



THOMPSON SCHOOL DISTRICT **ATHLETIC TRAINING/CONDUCT RULES**

The purpose of Training/Conduct Rules is four-fold:

1. To provide for clarity, consistency and fairness in the application of participation, health and conduct rules for athletes.
2. To insure regular participation in practices, training sessions and competition, so that an organized program of learning and physical conditioning may be followed.
3. To promote health practices which are beneficial to the individual, and which allow the athlete to operate at maximum physical potential.
4. To promote conduct that will reflect credit upon the school, enhance team and individual morale, and provide practice in behavior patterns which encourage the development of desirable character traits.

Training/Conduct Rules are for the benefit of the individual and the team. Students who make a decision to participate in athletics must also decide to make a personal commitment to abide by the rules and procedures governing athletic competition, including training rules. The most effective result of such rules comes about due to self-imposition of the rules by athletes, because they realize that achievement is the result of personal effort, desire, and the willingness to give up some short-term pleasures for long-term results.

Failure to follow district athletic policies shall constitute grounds for suspension from practices, suspension from participation in interscholastic competition or other appropriate penalties when such conduct occurs on school grounds or during any school sponsored event, or at any time on or off school grounds. The training rules will be in effect year-round. Once signed, students entering Thompson School District as 6th or 9th graders, enter with a clean slate at that level with regards to eligibility and these training rules. Once this document is signed, it is effective until the athlete's graduation. A transfer student who would be ineligible in any other school may not become eligible for competition at any level by transferring. The period of ineligibility is determined by the school at which the ineligibility occurred.

The training rules are in effect both in-season and out-of-season.

Suspensions are cumulative for the school year, yet imposition of the penalty may, if need be, continue into the next school year. When suspension occurs, the student-athlete will be notified by the Building AD. The Building AD will also notify the family in writing (email or letter). A student and/or his parent/guardian may appeal by writing the principal within five school days of decision.

Family to Building AD → Building Principal → TSD Director of Activities & Athletics →
Executive Director of Teaching & Learning → Superintendent

II. EXPECTATIONS:

As identified in this handout, coaches, parents, and athletes have expectations which pertain to participation in a sport. Concerns with these expectations should be addressed utilizing the communication process identified and proper solutions sought to remedy the situation.

TRAINING RULES DISCIPLINE GRID

LEVEL I REQUIREMENTS:	
Fees paid by start of first official practice Current physical Signed consent forms Insurance information Athlete must be registered in Planet HS Must be eligible by CHSAA, school and team standards	Ineligible to practice or compete until completed

MUST MAINTAIN ELIGIBILITY DURING THE SEASON THROUGH PERIODIC ELIGIBILITY CHECKS.

LEVEL II VIOLATIONS: TRAINING AND CONDUCT RULES	
Enforced by coach	Consequences are at the coach/Athletic Director discretion
Violation	All Violations Per School Year
Violation of transportation rules	Suspended from next competition, demotion, or team imposed penalty at coach/Athletic Director discretion*
Profanity	Suspended from next competition, demotion, or team imposed penalty at coach/Athletic Director discretion*
Code of conduct/team specific rule violation (including school referrals, suspensions, and social media violations)	Suspended from next competition, demotion, or team imposed penalty at coach/Athletic Director discretion*
Habitual truancy or violation of school rule (including academic dishonesty)	Suspended from next competition, demotion, or team imposed penalty at coach/Athletic Director discretion*
Breaking of minor Colorado Law	Suspended from next competition, demotion, or team imposed penalty at coach/Athletic Director discretion*
Bad sportsmanship	Suspended from next competition, demotion, or team imposed penalty at coach/Athletic Director discretion*
Violation of health practices adopted by team	Suspended from next competition, demotion, or team imposed penalty at coach/Athletic Director discretion*

Enforced by Coach/Athletic Administration	
Student hasn't properly checked out of previous sport. Student hasn't returned all equipment, uniforms or has damaged or lost gear.	Student will not be able to compete in the next season until all equipment/uniforms are turned in. Fines must be paid prior to competition.
Students enrolled in the district must be in attendance at school for the entire school day in order to participate in any school-sponsored activity that is conducted on that day.	In cases of emergency or extenuating circumstances, the principal or designee may grant an exception to this limitation.

INFRACTIONS CAN RESULT IN ADDITIONAL AND MORE SEVERE ACTIONS

LEVEL III VIOLATIONS: HEALTH AND CONDUCT

Violation	1 st per level (6-8 or 9-12)	2 nd per level (6-8 or 9-12)	3 rd per level (6-8 or 9-12)	4 th per level (6-8 or 9-12)
Possession or use of: Alcohol Drugs Tobacco or Nicotine products Any form of Inhaled Vapors	20% suspension from scheduled contests OR 10% plus Counseling	50% suspension from scheduled contests	Suspension from athletics for one calendar year from the date of the offense	Suspension is permanent
Vandalism Theft Assault Hazing Harassment Possession of Weapons Gang Activity	20% suspension from scheduled contests OR 10% plus Counseling	50% suspension from scheduled contests	Suspension from athletics for one calendar year from the date of the offense	Suspension is permanent

Level III violations will be enforced by building administration and coach

Suspensions will occur in all sports played within the next 12 months following the violation. This includes violations that take place on weekends, summers, vacations, & holidays. This includes if the student is on or off district property.

If a student self-reports a violation to a school administrator prior to being called into the office for questioning about an alleged incident, the following penalties will apply to a FIRST OFFENSE only: The 20% penalty will be reduced to a 10% penalty for games missed and a counseling session maybe scheduled. If counseling session is scheduled the athlete must confirm with the building athletic director. This counseling should be held promptly, but the athlete may return to play prior to completion of the counseling. If counseling is not completed, the athlete may not letter in the sport and will not be eligible for another sport until the terms of the punishment have been met. The athlete may still choose the 20% penalty in lieu of the counseling session.

Community service and/or counseling pertaining to the offense will be mandatory on any second offense. The athlete may be assigned up to 15 hours of community service by the building athletic director.

Reinstatement to the team following a suspension is not automatic. Athletes must request a review of their cases by the building athletic director and coach if they wish to be reinstated. Suspensions may be continued indefinitely if willingness to conform to athletic rules is not indicated, or if the individual's attitude could present a detriment to the team or athletic program. Suspensions are to be served in consecutive contests figured as a percentage of the regular season schedule. Suspensions should be served as soon as the student is considered otherwise eligible for competition. While suspended with a Level III 1st or 2nd violation suspension the student is still expected to participate in practices and attend games. A Level III, 3rd or 4th violation the student will not be allowed to participate in practices or attend games.

Scrimmage & Foundation games: CHSAA Bylaw 2320.15: All participants in interscholastic scrimmages must be eligible in accordance with "General Eligibility" of the Administrative and General Bylaws, and must be eligible in all other ways.

If a student is serving a training rules violation, they will not be eligible to participate in a scrimmage/foundation game.

Keep a copy of the training/conduct rules for your reference.

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