: Evaluations will be held before the start of the season. to determine player skill level. Players will be assessed on skills, attitude, effort and coachability. 5th grade is considered introductory: players will be distributed evenly by skill level across teams. In grades 6-8, teams will be divided into one ‘A’

team and as many 'B' teams as necessary to maintain manageable team sizes.

Football: SFX offers football at both the Varsity (7th & 8th grade) and Junior Varsity (5th & 6th grade) levels. Each level contains one 'A' team and one 'B' team. It must be stressed that the Varsity 'A' team is not an 8th grade team (not 6th grade at JV level) and the Varsity 'B' team is not a 7th grade team (not 5th grade at JV level). As stated in the *SPFL Constitution and By-laws*, the Varsity team is 7th and 8th graders combined, and JV is 5th and 6th graders combined. Therefore, the players exhibiting the most desirable football skills, commitment, and effort will be placed on the 'A' team. Football evaluations and team selections are ongoing processes that continue throughout the season. 'A' and 'B' teams are not necessarily constant for the duration of the season. It may be likely for a student-athlete to improve his skills throughout the season and compete in 'A' games and vice versa.

Track & Field/Cross-Country: SFX competes primarily in the SPL for both cross-country and track & field. In all SPL events, athletes compete by grade and gender, i.e., 5th boys, 5th girls, 6th boys, 6th girls, etc. There are no 'A' or 'B' Teams. In non-SPL events, such as The Unity League or the CYO, teams will be organized as Junior Varsity, comprised of 5th & 6th grades, and Varsity, made up of 7th & 8th grades. Athletes are allowed to compete at a higher grade level based upon ability and the needs of the team.

Cheerleading: Squads are divided by grade.

Practice & Season Length

Gatherings: A game, practice or team meeting is considered a gathering. No team should gather more than four times per week (exception for tournament play or in the event of a rescheduled game or night game). In cases where sports seasons overlap, an individual involved in both sports may participate in up to six gatherings during the overlap. All sport gatherings for 7th & 8th grades will end no later than 9:30 pm on school nights and 10:00 pm on nights when there is no school the next day. Gatherings for 5th & 6th grades will end by 8:30 pm on school nights and 9:00 pm when there is no school the next day.

Basketball & Volleyball : Practices may not exceed two hours in duration; not to exceed 4 hours per week. No more than 2 games per week. (Exception: Tournaments)

Football: Practices may not exceed two hours in duration; not to exceed 10 hours per week during the summer before school starts and not to exceed 6 hours per week during the school year. No more than one game per week (Exception to total hours per week: rescheduled games, such as weather related, or a Saturday night game)

Track & Field/ Cross-Country: For all grades, both cross-country and track & field offer 3-4 practices per week, generally lasting 90 minutes, with athletes expected to attend 2 practices per week. Exceptions and alternate practices can be arranged with the head coach, if conflicts arise with other SFX sports/activities or non-SFX athletic related commitments.

Cheerleading:

Maximum number of Games/Matches/Meets/Tournaments in a season for each sport: Games/Matches/Meets/ Tournaments are defined as any competition between two or more teams in which a running score is kept and referees are present.

Basketball

5th Grade—15 games, 18 week season

6th Grade—20 games, 18 week season

7th & 8th Grade—26 games, 18 week season

Volleyball

5th & 6th Grade—15 matches, 12 week season

7th & 8th Grade—20 matches, 12 week season

Football

5th through 8th Grade—12 games, 14 week season

Track & Field

5th through 8th Grade—6-8 meets, 10 week season (3-4 week pre-season & 6 week meet season)

Cross Country

5th through 8th Grade—6-7 meets, 10 week season (3-4 week pre-season & 6 week meet season)

Cheerleading

5th through 8th Grade—12 games, 14 week season

The number of leagues in which teams participate per season should not exceed two leagues.

Playing Time

Playing time is frequently a source of misunderstanding and conflict among coaches, students, and parents. The St. Francis Xavier Athletic Committee has developed the following guidelines for league playing time, keeping in mind that 5th grade is considered developmental and instructional, while 6th through 8th grade are competitive.

The objective of the Athletic Program is to ensure that all eligible participants receive a fair share of playing time. “Fair share of playing time” is open to interpretation and does not necessarily mean “equal”. It means that playing time will be awarded based on many factors, only one of which is skill level. Other factors affecting playing time are demonstrating self-discipline, a positive attitude, demonstrating a desire to learn assigned positions, demonstrating proper techniques, showing a desire to improve, leading by example and adhering to the athlete’s code of conduct.

Basketball & Volleyball: Each player’s amount of playing time will reflect his/her ability, effort, attendance at practices, and commitment to the team. The 5th grade basketball and volleyball programs are developmental programs focused on teaching fundamentals, skills and team play. Teams are divided equally by skill level.

In 6th, 7th and 8th grades, basketball and volleyball teams are broken into one ‘A’ team and one to three ‘B’ teams. The ‘A’ teams compete at a higher level of play than the ‘B’ teams; therefore A league teams may place a greater emphasis on ability with respect to playing time.

- In fifth grade, all eligible players must play the equivalent of at least one full quarter each game.
- In sixth through eighth grade, every eligible athlete should play in every game. Each player’s amount of playing time will reflect his/her ability, effort, attitude, attendance at practices, and commitment to the team.
- If an athlete is required to “sit out” a game for disciplinary reasons (Ref. Expectations of Athletes) this

will be communicated to the athlete and a parent prior to the game.

Football: The SFX football program is a Gold division member in the *Suburban Parochial Football League (SPFL)* and as such is required to adhere to the *Constitution & By-laws* of the *SPFL*. Various rules within the *SPFL Constitution & By-laws* may effect a coach's decision regarding a student athlete's playing time.

The Junior Varsity team is comprised of student-athletes in the 5th & 6th grades. There will be an 'A' team and a 'B' team at the Junior Varsity level. The 'B' team is developmental, instructional and focused on teaching the fundamentals of the game of football. For the JV B game, it is the goal that all eligible athletes play the equivalent of one quarter each game. The JV A team is competitive. It is expected that all players will receive playing time in every game. Factors determining playing time are ability, effort, attendance at practices, commitment to the team and the safety of all participants in the program.

The Varsity team is comprised of student athletes in 7th & 8th grades. There will be an A & B team at the Varsity level. The varsity teams are competitive. It is expected that all players will receive playing time in the game for which they were selected (see team selection). Factors determining playing time are ability, effort, attendance at practices, commitment to the team and the safety of all participants in the program. A team players are encouraged to stay and support the B team; however A players will not play in the B game.

The sport of football is unlike other sports in that it is a full contact sport and the safety of the student-athlete and their teammates is always paramount.

Coaches should not strive to **'win at all costs'**, or to exclude eligible players from participation. However, a coach may elect not to play a player in his/her next game after missing a practice or game without good cause. (Ref. Excused Absences/School Absences) Excessive absences can result in reduced playing time and even exclusion from the team

A player may be required to sit out a game or games or his/her playing time may be reduced as a disciplinary action, e.g., when a player fails to adhere to the student athlete expectations, violates team rules, loses self—control, is disruptive in practices, shows misbehavior, or engages in other conduct unbecoming a Christian student athlete. (Ref. Expectations of Athletes)

Players may not be rostered on more than one team per season; however from time to time, it will be allowable for players to participate in games of teams other than the one on which they are rostered. This would normally occur when a team is short of players due to illness, injury, or other causes of absence.

Coaches' Selection

The coach has the greatest responsibility as well as the greatest opportunity to guide and influence the student athletes. Coaches assume the role of teacher, mentor, and minister to the young people in their charge. A coach's attitude and behavior are critical to modeling good Christian Catholic sportsmanship both in word and in deed. The careful selection of coaches is vital if our Athletic Program is to reflect the Purpose and Philosophy of our school sports program.

The process and criteria for the selection of coaches is as follows:

- Prior to the start of a season, a notice will be placed in the SFX church bulletin requesting anyone interested

in coaching contact the Sport Coordinator or Athletic Director.

- Candidates must possess those qualities outlined under the “Coaches Responsibilities” Section.
- Candidates applying to be a head coach must be at least 21 years of age. (It is highly desirable to select qualified non-parent head coaches whenever possible.)
- Candidates are required to undergo a criminal background check.
- Candidates must complete the online Virtus Training Program and the Archdiocesan Protecting God’s Children Program
- Names of candidates will be submitted to the Athletic Director who will verify completion of training programs and background check.
- The Athletic Director will then present the names of qualified candidates to the entire committee for approval.
- No position is guaranteed year after year. At the close of each season, coaches should communicate to the Athletic Director or Sports Coordinator what their intentions are for the following season.

Coaches’ Responsibilities

The coaches should be familiar with, adhere to, and carry out the objectives and mission statement of the Athletic Committee and all local policies and guidelines as well as league policies and guidelines.

Coaches should be knowledgeable of the rules of the sport and techniques for teaching the fundamentals of the sport. They should use tactics and strategies that are appropriate for the age and skill levels of their athletes. Coaches should develop each player’s skill within the framework of the team concept. They will emphasize team goals over those of the individual. They must help each player develop self-confidence, discipline, and sportsmanship, and make participation a learning experience for all.

Coaches should carry with them at all times pertinent information on every athlete in their care in case of emergency. This information should include conditions such as asthma, heart problems, and allergies.

Coaches may never administer medication.

Coaches should attend all practices and games and/or they are responsible to make sure that there are two nonrelated adult (21 years or older) supervisors in their absence. They are responsible for monitoring student conduct and behavior at practices and at games.

Coaches are responsible for the equipment issued to them and for the proper use of the facilities where practices and games are held.

Coaches must hold a parent meeting as early as possible, before league play, to review and address league rules, playing time, league schedules, practice schedules, and the selection of a team parent. Coaches will communicate the schedule of practices and games (or any cancellations or alterations) in a timely manner.

Coaches cannot assume that players will get an oral message home; written communication is encouraged.

Coaches are to keep objective, factual, written records concerning any repeated discipline problems and then contact the parent of the participant as well as the Sport Coordinator in regards to the repeated behavior. These records are important when discipline matters might lead to suspension &/or expulsion of a student from the program.

Coaches keep a written record of accidents and injuries and notify parents of these. While it may be impossible to document every injury and its source, an honest effort to document and notify parents in a timely manner is important for the safety and well being of the student athletes. Accidents or injuries are also communicated to the Coordinator. It is the responsibility of the Coordinator to inform the AD who will in turn notify the principal.

Coaches ensure that student athletes wear the uniform, all proper safety equipment and any other expected attire.

Coaches know the Emergency Plan developed by the Athletic Committee and periodically rehearse the Plan with the team.

Coaches Code of Conduct

Coaches will serve as representatives of the values of SFX in their appearance, thoughts, words and actions. Coaches should model Christian sportsmanship knowing that the school is judged more by the coach's sportsmanship than by the team's record. The coach should teach and guide the team members with a sense of fair play and model winning and losing in a respectful, courteous, and gracious Christian manner.

.Coaches should show respect for game officials and opponents: publicly shaking hands with the officials and the opposing coach before and after a game gives clear witness to this respect. They should refrain from public protest which may lead to similar behavior from students, parents, and other spectators.

Coaches should strive to be fair and unprejudiced in their relationships with student athletes and their parents. They should strive to be objective when they evaluate talent. Coaches will criticize constructively and be quick to praise.

Coaches do not tolerate any player word or action that de-values another player, name calling, taunting, etc.; likewise any action that is physically dangerous, e.g. deliberately trying to injure an opponent during a game, is absolutely not allowed. Coaches discipline inappropriate student behavior or disrespect, however, coaches never resort to physical or verbal abuse or profanity. (Ref. Decorum)

Coaches never instruct or encourage student athletes to violate either the spirit or the letter of the rules of the sport or of the league. They do not "run up" huge point spreads, but substitute players when the opposing team is significantly behind.

Coaches are not allowed:

- To use inappropriate, abusive or vile language.
- To deny adequate playing time to students who are cooperative in effort and attendance.
- To place too much attention, or give preferential treatment to the most gifted athletes.
- To submit rosters that are not signed by the pastor and/or principal (or athletic director).
- To play students who are not on their regular school roster or to roster students on two school teams in the same sport.
- To forfeit games without following local procedures.
- To join another league or an additional tournament without the approval of the athletic board/committee, athletic director or pastor and/or principal.

Any violation of this code will result in disciplinary action, which may include some or all of the following:

The Sport Coordinator will discuss the alleged violation with the coach. (At any time during the discussions, either the coach or the Sport Coordinator has the option of requesting a meeting with the Athletic Director.) The Coordinator will inform the Athletic Director of the incident and the outcome of the discussion. If a resolution cannot be reached between the coordinator and the coach, a meeting with the coach, coordinator and Athletic Director will be arranged. In the event of a three party meeting—coach, coordinator, and Athletic Director—written documentation will be made of the incident as well as the recommendations resulting from the meeting. Recommendations may include verbal notice, game suspension, or immediate removal from the team. Any coach that has received three written code violations within a season will be immediately removed as coach.

Monitoring coaching performance:

The Athletic Committee has developed these guidelines and procedures to regularly monitor and evaluate the coaches in the performance of their duties. These guidelines and procedures are approved by the pastor and/or the principal. If a coach is unable to perform his/her duties according to the spirit and guidelines of the athletic program, this process for disciplining and/or removing a coach is clearly outlined and will be followed by the Athletic Committee. Coaches who have been negligent or deficient in carrying out their responsibilities are not retained. Ordinarily, coaches who have been removed from their position are not involved in any other aspects of the athletic program.

Student Eligibility Requirements

Although the staff and administration of St. Francis Xavier School believe that participation in athletics helps promote good physical and mental health in our students, our primary responsibility is to foster the students' academic development in a Catholic Christian atmosphere. Therefore, the following standards will govern student participation in our athletic programs.

- Any student below the 5th grade level or whose 15th birthday is before August 15th of the current school year is ineligible
- Academic eligibility is required for participation. Athletes must maintain a "C" average. If a student is below this standard, he/she will be suspended from participation until such time the grade average is at the required level. The principal may, in his or her discretion, suspend this requirement with respect to

an individual student for good cause.

- All athletes are expected to work to the level of their ability. If a student's grades are not commensurate with his/her ability at the beginning of a sport season (other than late summer and early fall sports) the school will place him/her on probation. The student then has a given time period during which grades or behavior must be brought back into compliance with above standards
- If a pattern of lower quality work becomes apparent during a season, the school will notify parents and coaches that the student is put on notice. If this continues, the school will make a decision as to the eligibility of the student to remain in that sport for the remainder of the season.
- Participation in class work, group work, and on-time completion of assigned work is required. If a student has four late assignments, he/she will be put on notice. If the student receives a fifth late notice, he/she will not be allowed to participate in sports for one week.
- Following completion of work and reinstatement, students are expected to complete all further work on time. If the student again reaches four late assignments, he/she will have relinquished the privilege of participating in the program for the remainder of that particular season.

Expectations of Athletes

Participating in an athletic program and playing sports is a privilege not a right. Athletes should be held to personal, academic, and disciplinary standards.

Students who choose to participate in the athletic program are representing our school and parish at all times. They must act in a manner that reflects favorably upon the school and on themselves. This expectation should be evident at school, in the community, at other schools, as well as, before, during, and after the games.

The student athlete should show respect for coaches and cooperate with them fully. Accept and respect the decisions of your coaches to be in best interest of the team and SFX. This respect is also given to members of their team, opponents, and officials of the sport. Athletes should also respect the spectators and fans.

Athletes are expected to show good sportsmanship and play by the rules. They should be supportive of the members of their team. Understand that individual recognition and accomplishment are the result of teamwork. Realize that the true nature of competition is evaluated by effort, sportsmanship, leadership and teamwork.

Losing self-control, using inappropriate gestures or tone of voice, or foul and abusive language, arguing a referee's call or a coach's decision or other signs of disrespect are reasons for disciplinary action. Consequences of such behavior could be reduced playing time, or even suspension from the team, depending upon the severity of the infraction. (Ref. Decorum)

Athletes are expected to be present and on time for all practices and games. Not attending practices and games affects the entire team and detracts from the sense of teamwork that the coaches are striving to achieve. Head coaches will define team policies regarding excused and unexcused absences and consequences. (Ref. Excused Absences/ School Absences)

Dress Code

Basketball and volleyball players are expected to dress appropriately for both home and away games. Male athletes should wear a nice pair of pants, a collared shirt, and a tie. Sweats or athletic pants are not acceptable. Game shoes should be carried in a bag. Failure to comply with the required dress code may result in decreased playing time.

Expectations of Parents/Guardians

Parents understand that enrolling a child in a sports program is a commitment that the child play according to all the rules and at all the locations at which their team is scheduled to play. Full participation in all aspects of the program, e.g. driving student athletes to “away” games or tournaments that are a good distance from the school, tournament participation during the holidays, etc. is expected.

A volunteer program, especially, is dependent upon everyone’s help and support to maintain a high level of quality and success. Parents may be assigned to work the admissions table, concessions, or to function as team parent, &/or back up parent for practices.

Parents play an important role in the success of the student athlete and also in the success of the team. Parents should support and encourage their child’s efforts. Parents are always reminded to act in a responsible manner and show good Christian sportsmanship. Positive cheering sets a great example to our student-athletes.

Parents should:

- Be a fan of everyone on the team
- Respect the decisions of the officials
- Respect other fans, coaches and players
- Keep any negative thoughts to yourself during games
- Be supportive of your child, the team, the coach and the program
- Encourage athletes in ways to become a stronger, more unified team

Parents should not:

- Attempt to direct the play of an athlete or of the team
- Criticize the playing efforts of any athlete or of the team
- Question, criticize or berate the coaches, referees, or any other official
- Address a coach at a game with grievances

Parents should realize that they can and may be asked to leave a game or tournament if they are not able to maintain a standard of acceptable behavior.

Parents should communicate directly, and at appropriate times, with the teachers of the student to ensure that academic eligibility requirements are being met.

Grievances

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position.

When a conference is necessary, the following procedure should be followed to help promote a resolution of the issue:

Call or email the coach to set up a meeting. Please do not attempt to confront a coach before or after a game or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution; allow you and your athlete some time to reflect on the issue.

Appropriate Concerns to discuss with coaches:

- The treatment of your child—mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Some issues not appropriate to discuss with coaches:

- Game strategies
- Play calling
- Other athletes

If the meeting with the coach does not provide a satisfactory resolution, the Sport Coordinator should be contacted next and finally, the Athletic Director will become involved, if necessary.

Understand and follow this sequence in resolving player/parent/staff issues:

- **First: Player with Coach**
- **Second: Parents with Coach**
- **Third: Parents with Coordinator**
- **Fourth: Parents with Athletic Director**
- **Fifth: Parents with Pastor**

Decorum

Disruptive or inappropriate behavior at practice will be handled as follows:

- 1st offense—Warning from one of the coaches
- 2nd offense—Participant will be held out of practice while parent is called
- 3rd offense—Participant will be suspended for one game
- 4th offense—Dismissal from the team

Any coach or player who is disqualified from an athletic contest will serve a one-game suspension. The suspension will be served in that team's next game.

Any coach and or player ejected from a game for unsportsmanlike conduct, the following shall occur:

- * 1st ejection one game suspension
- * 2nd ejection two game suspension with a hearing

*Any type of physical contact with a referee shall result in an immediate suspension of indefinite length until a hearing can take place.

The AD shall appoint 3 non-involved Committee members who shall review the incident(s) and recommend if additional disciplinary action is needed. The hearing shall take place within 72 hours of the Committee appointment with a recommendation(s) to follow within 10 days of the hearing. All non-involved Committee members shall vote on the recommendations provided.

Use of Outside Facilities

Use of outside facilities for games and practices is acceptable, subject to the approval of the Athletic Director and subject to the issue of certificates of insurance. As always, coaches and staff will take all due care. You are giving SFX your implicit permission by allowing your athlete to play/practice at away locations; therefore in the event of injury, SFX assumes no liability.

Working the Concession Stand

Parents should arrive ten minutes before their scheduled start time when working in the concession stand. This will allow parents time to familiarize themselves with the concession and its operations. One adult, at least 18 years of age, must be in the concession stand at all times during operation. No children below seventh grade are allowed in the concession stand at any time. It is the responsibility of the parent working the last game to count down the cash box and complete the deposit ticket before turning over the receipts to the gym supervisor.

Working the Admissions Table

Parents should arrive ten minutes before a game's schedule start time when working the admission table. One adult, at least 18 years of age must be present at all times during operation. Absolutely no children are allowed to be working the admissions table. It is the responsibility of the parent working the last game to count down the cash box and complete the deposit ticket before turning over the receipts to the gym supervisor.

Team Parents

One or two parents will be asked to serve as a 'team parent' to assist with phone calls or provide a schedule to see that game day responsibilities (concession stand/admission table) are filled and rotated in an equitable manner.

Uniforms

The athlete is responsible for the uniform issued. If it is lost, stolen, or damaged, the athlete will be responsible for the cost of a replacement. At the end of the season, uniforms should be returned in good, clean, reusable

condition. Uniforms should never be worn to practice.

Excused Absences/School Absences

Absence from school due to illness is considered an excused absence from a practice or game. Only “illness, injury, schoolwork or a significant event” will be accepted as an excused absence from practice. The player or a family member must contact a coach prior to the practice/game to inform them of the absence. Any other reasons for absence may be considered an unexcused absence by the coach and may affect playing time. An athlete who is absent from school due to illness, may not attend practice or play in a game on that day. Absence from school on a Friday will not affect Saturday and Sunday playing time if the athlete has recovered sufficiently to participate.

Snow Days

Whenever school is canceled due to weather or other problem, all home athletic contests and practices are canceled.