

KNOWLEDGE RESPECT RESPONSIBILITY FAITH LEADERSHIP SERVICE CHARACTER

AQUIN



# ATHLETE HANDBOOK

2023-2024

[WWW.AQUINSCHOOLS.ORG/ABOUT/HANDBOOK.CFM](http://WWW.AQUINSCHOOLS.ORG/ABOUT/HANDBOOK.CFM)

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# 1

*To Aquin Athletes & Parents,*

*Welcome to the Aquin athletic program. Being a member of an Aquin Catholic Schools athletic team carries certain responsibilities. Each student athlete must commit to loyalty and dedication. Parents and athletes are expected to be positive leaders in promoting good sportsmanship.*

*There are nearly 300 scheduled athletic events, 16 teams, and approximately 20 coaches involved in the athletic program at Aquin Catholic Schools. The purpose of the athletic program is to provide our students the opportunity to experience success through interscholastic competition as they develop into mature, responsible people.*

*This handbook is provided to give parents, coaches and athletes the information required to become successful Aquin athletes. We ask you to read and discuss this handbook carefully.*

*This Athlete Handbook sets forth the policies, rules, and procedures of the School relating to students and their families. Questions as to the interpretation and application of these policies, rules and procedures, is vested in the School Superintendent in consultation with the Athletic Director. The School reserves the right to periodically rescind, revise or supplement these policies as deemed appropriate by the School Superintendent in consultation with the Athletic Director and the Diocesan Superintendent of Schools. This Athlete Handbook is not a contract. It does not establish contractual rights and obligations between and the student and/or parent/legal guardian and the School.*

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## MISSION STATEMENT

The Aquin Catholic Schools System is a faith community founded in Christ where all individuals are given the opportunity to develop both their moral character and learning potential.

## PHILOSOPHY OF THE ATHLETIC DEPARTMENT

The athletic program at Aquin Catholic Schools is an integral part of the education program offered to the students. As such, it is designed to implement the goals of its mission statement. The school places trust and confidence in Aquin coaches, the athletes, and the athletes' parents to promote the highest standards of the profession.

### Athletic Curriculum

Interscholastic activities are an important aspect of any school. Participation in athletics is an extension of what happens in the classroom. The opportunity to participate in a variety of sports is open to all Aquin students. Participation in sports is a **privilege**, not a right. Therefore, those who choose to engage in sports must abide by certain rules.

Participating in athletics helps students learn qualities related to sports and life. Athletic participation is a learning experience and all team members, regardless of ability, will be afforded the opportunity to develop intangible attributes. Pride, teamwork, self-discipline, self-sacrifice, work ethic, commitment, perseverance, spirituality and sportsmanship are a few of the qualities that result from athletics. These qualities will prove essential throughout the lives of our student athletes.

Aquin attempts to prepare young people to be good Christians and citizens who know how to exhibit respect for self and others.

In addition to teaching the skills of a sport or activity, the curriculum involves teaching skills that enhance overall growth and development:

- Learning to be a loyal and reliable teammate - such a development will manifest itself in life by actions that distinguish a good neighbor.
- Learning to do one's best and giving the maximum effort - such growth will show itself by actions that distinguish a good worker.
- Learning to respect one's opponent and one's own efforts - such advances will display itself in life by reflecting good Christian behavior.
- Learning to be honest and forthright with self and others - such experiences will exhibit itself in life by accepting responsibility for one's actions.

Sports and activities provide opportunities to teach and learn respect for self and others. They also place participants in a unique context - competition - that hopefully will instill values necessary for the development of respect for self, others and God.

### Commitment to the Athletic Program

As a member of an Aquin Catholic School athletic team, all athletes are to understand and abide by the expected level of commitment for such membership. Aquin athletes are expected to attend and participate at all practice sessions and contests, support fellow teammates and respect coaches.

In any given athletic season the spiritual director and coaches have scheduled a number of prayer services and Masses, which all participating athletes **MUST** attend. Attendance at practices and contests is important for the continuity and development of any team. However, an athlete, who will be absent for vacation or

trip with parent(s), must present a minimum of one week in advance of the planned vacation or trip stating the days he/she will be missing a practice/contest. The student may lose team status and be responsible for personal improvement as assigned by the coach.

The choice to compete in the Aquin Athletic Program must take precedence over any outside athletic activities. Each practice or game missed, as a result of attending outside athletic activities, will result in unexcused absence.

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**AQUIN CATHOLIC SCHOOLS  
ATHLETIC DEPARTMENT  
1419 SOUTH GALENA  
FREEPORT, IL 61032**

**WEBSITE: [www.aquinschools.org](http://www.aquinschools.org)**

### SENIOR HIGH SCHOOL (grades 9-12)

- **Athletic Administrator: Todd Kramer**  
TELEPHONE: cell . 815.233.6202  
                  school . 815.235.3154 x 221  
EMAIL: [todd.kramer@aquinschools.org](mailto:todd.kramer@aquinschools.org)

### JUNIOR HIGH SCHOOL (grades 5-8)

- **Athletic Director: Todd Kramer**  
TELEPHONE: cell . 815-233-6202  
                  school . 815.235.3154 x 221  
FAX: 815.235.3185  
EMAIL: [todd.kramer@aquinschools.org](mailto:todd.kramer@aquinschools.org)

**Superintendent:** Beth Heitkamp  
**Administrative Team:** Beth Heitkamp, Evan Hunziker  
**SH Athletic Directors:** Todd Kramer  
**JH Athletic Director:** Todd Kramer

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## SENIOR HIGH SCHOOL

**Conference** | Northwest Upstate Illini Conference  
**Division** | Varies per sport  
**Nickname** | Bulldogs  
**Colors** | Navy Blue and Gold

### **SENIOR HIGH SCHOOL HOMESITES**

**Football** | *Conley Field (Aquin)*  
**Golf** | *Park Hills Golf Course*

Volleyball | Aquin Gymnasium  
Basketball | Aquin Gymnasium  
Baseball | Highland College Field  
Softball | Orangeville

### General Information

Aquin Catholic High School adheres to the rules and regulations of the Illinois High School Association (IHSA) and the Northwest Upstate Illini Conference (NUIC).

### NORTHWEST UPSTATE ILLINI CONFERENCE

Amboy  
Ashton/Franklin Center  
Dakota  
Durand  
East Dubuque  
Eastland  
Forreston  
Freeport Aquin  
Galena  
Lena-Winslow  
Milledgeville  
Orangeville  
Pearl City  
Pecatonica  
Polo  
River Ridge  
Stockton  
Scales Mound  
Warren  
West Carroll

*These schools shall be divided or not into divisions as the majority of the membership deems necessary or desirable for conference participation.*

With the exception of golf, Aquin offers no co-ed sports. The following is a list of the interscholastic sports offered at Aquin High School during the course of the school year:

#### BOYS:

Fall | Football, Golf,  
Winter | Basketball  
Spring | Baseball

#### GIRLS:

Fall | Volleyball, Golf  
Winter | Basketball  
Spring | Softball (CO-OP w/Orangeville)

### Non-School Sponsored Sport Participation

Aquin High School will pay the IHSA entry fee for a non-school sponsored sport an individual wishes to enter.

All other expenses incurred for participation (transportation, meals, lodging, etc.) will be paid by the athlete/parent. Should any expenses be incurred by the school in hiring a teacher/coach to supervise the individual athlete, as required by the IHSA, or a substitute for the teacher/coach, the athlete/parent will be responsible for the cost.

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## **JUNIOR HIGH SCHOOL CO-OP w/ ORANGEVILLE**

Conference: Stephenson County Jr. High Athletic Conference

Nickname: Broncos

Colors: Purple/Gold

### **JUNIOR HIGH SCHOOL HOMESITES**

Football | *Orangeville*

Volleyball | *Orangeville Campus Gym*

Basketball | *Orangeville Campus Gym*

## **STEPHENSON COUNTY JUNIOR HIGH ATHLETIC CONFERENCE**

### **FOOTBALL: (8-Man Football)**

AFC

Alden Hebron

Amboy

Milledgeville

Orangeville

Polo

River Ridge

South Beloit

### **VOLLEYBALL, BOYS & GIRLS BASKETBALL:**

Lena Winslow

Dakota

Orangeville

Durand

Pearl City

Eastland

Stockton

### **Transportation:**

JH players will carpool to and from all sporting events.

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## **REQUIREMENTS FOR PARTICIPATION**

Any student may request membership in the Aquin Athletic Program. Athletes must understand and abide by the expected level of commitment for participation on an athletic team.

**An athlete must have clearance from the Athletic Director/Administrator before beginning practice.**

**A complete Athletic Form must be on file with the Athletic Director/Administrator.**

### **ATHLETIC FORM PROVISIONS:**

***All forms are due before athlete may start practice on the first day.***

- **Enrollment Status**

Athletes must be officially registered as students at Aquin Catholic Schools. Families must be current regarding payment of tuition and fees.

- **Attendance at Athletic Meeting**

An athlete and at least one parent/guardian MUST attend the athletic department meeting scheduled at the beginning of the sport season in which the athlete initially requests participation.

- **Physical Exam**

Prior to the beginning of the sports season, a student MUST have on file a physical examination signed by a licensed physician. A physical is valid for one calendar year from the date of the physical. It is recommended that physicals be completed after June 1<sup>st</sup>.

- **Medical Emergency Form**

Prior to the beginning of the sports season all students MUST have on file a completed emergency form.

- **Signed consent form for random drug testing (high school only).**

- **Signed Concussion Information Sheet.**

- **Participation Agreement**

A completed Participation Agreement Form indicating that the student/athlete and his/her parent/guardian have read this handbook and agree to abide by its policies must be on file with the athletic director.

- **Insurance and Health**

Athletes must have health insurance and have the information on file with the athletic administrator/director.

- **Participation Fee**

Athletes pay a participation fee for each sport in which they participate.

\$125 High School \$85 Jr. High/Grade school. Fees are non-refundable. Prorated refunds may be given for medical reasons.

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## CONCUSSION PROTOCOLS

At the beginning of each sports season annually, student athletes and their parent/legal guardian will receive documentation which includes the Aquin High School Concussion Protocol. That document describes the protocols to which the School adheres regarding an athlete's eligibility to participate in Aquin sports generally, and specifically for particular practices and contests, and regarding the required procedures when a student is injured, and the requirements for return-to-learn and return-to-play. This protocol applies to all students in all sports, and the School's decisions shall be adhered to by both athletes and their parent/legal guardian.

The Aquin High School Concussion Protocol is a part of this Athlete Handbook.

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## ACCIDENTS/INJURIES

Parents must notify the athletic administrator/director in writing of any medical or health condition, injury or condition of their child. The information in turn will be shared with the athletic trainer.

In the case of an accident, or injury during practice or a contest, no matter how minor, the student has the responsibility to immediately report the details to the coach in charge. The coach shall follow the Concussion Management Protocols.

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## ATTENDANCE

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Attendance at practices and contests is important for the continuity and development of any team.

If an athlete will be absent, the following procedure must be followed:

- **Outside Athletic Activities**  
The Aquin athletic program takes precedence over outside athletic activities. Violation will result in an unexcused absence, unless permission has been secured from the coach and athletic administrator/director.
- **Attendance At Practice Session**  
Athletes are expected to attend each scheduled practice session. However: **SCHOOL DETENTIONS MUST BE SERVED AT THE ASSIGNED TIME.** Having a practice or a game is not an excuse to miss a detention. Coaches will impose consequences for an athlete who misses any part of a practice or a game while serving a detention.
- **Excused school absence**  
If an athlete is in school and goes home prior to practice, the athlete should contact his/her coach or the athletic administrator/director prior to leaving school.
- **Pre-arranged events** approved by the coach are excused with 24-hour notice in advance.

### **School Attendance**

To be eligible to participate in or attend a practice/contest, the athlete:

- **Must be in school by 9:00am (for all grade levels of athletes)**
- May not be absent from school because of illness during the day of a contest.
- May not leave school because of illness during the day.
- Defers to the athletic administrator/director's decision of eligibility regarding reasons other than illness.
- May not have served a school suspension on that day.

### **Attendance at Athletic Contests**

Athletes are to attend all scheduled athletic contests for their team. If an athlete must miss a contest due to an emergency, the athlete shall contact his/her coach prior to the event for approval.

### **Attendance at Games**

All athletes are expected to attend all home games in the team's program. Team members sit together, dressed appropriately, in areas designated by the head coach of that sport.

### **Travel To and From Games**

Student athletes **MUST** travel with the team to and from each contest on the **school-provided** transportation.

- Parents who find it necessary to transport their son or daughter home from a contest **MUST** notify the coach in person. In the event parents request their child go home with another PARENT, a permission slip **MUST** be signed by the student's parent and given to the coach. Student athletes who miss the **school-provided** transportation to a contest the first time will incur the consequences previously established by the coach for such an infraction (may include not participating in the contest). If they miss more than one time, it is the school policy that they will not be allowed to participate in the contest.
- **Junior high football, volleyball and basketball** players travel by carpool.

### **Unexcused Absence From a Practice/Contest**

At the beginning of the season the head coach will establish and explain all team rules, regulations,



responsibilities and consequences for failure to follow and meet those responsibilities.

An Aquin athlete quitting a team during the sport season **must** notify the athletic administrator/ director.

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### **ELIGIBILITY, CONDUCT, AND CONSEQUENCES**

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#### **Academic Eligibility**

Aquin students must be academically eligible in order to participate in extracurricular activities.

Semester grades (high school), accumulated from the beginning of a semester to the current date, and quarter grades, accumulated from the beginning of a quarter to the current date are both used in determining a student's eligibility to participate in extracurricular activities.

Semester and quarter grades will not be calculated until week three of the semester, or quarter, in order to give the student ample opportunity to accumulate a valid grade.

The following weekly grading criteria are used to determine athletic eligibility.

- Students must be passing four classes.
- Student may not currently have:
  - Two F's
  - One F and two D's
  - Four D's
  - One F in the same class in two or more consecutive weeks.
  - Students who receive two or more semester grades of F will be ineligible for the following semester.

Grades are reported on Tuesday of each week. The period of eligibility is the following Monday through Sunday for both senior and junior high students. During an extended period of non-attendance days, such as Christmas and Spring Break vacation, the last grade turned in before the vacation will be valid throughout the vacation.

#### **Behavior Eligibility Rules and Conduct, and Consequences**

1. Any student who is a participant in any school-sponsored sport, academic team, or other IHSA sponsored event shall be subject to all rules written in this code. These rules apply twenty-four hours a day, seven days a week, twelve months a year, in or out of school.

2. All students are expected to adhere to all school rules, regulations and policies. Failure to do so may result in the athlete losing his/her privilege to participate in the school's athletic program.

3. Athletes are expected to notify their coach and the athletic director of any violations of the rules. It is expected that they will *tell the truth (definition of character)* when confronted with information regarding a rule violation.

4. Intimidation, includes hazing, bullying, harassing, humiliation of another, by various means; including horse play, practical jokes or tricks that result in humiliation or physical injury, and other similar acts are prohibited by an athlete or against an athlete. The athletic administrator/director

will determine consequences of these acts, based on the severity of the act, and past violations.

5. Athletes shall demonstrate respect for the school's neighbors when coming to or leaving from the school's premises for (contests, practices, using weight room, etc). This includes but is not limited to CAREFUL and RESPONSIBLE driving, NO LOUD VOICES. ETC.

## **Alcohol, Tobacco and Other Drugs or Illegal Activity**

Athletes are prohibited from using tobacco and using or being under the influence of alcohol or drugs. Included within the prohibition set forth in this policy are the following:

- Use, possession, manufacture, distribution, dispensation or sale of drugs, drug paraphernalia, steroids and/or controlled substances, alcohol or tobacco (cigarettes, e-cigarettes, cigars, pipes, smokeless/chew, and vaping).
- Storing in a locker, desk, automobile or other repository on school premises or in connection with any school-related activity any drug, drug paraphernalia, alcohol, or tobacco.
- Tobacco use or possession of tobacco products in or on Aquin property is likewise prohibited.
- Being under the influence of drugs or alcohol on school premises or in connection with any school-related activities.
- **Any illegal actions.**
- The school reserves the right to require a student to undergo testing for the use of alcohol and/or drugs when a reasonable suspicion of such use exists (observation of the student's behavior, information received regarding alleged alcohol or drug use and/or other evidence). A student's failure to cooperate in testing required by this policy or other violation of this policy may result in disciplinary action up to and including expulsion from school.
- Involvement in acts of vandalism, violence, theft, or any act considered unlawful in any legal jurisdiction.
- Involvement as a participant at a party or gathering where illegal activities are occurring. The student will be treated as a participant should he/she fail to leave the premises once he/she becomes aware of these illegal happenings.
- Behavior (including misuse of social media) that brings discredit on the athlete and/or the school.

**Student athletes are held accountable for these policies 24/7, 12 months out of the year from the beginning to the end of their enrollment at Aquin.**

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## **CONSEQUENCES (Span an Athlete's Sports Career):**

Athletes are expected to notify their coach and the athletic administrator/director of any violations of the rules. It is expected that they will *tell the truth (definition of character)* when confronted with information regarding a rule violation. The athletic administrator/director will determine consequences of these acts, based on the circumstances of the particular case, the severity of the act, and past violations.

**Season begins with 1<sup>st</sup> official contest and ends with final scheduled contest.**

- **First Offense:** Suspension from participation in all (see definition of season) season's contests for

20% of the season from the time of the violation or from the time that the administration/ athletic director makes determination regarding the offense. If violation occurs in off-season, **suspension will begin with the student's first scheduled contest.**

- Athletes must attend all practices during this period and perform tasks at coach's discretion. Students are expected to notify their coach/AD of any infractions.
- **Second Offense:** Expulsion from current sport and cannot participate in succeeding sports for 30 days from 1<sup>st</sup> **scheduled contest** or after half the season (beginning with the first scheduled contest) has passed, whichever is longer. The athlete may practice for future participation at coach's discretion. (see definition of season).
- **Third Offense:** The athlete will be expelled from all sports for one full calendar year. At the end of the calendar year the student will meet with a discipline board to determine further participation eligibility in Aquin athletics.

In the case of **activities considered illegal** and/or violations of state or city laws, or school regulations:

- **Felony:** Immediate expulsion from sports for one calendar year, with a review by a discipline board (above) after a year to determine further participation.
- **Unlawful Acts:** Consequences determined by athletic administrator/director, depending on the severity of the act.
- **Misdemeanor**(except that which relates to Aquin's drug/alcohol policy), Suspension for ONE game. Consequences for traffic violations will be determined by the administration.

*Notwithstanding the above, the School reserves the right to deviate from any of these steps due to the facts and circumstances of the particular case.*

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### **Behavior Expectations for Athletes**

It is important that Aquin Catholic athletes conduct themselves in a manner appropriate with the Christian Gospel, philosophy and mission of Aquin Catholic Schools and civil propriety. Consequently, behavior such as swearing, uncontrolled anger, taunting and ridiculing the officials, negatively inciting the fans and taunting the other team will incur the following penalties:

- **First Offense:** There will be a written apology by the athlete to the parties involved; one game suspension.
- **Second Offense:** A week suspension from regular contests.
- **Third Offense:** Expulsion from the team.

*Notwithstanding the above, the School reserves the right to deviate from any of these steps due to the facts and circumstances of the particular case.*

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## **7**

### **AQUIN LETTERING SYSTEM**

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#### **ATHLETICS**

- **Varsity Letter "A" with Bulldog**
  - Achieved by participating at the Varsity level, in a sport and maintaining a 3.5 GPA for 3 semesters
- **Varsity Letter**
  - Achieved by participating at the Varsity level in a sport. Coaches discretion
- **Bars**

- Awarded for additional letter achievements after the letter has been received.
- **Participation Pin**
  - Achieved by participating at the Varsity level in a particular sport for more than 1 year
- **Fresh/Soph Numbers**
  - Achieved by participating at the Fresh/Soph level, in a sport
- **Participation Pin**
  - Achieved by participating at the Fresh/Soph level in a particular sport for more than 1 year

## FINE ARTS

- **Varsity Letter “A” with Bulldog**
  - Achieved by meeting the below requirements and maintaining a 3.5 GPA for 3 semesters
- **Varsity Letter**
  - Achieved by participation as defined below
- **Participation Pin**
  - Achieved by participating in 4 concerts, theatre production or school musical
- **Bars**
  - Awarded for additional letter achievements after letter has been received
- **Fine Arts Letter Requirements**
  - Participating in (2) of the following events
    - IMEA District Auditions (October)
    - IMEA District Festival (November)
    - Upstate Illini Festival (Spring)
    - IHSA Solo & Ensemble (March)
- **Participate in ALL of the following**
  - Choir Class
    - Must Participate in all (2) concerts
    - Achieve a grade of A- or higher
  - Theatre Class
    - Must participate 1 year if offered
    - Achieve a grade of A- or higher
  - School Musical
    - Must attend practice on regular basis regardless of part
    - Must participate in all performances

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### EQUIPMENT

Each athlete is expected to take excellent care of the athletic equipment. Uniforms issued by the school should be kept laundered.

If the equipment needs repair any time during the season, the athlete must notify the coach as soon as possible. The original equipment and uniform issued must be cleaned and returned by the athlete within one week after the close of the season.

Athletes may be required to reimburse the school for lost, intentionally damaged equipment and unreturned equipment/uniforms.

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## FACILITIES

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- Athletes are not allowed in the **coach's office/area** unattended and without permission.
  - The **training room** is off limits unless attended by the athletic trainer or coach. **An adult must supervise weight room facilities** at all times.
  - **Students may not be in the building without an adult supervisor.**
  - **Penalty** for being in a restricted area, uninvited or unsupervised, may result in disciplinary action.
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# 10

## SPORTSMANSHIP

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### STANDARDS OR SPORTSMANSHIP/PERSONAL CONDUCT

Students attending extracurricular events are to maintain all standards of behavior identified in the student handbook. School pride, loyalty, sportsmanship and respect toward the opponent's school should always be emphasized.

### ATHLETES

The following rules/expectations are in effect:

- Maintain a good reputation as a **representative of the school.**
- **Students shall stand and demonstrate respect during the playing and/or singing of the National Anthem and the School Song.**
- Be **respectful** to all adults and be **cooperative** in following the instructions of coaches.
- Derogatory or disrespectful cheering directed toward opponents and/or officials is not allowed.
- **No artificial noisemakers** are to be used at an indoor event.
- The use of **banners, placards, signs and similar items** is permitted provided:
  - They are in **good taste** and reflect good sportsmanship in their message and use.
  - They provide **identification and encouragement** to participants and their school and community.
  - They are **not displayed on the field of play** or in a manner, which interferes with play.
  - They **do not obstruct** the view of participants or spectators.
  - They are **not safety hazards.**
- An athlete will **share responsibility in the actions of any group** or individuals with whom he/she associates.
- Athletes **travel to and from games** in school-type clothes, team uniform, and team warm-up or team dress outfits. Athletes may not wear jeans.

The athletic administrator/director will suspend any team member not living up to the highest standards of personal conduct and sportsmanship.

### PARENT/GUARDIAN

- Parents/guardians of a student athlete are to be supportive of the team, the participants, and the Coaches.
- Parents/guardians are to help their student athlete follow and uphold the rules and team policies.
- Parents/guardians should be a positive Christian role model for the entire student body., and exhibit good sportsmanship at all times.

- Parents/Guardians should learn the basic rules and strategies of the sport to gain a better understanding of it.
  - If parents have any questions or problems concerning their student athlete, they should **schedule** a time for their student athlete to meet with the coach (not during a practice or game). If there is no resolution, the parent/guardian may contact the athletic administrator for a joint meeting.
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# 11

## **PLAYING TIME**

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***PLEASE NOTE: the amount of playing time, which will vary among the participants on the team, does NOT indicate the value of the contribution made by the athlete.***

Playing time for each athlete is determined by a number of factors some of which are:

- school and diocesan policy and mission
- the coach's judgment
- attendance at and the use of practice time by the athlete
- welfare of the team
- the athlete's individual skill, attitude, and ability to make a specific contribution to the team dynamic.

**Please cooperate with the school in acknowledging ALL our athlete's contributions, not by the playing time each receives, the specific position assigned, the win/loss record, individual statistics, and/or awards and/or recognition received but by the success with which EACH contributes to the best of his/her ability to the achievement of the TEAM.**

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# 12

## **STATE CONTESTS**

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Students who are members of an athletic team may be excused from school when they're team or a member of their team, is playing/competing in a State Contest (IHSA). Non-participating members must have parental permission and parents assume full responsibility for travel, lodging and supervision.

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## **COLLEGE ATHLETIC REQUIREMENTS**

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If you want to play sports at an NCAA Division I or II school, start by registering for a Certification Account with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org). If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page at [eligibilitycenter.org](http://eligibilitycenter.org).

[Click here for an overview of high school course requirements.](#)

### **Division I Regulations**

Graduate from high school after successfully completing a core curriculum of at least 13 academic courses; with a grade point average and combined score on the SAT verbal and math sections or a sum of scores on the ACT based on the Division I Qualifier Index.

### **Division II Regulations**

To qualify for a Division II school, an athlete must have a GPA of 2.000 in a successfully completed core curriculum of at least 13 academic courses and have an 820 combined score on the SAT verbal and math sections or a sum of scores of at least 68 on the ACT.

### **Be Certified by the NCAA Initial Eligibility Status**

#### **Eligibility Clearinghouse**

Additional information may be obtained from the athletic director/guidance counselor.

- “NCAA Guide for the College-Bound Student-Athlete
- Complete the student release form
- Mail the top copy of the form to the clearinghouse along with the registration fee. The high school sends the yellow copy, along with an official copy of your high school transcript to the clearinghouse. The pink copy is for the student’s files.

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# 14

## **IHSA INFORMATION AND RULES**

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The following is information and rules from the IHSA, and applies to Aquin student athletes:

### **Athletic Eligibility Rules**

When you become a member of an interscholastic athletic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic sports participation. The IHSA’s rules have been adopted by the high schools, which are members of IHSA as part of the Association’s constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competitions in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal of your school is responsible to see that only eligible students represent the school in interscholastic athletics. Any question concerning your athletic eligibility should be referred to your principal, who has a complete copy of all IHSA eligibility rules, including the Association’s due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal has questions or wishes assistance in answering your questions, the principal should contact the IHSA Office.

Information contained here highlights only the most important features of the IHSA by-laws regarding interscholastic athletic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic athletics. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety.

You will lose eligibility for interscholastic athletics if you violate IHSA by-laws. Therefore, it is extremely important that you review this material with your parents, your coaches, your athletic director and your principal to thoroughly understand the IHSA eligibility by-laws and how they relate to you.

### **Attendance**

You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.

You must be enrolled and attending classes in your high school no later than the beginning of the 11<sup>th</sup> school day of the semester.

If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have athletic eligibility.

If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is “lapse in school connection” or not.

### **Scholastic Standing**

You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) “full credit” courses. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

### **Residence**

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian. [If you do not reside with both of your biological parents, your eligibility may be subject to special provisions. Check with your principal to be sure you are eligible before you participate.]

You may be eligible if you are entering high school as a freshman and:

- You attend the public high school in the district in which you live full time with both of your parents; or
- You have paid tuition to attend a public school for a minimum of 7<sup>th</sup> and 8<sup>th</sup> grades in a district other than the one where you live with your parents, and you continue to pay tuition as a high school student in that same district; or
- You attend a private/parochial school located within the boundaries of the public school district where you live with your parents or court appointed legal guardian; or
- You attend a private/parochial high school and have attended a private/parochial school for 7<sup>th</sup> and 8<sup>th</sup> grades, or for any four (4) grades from kindergarten through eighth grades; or
- You attend the private/parochial high school which one or both of your birth parents attend or where one of your parents’ current spouse attended; or
- You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents.

### **Transfer**

In all transfer cases, both the principal of the school from which you transfer, and the principal of the school into which you transfer, must concur with the transfer in writing on a form provided by the IHSA Office.

**Transfers cannot be eligible until this form is fully executed and on file in the school office.**

If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date your start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.

If you transfer attendance from one high school to another high school, you will be ineligible unless:

- Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district.



- Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed.
- The Guardian changes residence to the district attendance area for the school to which you transfer.
- Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school approve your transfer.
- Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents custodial parent or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school approve your transfer.
- Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer.
- If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

Any questions about your eligibility in any of these instances must be resolved by a form ruling from the IHSA Executive Director.

In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal of the school into which you transfer before you participate in an interscholastic athletic contest.

### **Participation Limitations**

After you enroll in ninth (9<sup>th</sup>) grade, you may be eligible for no more than the first eight (8) semesters you attend school. If you attend school for ten (10) or more days in a semester, that counts as a semester of attendance. You are not guaranteed eight semesters of eligibility, but that is the maximum number of semesters of high school attendance during which you may possibly have eligibility.

Your 7<sup>th</sup> and 8<sup>th</sup> semesters of high school attendance must be consecutive.

After you enroll in ninth (9<sup>th</sup>) grade, you will not be eligible for more than four (4) years of competition in any sport. You are not guaranteed four (4) years of competition, but that is the maximum amount of competition you may have.

### **Age**

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20<sup>th</sup>) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20<sup>th</sup>) birthday occurs.

### **Use of Players**

You may not appear at a contest in the uniform of your school while you are ineligible. This means that you may not dress or sit on the bench in uniform if you are not eligible to play. Also, you may not compete in an “exhibition” contestant if you are not eligible.

### **Participating Under a False Name**

If you compete under a name other than your own, your principal will immediately suspend you from further competition and you and any other person(s) who contributed to the violation of this by-law will be subject to penalties.

## **Physical Examination**

You must annually have placed on file with your principal a certificate of physical fitness, signed by a licensed physician, in order to practice or participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal.

## **Amateur Status**

If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost.

For participating in competition in an interscholastic sport or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$20 fair market value. There is no limitation on the value of your school letter.

The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in little kids league, etc. It only applies to your own competition in an athletic contest.

If you violate the amateur rule, you become ineligible in the sport in which you violate. The Executive Director must reinstate you before you may compete again.

## **Recruiting of Athletes**

The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.

You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by a person or group of persons, connected with or not connected with the school, related to athletic participation. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete, which are not uniformly made available to all students who attend your school.

You may not receive an "athletic scholarship" or any other special benefit from your school, provided because you participate in athletics.

It is a violation for any student-athlete to receive or be offered remuneration or any special inducement, which is not made available to all applicants who apply to or enroll in the school. Special inducement includes, but is not limited to:

- Offer or acceptance of money or other valuable consideration such as free or reduced tuition during the regular year or summer school by anyone connected with the school.
- Offer or acceptance of room, board or clothing or financial allotment for clothing.
- Offer or acceptance of pay for work that is not performed or that is in excess of the amount regularly paid for such service.
- Offer and acceptance of free transportation by any school connected person.
- Offer or acceptance of a residence with any school connected person.
- Offer or acceptance of any privilege not afforded to non-athletes.
- Offer or acceptance of free or reduced rent for parents.
- Offer or acceptance of payment of moving expenses of parents or assistance with the moving of parents.
- Offer or acceptance of employment of parent(s) in order to entice the family to move to a certain community if someone connected with the school makes the offer.
- Offer or acceptance of help in securing a college athletic scholarship.

It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics; even when special remuneration or inducement is not given. Please remember that you may not be offered to receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.

### **School Team Sports Seasons**

Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:

- During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws will result in penalty to you and/or to your school's coaching personnel.
- No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

### **Playing in Non-School Competition**

During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.

- If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- If you wish to participate in any competition sponsored and conducted by the National Governing Body for the sport, your principal must request approval in writing from the IHSA Office prior to any such participation.
- You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team.
- You will become ineligible if you participate with, practice with or compete against any junior college, college or university team during your high school career.

### **All-Star Participation**

After you have completed your high school eligibility for football, basketball, soccer or volleyball, you may participate in one (1) all-star contest in any of these sports and still play for other school teams, provided:

- The high school season in that sport has been completed
- The all-state contest has been approved by the IHSA

You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer, or volleyball, except that you may not do so during the school season for the sport.

## **Coaching Schools**

A coaching school, camp or clinic is defined as any program, sponsored by an organization or individual, which provides instruction in sports theory and/or skills; which does not culminate in competition, and which is attended by more than two (2) persons from the school which the student attends. During the school term, you may not attend a coaching school or clinic for any interscholastic sport.

You may attend a coaching school, camp or clinic during the summer (that period between the close of school in the spring and the opening of school in the fall) within the following criteria:

You may not attend a coaching school, camp or clinic for any sport after Saturday of Week No 4 in the IHSA Standardized Calendar.

## **Misbehavior During Contests**

If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.

If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

Any other person(s) found to be in violation of the ethics of competition or principles of good sportsmanship might also be barred from interscholastic athletic contests.