

Athletics in Rockingham County Schools

It is the mission of athletics in Rockingham County Schools to provide a program of wholesome athletic activities to assist all student-athletes to become responsible citizens and demonstrate a spirit of sportsmanship, fair play and teamwork.

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High Schools

Dalton L. McMichael High School

6845 NC Highway 135

Mayodan, NC 27027

Phone: 336-427-5165

Fax: 336-427-5776

Principal: Cecil Kemp ckemp@rock.k12.nc.us
Athletic Director: Thomas Horton thorton@rock.k12.nc.us

Mascot: Fighting Phoenix
Colors: Royal Blue / Vegas Gold

Conference Affiliation: Mid-State 3A Athletic Conference

John M. Morehead High School

134 N. Pierce St

Eden, NC 27288

Phone: 336-627-7731

Fax: 336-623-5462

Principal: Ryan Moody rmood@rock.k12.nc.us

Athletic Director: Jonathan Blackwell
jblackwell@rock.k12.nc.us

Mascot: Fighting Panthers
Colors: Red / White / Black

Conference Affiliation: Mid-State 3A Athletic Conference

Reidsville High School

**1901 S Park Dr.
Reidsville, NC 27320
Phone: 336-349-6361
Fax: 336-349-3205**

Principal: Erica Blackwell eblackwell@rock.k12.nc.us

Athletic Director: Joe Walker jwalker@rock.k12.nc.us

**Mascot: Rams
Colors: Navy / Vegas Gold**

Conference Affiliation: Mid-State 2A Athletic Conference

Rockingham County High School

**180 High School Rd.
Reidsville, NC 27320
Phone: 336-634-3220
Fax: 336-342-7794**

Principal: Lori Carter lcarter2@rock.k12.nc.us

Athletic Director: Courtney Paschal cpaschal@rock.k12.nc.us

**Mascot: Cougars
Colors: Black / Silver**

Conference Affiliation: Mid-State 3A Athletic Conference

Athletic Conferences

Mid-State 2A Athletic Conf.

Bartlett Yancey High School
Carrboro High School
Cummings High School
Durham School of Arts
Graham High School
NC School of Science and Math
Reidsville High School

Mid-State 3A Athletic Conf.

Eastern Alamance High School
McMichael High School
Morehead High School
Northeast Guilford High School
Northern Guilford High School
Person County High School
Rockingham Co High School
Western Alamance High School

Sports Teams

Fall

Cheerleading, Varsity
Cheerleading, JV
Cross Country, Men's
Cross Country, Women's
Football, Varsity
Football, JV
Golf, Women's
Tennis, Women's
Soccer, Men's Varsity
Soccer, Men's JV
Volleyball, Varsity
Volleyball, JV

Winter

Cheerleading, Varsity
Cheerleading, JV
Basketball, Men's Varsity
Basketball, Men's JV
Basketball, Women's
Varsity
Basketball, Women's JV
Swimming, Men's
Swimming, Women's
Wrestling

Spring

Baseball, Varsity
Baseball, JV
Golf, Men's
Soccer, Women's
Varsity
Soccer, Women's JV
Softball, Varsity
Softball, JV
Tennis, Men's
Track, Men's
Track, Women's

*Note: If there are not sufficient numbers of athletes for a particular sport it may not be offered.

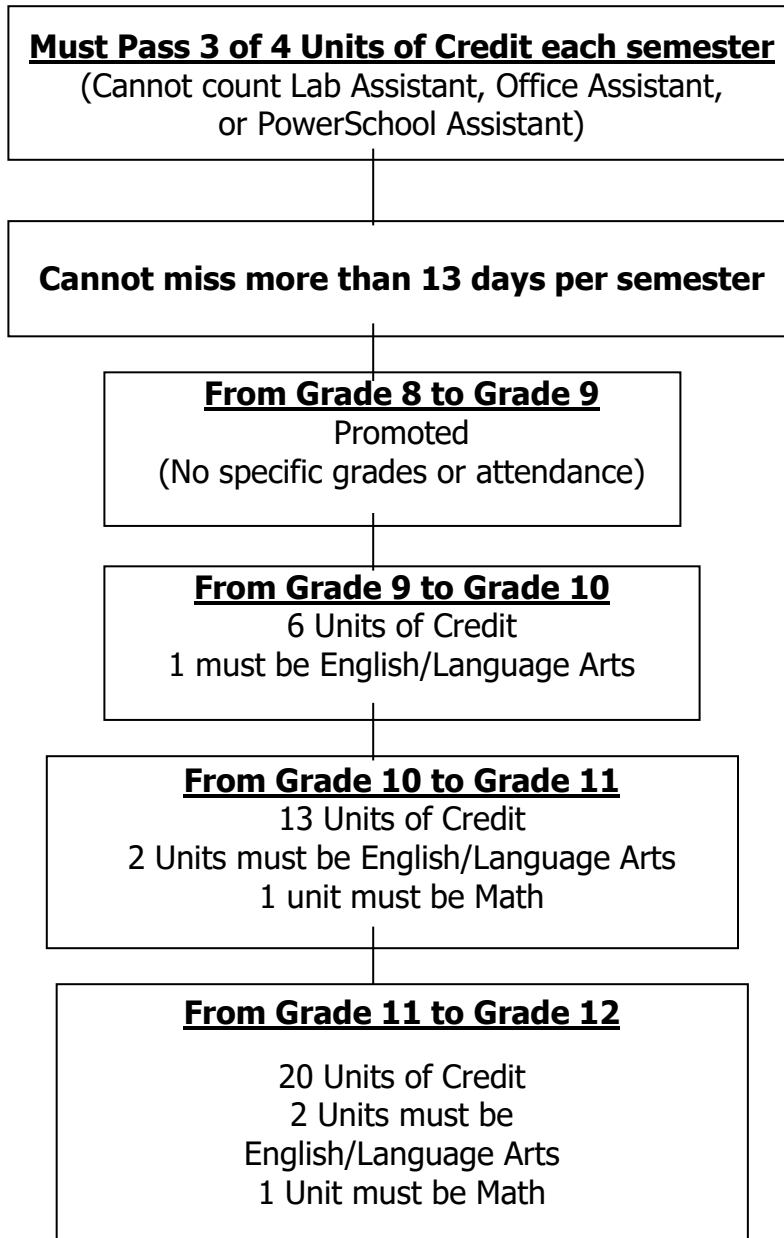
Eligibility

To be eligible for tryouts, practice, or participation in athletic contests, a player must meet all North Carolina High School Athletic Association (NCHSAA) and Rockingham County Schools (RCS) eligibility requirements and policies:

- **AGE** – Must not be 19 years of age on or before August 31st of the current school year.
- **ATTENDANCE** – May not miss more than 13 days for the previous semester.
- **ACADEMIC** – Must meet local promotion standards and pass 3 out of 4 courses each semester (See section on Athletic Eligibility Standards)
- **ENROLLMENT** – Must be a properly enrolled student at the assigned high school.
- **MEDICAL EXAMINATION** – Must receive a medical examination once every 395 days by a duly licensed physician, nurse practitioner, or physician's assistant.
- **OTHER REQUIREMENTS** –
 - ◆ Must not participate at the high school level for a period lasting longer than eight consecutive semesters beginning with the student's first entry into the 9th grade or participation on a high school team.
 - ◆ Must not participate at the high school level for more than four seasons in that sport.
 - ◆ May not play, sit on the bench or practice if ineligible. Ineligible players are not allowed to participate in out-of-season workouts.
 - ◆ To maintain amateur status, the athlete must not accept money or awards having utilitarian value such as golf balls, clubs, tennis rackets or balls.

- ◆ No student shall be permitted to participate in an all-star or bowl games unless it is sanctioned by the North Carolina High School Athletic Association and unless the athlete has completed high school eligibility in that sport.
- ◆ May not participate in, practice or play if assigned to In-School Suspension (ISS) or Out-of-School Suspension (OSS).
- ◆ Any student who is convicted of a crime classified as a felony under North Carolina or federal law, or is adjudicated delinquent for an offense that would be a felony if committed by an adult, is not eligible.

Athletic Eligibility Standards
For High Schools



Residence Requirements

A student is eligible to participate at the school to which he or she is assigned by the Rockingham County Board of Education. "Residence" as used for athletic eligibility purposes is defined as the equivalent of the term "domicile" as applied by the courts of North Carolina. Under no circumstance can a student have more than one residence for eligibility purposes. It is obligation of the school to know the residence status of each athlete and to require compliance with these requirements. The residence of any student shall be deemed to be that of his or her parents or the sole surviving parent unless otherwise provided:

- In the event the parents are separated or divorced, the residence of the student shall be that of the parent to whom custody has been awarded by a court of competent jurisdiction. If no custody order has been entered, the residence shall be deemed to be that of the parent who had actual custody immediately upon the separation.
- Any change in residence must be bona fide. Determination of what constitutes a bona fide change of residence depends upon the facts of each case. In order of a change of residence to be considered bona fide at least the following facts must exist: (1) The original residence must be abandoned as a residence; that is sold, rented or disposed of as a residence, and must not be used as residence by any member of the family; (2) The entire family must make the change and take with them the household goods and furniture appropriate to the circumstances; (3) The change must be made with the intent that it is permanent.
- Transfer student must sit out 365 days unless a waiver is granted. See the Athletic Director for details.

No non-parental guardianship will be recognized where a student has a living parent unless: there has been a determination of abandonment of the student by such parent(s) or a determination that the student is a dependent juvenile as defined in G.S. 7A-5 17 (13) or comparable statute by a court of competent jurisdiction; or the student has been judicially declared a ward of the court or has been identified as an orphan or placed in a foster home by the Division of Social services (or a comparable agency if out of state) and custody (not guardianship) has been determined by the court or social service agency. A student whose custody has been established by court order or social services agency decision is eligible for participation at the school to which he or she is assigned by the Rockingham County Board of Education.

The residence of a student who is emancipated shall continue to be his or her residence as of the time of emancipation, unless an exception is granted under the procedures established by the Hardship Rule.

Foreign Exchange Student – The residence of a student who is in an organized and recognized foreign exchange program shall be considered to be the place to which he or she is assigned by that program, and is eligible to participate at the school to which he or she is assigned by the Rockingham County Board of Education. Foreign exchange students who are not part of an organized and recognized foreign exchange program must present extenuating circumstance through the procedure established by the Hardship Rule. A foreign exchange student is eligible only during the first year of residence in the United States. With the exception of this residence rule, foreign exchange students are subject to all other eligibility requirement, including but not limited to, the prohibition on participation after graduation or eligibility for graduation from high school.

In no case will any exception be made to the following principles:

- No student may participate at a second school in the same sport during the same sports season; except in the event of a bona fide change in residence of the parent(s) or legal custodian; change in schools must be contemporaneous with change in residence.
- Documents purporting to establish guardianship or custody issued by a notary public, an attorney, a clerk of court, or any entity other than a court of record with competent jurisdiction will not be accepted.

Recruiting Rules of the NCHSAA

No student shall be subjected to undue influence by an individual or group of individuals to induce or cause him/her to transfer from one school to another for athletic purposes.

If allegations or recruiting are made against a school, the burden of proof is substantiated form must be borne by the accusing party. Allegations of recruiting that are substantiated will be processed an infractions under the penalty code.

For the purposes of this rule “undue influence” consists of actions taken for the purpose and intent of soliciting or encouraging the enrollment of a student-athlete in a school, including but not limited to the following:

- Initiating or arranging communications or contact of any sort (letters, email, phone, etc.) with a prospective student-athlete or member of his or her family.
- Visiting or entertaining a prospective student-athlete or member of his or her family.

- Providing transportation or arranging for same for a prospective student-athlete or members of his or her family to visit a school or meet with anyone associated with a school.
- Providing verbal or written material, slide, film or tape presentations to a prospective student-athlete or member of his or her family which states or implies that a school's athletic program is superior to that of any other school, or that it would be advantageous for any prospective student-athlete to participate in athletics at that member schools as opposed to any other school.
- To use non-school athletic teams as a vehicle to solicit or encourage a prospective student-athlete or a member of his or her family to enroll the student-athlete at a different school.

The above applies to any individual who coaches at an NCHSAA member school, head or assistant, paid or non-paid, faculty or non-paid, faculty or non-faculty, parent volunteer, etc., as well as any other person formally or informally associated with a school's athletic program.

Sportsmanship:

Good sportsmanship is a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities that are characterized by generosity and genuine concern for others:

- Play fair, take loss or defeat without complaint or victory without gloating.
- Treat others as you wish to be treated.
- Respect others and one's self.
- Impose self-control, be courteous, and gracefully accept results of one's actions.
- Display ethical behavior by being good (character) and doing right (action).
- Be a good citizen.
- Respect the judgement and integrity of game officials.

Coaches' Pledge

As a coach, I acknowledge that I am a role model. I know that the principles of good sportsmanship are integrity, fairness, and respect. While teaching the skills of the game, I must also teach student athletes how to win and lose graciously and that sport is meant to be educational and fun. I know the behavior expectations of my school, conference and the NCHSAA. I hereby accept my responsibility to be a model of ethical behavior, integrity, and good citizenship.

Student Athlete's Pledge

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking and unnecessary physical contact. I know the behavior expectations of my school, my conference and the NCHSAA. I hereby accept the responsibility and privilege of representing this school and community as a student athlete.

PARENT CODE OF CONDUCT

- Ensure that your child understands that win or lose, you love him or her.
- Assist your child in setting realistic goals.
- Emphasize "improved" performance, not winning
- Provide a safe environment for training and competition.
- Control your emotions at games and events.
- Be a "cheerleader" for your child and other children on the team.
- Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
- Be a positive role model.
- Be sensible, responsible and keep your priorities in order. There is a lot more at stake than a win or loss record.

Student Athlete's Parent Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

Ejection Policy

This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, managers and game administrators. The following are examples of behavior or conduct that will result in an ejection from a contest:

- Fighting –which includes, but is not limited to combative acts such as:
 - An attempt to strike an opponent with a fist, hands, arms, legs or feet.
 - An attempt to punch or kick an opponent, regardless of whether or not contact is made.
 - An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate.
 - Leaving the bench area to participate in a fight (contact or no contact).
- Biting observed by an official.
- Taunting, baiting or spitting toward an opponent.
- Profanity – directed toward an official or opponent.
- Obscene gesture – includes gesturing in such a manner as to intimidate.
- Disrespectfully addressing an official - (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career.
- Flagrant contact – includes but not limited to combative acts such as: maliciously running over the catcher or fielder without attempt to avoid contact, excessive contact out-of-bounds or away from playing action than is unwarranted and extreme in nature, or tackling/taking down a player dangerously in a malicious manner.

Penalty – for any of the above infractions:

- ◆ **First Offense** – Reprimand and suspended for the next contest in football or the next 2 contests in all other sports. Not allowed to practice until the game suspension is over. The student/athlete and the coach must meet with the athletic director and principal. For fighting, the athlete will be suspended for the next two contests in football and the next four contests in all other sports. All athletes ejected must view the Star Sportsmanship program and present a certificate to the school's athletic director. Coaches who have a player ejected for fighting must view the NFHS program "teaching and Modeling Behavior". Please submit ejection form to the district office.

- ◆ **Second Offense** – Suspended from all sports for the remainder of the sports season. The student/athlete, coach, athletic director, or school administrator must meet with the county athletic director.
- ◆ **Third Offense** – Suspended for one calendar year
- ◆ **Additional Penalties** – Teams in the following situations will not be allowed to participate in the playoffs.
 - A team whose players and coaches accumulate six or more individual ejections during the regular season.
 - A team whose players and coaches accumulate more than three individual ejections for fighting.

Cumulative – penalties would carry over from sport to sport and from sport season to sport season if applicable.

Clarification for Soccer Only:

Coaches and athletic directors will be responsible for tracking yellow cards accumulated by their players:

- 5 yellow cards accumulated by the same player will result in a suspension (miss next contest at that level and all contest in the interim)
- An additional 5 yellow cards accumulated by the same player (season total of 10) will result in a ejection
- On the 15th yellow card the player will be suspended from all sports for the remainder of that sports season.
- A red card disqualification that is not an ejection is the equivalent of two yellow cards.
- These penalties are enforced at the conclusion of the game.

Hazing

Rockingham County Schools and the North Carolina High School Athletic Association encourages coaches and other school personnel to monitor any type of hazing or similar practices in athletics.

Hazing is defined as deliberately subjecting another person to physical injury as part of an initiation or prerequisite for being on a team. It is against North Carolina Law (G.S. 14.35). Regardless of a student's willingness to participate, hazing and other humiliating activities expected of a student to belong to a team or group has many negative consequences.

It obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and a “wholesome athletic environment”.

Coaches should set the example and put a stop to it immediately if they see or hear about such activity. Athletes should report any hazing activity to the coach or Athletic Director immediately.

Food Supplement and/or Performance-Enhancing Supplements

In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, coaches and school personnel should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes. The school will not recommend, purchase or distribute any supplements.

Communication between the Coach and the Parent

Parenting and coaching are both extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child is involved in our program, you have the right to understand what expectations are placed on him/her. This begins with clear communication from the coach of the sport.

Communications You Should Expect From Your Child’s Coach

- Philosophy of the coach.
- Expectations and goals the coach has for your child as well as for the team and season.
- Locations and times of all practices and contests.
- Team requirements, special equipment, strength and conditioning programs.
- Procedure if your child is injured during participation.
- Team rules, guidelines and consequences for infractions.
- Lettering criteria.
- Team selection process.
- Eligibility requirements including attendance.
- Proper care and responsibility for equipment issued by the school.

Communication Coaches Expect From Athletes & Parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts in advance.
- Notification of illness or injury as soon as possible.

As your child becomes involved in his/her high school, he/she will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

Appropriate Concerns to Discuss with the Coaches

- The treatment of your child.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you had hoped. Coaches make decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach.

The four items listed below should be left to the discretion of the coach.

- Amount of playing time, positioning, and event entry.
- Team strategy & game tactics
- Play calling.
- Any discussion about other student-athletes.

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position. When a conference is necessary, the following procedure should be used to help resolve any concerns:

- Student-athlete - open-door policy for all coaches
- Parent-Coach – done by appointment.

If You Have A Concern To Discuss With A Coach, The Procedure You Should Follow Is:

- Call or e-mail the coach to schedule an appointment.
- If the coach cannot be reached, call the school's Athletic Director; he/she will set a meeting up for you.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meeting of this nature usually does not promote positive resolutions.

THE NEXT STEP

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and schedule an appointment with the school's Athletic Director to discuss the situation.
- At this meeting the appropriate next step can be determined if necessary.

Return to Learn - Athletics

Return to Learn is the academic counterpart to Return to Play. Students with suspected concussions may require academic accommodations with gradual return to the classroom setting in order to allow for the brain to rest and to promote a quick and complete recovery. Academic accommodations must be ordered by the medical provider with input from the parent/guardian, student athlete, and school staff.

- The student athlete's medical provider should complete the *Return to Learn Recommendations* section of the *RCS/NCHSAA Concussion Management Packet* which should be given to the school counselor.
- **Student athletes may not begin the Return to Play protocol as long as they are receiving academic accommodations as part of the Return to Learn protocol.**
 - Medical provider must provide release to begin Return to Play protocol.
- Student athletes with a suspected concussion will be given temporary academic accommodations for up to 5 school days in order to allow time for student to see their medical provider.
- The school counselor is the concussion contact for the school. School counselor will send RCS Temporary Academic Accommodations Form and notification to student athlete's teachers and the school nurse.

Coach/Athletic Coordinator Responsibilities:

- Notify parent/guardian of student athlete's suspected concussion and the nature of the injury.
- Provide parent with the *RCS/NCHSAA Concussion Management packet with completed Injury History Report (page 5)*.
- No later than the beginning of the next school day following the injury, notify the school counselor of the student's suspected concussion.
- Ensure that student is no longer receiving academic Return to Learn accommodations prior to beginning the Return to Play protocol.
 - School counselor will notify the Athletic Coordinator when student has been cleared for the regular classroom setting without academic accommodations.

Parent/Guardian Responsibilities:

- Notify the coach/athletic director/school counselor if student athlete exhibits signs/symptoms of concussion at home following athletic participation or injury away from school.
- Take student athlete for medical evaluation with primary care provider to rule out/confirm concussion diagnosis.
- Take *RCS/NCHSAA Concussion Management Packet* to the visit with the medical provider. Ask the medical provider to complete the
 - *Medical Provider Concussion Evaluation Form (page 6)*.
 - If student will require time out of school or academic accommodations, ask the doctor to also complete the *Return to Learn Recommendations Form (page 7)*.
- Provide completed concussion documents to the school counselor, who will notify teachers, school nurse, and athletic coordinator of diagnosis and specific Return to Learn accommodations.
- Ensure that your student athlete attends follow up appointments and provide school counselor with any updated documents for increasing academic workload and revising academic accommodations.
- Communicate with your student athlete's counselor, coach, and athletic coordinator regarding your student's progress or any worsening of signs and symptoms as student progresses through the Return to Learn protocol.

INSURANCE

The Rockingham County Schools Board of Education has purchased accident insurance for athletes. The description below is not the official insurance contract but a summary of the benefits. The policy is underwritten by Zurich Insurance. Please contact the school athletic director for policy number.

Who Is Covered?

All athletes in grades 6-12 are covered while practicing for, competing in or traveling to and from as representative of the school and under the direct supervision of a coach, in any athletic activities under the regulations and jurisdiction of the school.

Medical Payments (\$0.01 - \$25,000)

If the accident covered by the policy requires treatment of an athlete within 30 days after the date of the injury by licensed physician, or hospital confinement, the company will pay the expensed incurred as listed below which are determined by the company to be reasonable and customary in the geographical area where the services is rendered, for necessary medical, dental

or hospital care incurred within one year from the date of the injury up to a maximum of \$25,000 for any one accident, subject to the "Excess Provision".

"Excess Provision" is defined as reimbursement by other valid insurance. This means that the athlete's family medical insurance will pay the claim and then the athletic insurance will pay the balance up to the limits of the policy listed on the next page.

Athletic Insurance **For the Parent to File a Claim**

How to File a Claim for a School Injury:

1. The student **MUST** see a doctor within **60 days** of the injury.
 - a. · This visit should be filed under your Primary Insurance.
 - b. · Request that the provider file to K&K as Secondary Insurer.
2. Obtain a claim form from the school or download at www.studentinsurance-kk.com.
 - a. · Click "**File a Claim**" located under "Quick Services" on the left side of the screen.
 - b. · Download and Print the "Participant Accident" claim form.
3. **A claim cannot be processed without a claim form!**
4. Follow the instructions on the claim form. Fill out the claim form **COMPLETELY** and **SIGN IT**. **A school official must also sign the claim form**. Send the completed claim form to the K&K Claims Department **within 90 days of the date of injury**.
 - a. · **Email:** KK.PAclaims@kandkinsurance.com
 - b. · **Fax: 312.381.9077**
5. Request the Itemized Forms (Forms UB04, UB92, or CMS 1500) with CPT/Diagnostic Codes from each provider. CPT codes are required for processing. Submit the itemized forms to K&K.
6. When you receive the Explanation of Benefits (EOB's) from your Primary Insurance, forward the EOB(s) to K&K. **6. Be sure to keep a copy of all paperwork for your records! Claims Dept. Phone: 800-237-2917**

Filing a claim after an injury is YOUR responsibility. Do not assume that the health care provider or a school official will do this for you. Under HIPAA privacy laws, the school nor insurance agent can obtain claim information from an insurance company or health care provider without your written permission.

We are happy to be selected as your insurance agent for the 2021-2022 school year and will do all that we can to be sure that you receive the best possible service. If, at any point, you have a question or need additional information, just call us tollfree 1.800.476.4339. We will be happy to assist you.

Anesthetist/Assistant Surgeon	25% of surgery allowance
Ambulance	\$500 maximum
Consultant	100% U&C
Dental	\$1,500 Benefits paid on injury to Sound, Natural Teeth only

Expenses for the following are not covered:

Prosthetic Devices, Mental and Nervous Disorders, Home Health Care, Injections.

Catastrophic Insurance:

This plan will pay 100% of the eligible Reasonable and Customary Medical and Dental expenses incurred for medically necessary services and supplies after the deductible of \$25,000 has been satisfied. All eligible expenses must be incurred within 260 weeks of the date of the injury.

Medical Examinations (Physicals)

In order to be eligible for practice or participation in interscholastic athletic contests, a player must receive a medical examination once every 395 days by a duly licensed physician, nurse practitioner or physician's assistant. Forms are provided at the school or you may go to the form's section on this website. Schools offer free or reduced cost physicals to athletes in the spring. Call your school's Athletic Director for the date and time.

Students absent from athletic practice for five or more days due to illness or injury shall receive a medical release by a physician licensed to practice medicine before re-admittance to practice or contest.

Transportation

Activity buses are available to transport all teams to and from athletic contests. Vans and rental vans are prohibited. Private cars should be used only in an emergency situation and only with the approval of the principal and Athletic Director. Coaches are responsible for their athletes and should not allow anyone to travel unsupervised. Only drivers with proper CDL certification are allowed to drive buses. It is the school's responsibility to secure drivers.

All team members are expected to ride to and from the contest in the activity bus. Athletes and cheerleaders riding to a contest on an activity bus are expected to return home in the same vehicle. A team member may ride back home with a parent with permission of the coach. Only that parent's child may be release to ride back with the parent. Notes are not acceptable; it must be a face to face meeting with the parent and the coach.

Charter Buses – Only motorcoach carriers on the approved Rockingham County Schools Transportation Department list may be contracted to transport students. Always notify the Transportation Director when you are using a charter bus.

Overnight Travel for Athletics

Athletic Teams in NCHSAA playoffs may spend the night for athletic contest for the following conditions:

1. If the site of the contest is more than 150 miles away and the contest starting time would require the bus to leave the school prior to 6:00am; or
2. A tournament which would require a team to play two consecutive days when travel would involve more than 400 miles travel for the two days;
3. Spending the night, when not meeting these criteria, is discouraged due to the fact that some athletes may not be able to afford the cost of lodging. If the booster clubs or parent groups decided to pay for the group to spend the night, the individual athlete should not be required to pay any cost.

Meal Allowance

If travel or time during playoff games requires that an athlete would miss the time for a normal meal, then the school will provide the meal at the following rate:

Breakfast \$5
Lunch \$6
Dinner \$8

Athletes must sign a receipt to record they receive the stated amount.

Sports Seasons

Tryouts and practice begin with the opening date as listed below and ends when the last regular season or playoff game is played.

The starting dates are:

Sport Season

Fall Season

Winter Season

Spring Season

Starting Date

August 2, 2021

Nov. 1st, 2021

February 14, 2022

Off-Season Skill Development

Off-Season Skill Development sessions are allowed, but shall not be held during any tryout period of an in-season sport or the "dead ball time" which is the last 5 days of each semester.

Off-Season Skill Development sessions are not allowed from August 1st to September 1st; from October 30th to December 1st; from February 12th to March 15th; and the last 5 days of each semester. Summer dead periods TBD for 2018-2019.

The following regulation apply to Off-Season Skill Development:

1. All skill development sessions must be voluntary and open to all eligible students.
2. At no time may a coach require of any student as a measure of continued participation on a team.
3. A student must be eligible to take part in Off-Season sessions.
4. Students are not covered by Catastrophic Insurance and it is recommended that student have the student insurance policy.
5. These sessions are restricted in the number of participants to one less than a team on a daily basis.
 - Baseball no more than 8
 - Basketball no more than 4**
 - Cross Country no more than 4
 - Football no more than 21
 - Golf no more than 3
 - Soccer no more than 10
 - Softball no more than 8
 - Swimming no more than 6
 - Tennis no more than 4
 - Track no more than 6
 - Volleyball no more than 5
 - Wrestling no more than 8

** Basketball coaches may conduct 2 sixty minute skill develop session with 4 different players.
6. Open gym and Off-Season Skill Development sessions may not be held on the same day.
7. Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none. For safety purposes, school administrators or other school personnel should be present as supervisors of this free play. While facilities are being used for this kind of us, they may not be used for Off-Season Skill Development.

8. Any individual who coaches a high school team, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide for the off-Season Skill Development, out-of-season workout rules.
9. If a high school coach also coaches and "outside" or "club" team, whether head or assistant, and has any athletes from the high school on that outside team, he cannot work with any of them during a dead period, and is limited to no more than the sport-specified limit of them per day in an out-of-season workout.
10. During the summer, coaches are free to work with individual or multiple players, from their school or their feeder schools, conduct practice, etc.
11. Conditioning is a part of Skill Development and must follow the same rules as sports teams. Weight training is not considered to be part of Skill Development.

Inclement Weather and Athletics

When schools are closed due to inclement weather conditions, all schools' athletic activities shall be suspended, including games and practice. The principal of the school will decide when practice may be resumed within his / her school. It will be necessary to secure the permission of the principal prior to scheduling a practice. When the principal does give permission for practice to resume, the coach should not make practice required.

No games will be allowed on the day that school is closed for inclement weather. After the first day, all games that are to be played when schools are closed will require the approval from the Associate Superintendent. The request will only be considered when made by the principal.

State Champion Awards

The Board of Education will present each player and coach with a certificate to recognize the accomplishment of being declared a State Champion. Individual awards such as rings shall be a voluntary effort on behalf of the team. The funds necessary to purchase the rings or other awards may be a joint effort of the booster clubs, community groups, and parents. No school funds may be used for these awards.

Scholar / Athlete Academic Program

Rockingham County Schools believe that athletics and achievement in the classroom are integral parts of the education process we provide the students of Rockingham County. It is our desire to recognize the efforts of our young men and women in the classroom and on the athletic teams. Therefore, the program outlined below will be called the "Scholar / Athlete Academic Program of Rockingham County Schools".

School Award – "The HomeTrust Bank Cup"

This award was formerly called the "Burlington Cup". The high school whose athletic teams (Varsity and Junior Varsity) have the highest Grade Point Average (GPA) will receive The Home Savings Bank Cup. A plaque will be presented for permanent display at the school. The presentation will be made in the fall for the previous year. Each sport will carry equal weight. The GPA will be determined by the semester in which the sport is played. The average GPA for each team will be determined, and then each team's GPA will be totaled and divided by the number of teams.

Sportsmanship Award – "The First National Bank Sportsmanship Cup"

This award was formerly called the "The First National Bank of Reidsville Cup". The award is given annually to the high school whose team displays the best sportsmanship in the county. It will be determined by a vote of all varsity and junior varsity athletes and coaching staff at each high school. The NewBridge Bank Sportsmanship Cup, a plaque and a check for \$500 will be awarded to the school in the fall for the previous school year.

Excellence Award – “The North Star Keystone Cup”

This award is presented to the high school with the most athletic success when compared to all high schools in the county. Each school will receive five points for fielding a varsity team in each sport. Points will be awarded for the order of finish in each sport played among the four county high schools. The Cup is sponsored by Keystone Foods, North Carolina Division and Rockingham County Schools.

Gildan Male/Female Scholar Athlete of the Year

This award is given to both a male and female athlete, nominated by each high school, and meets the following: played at least two sports junior & senior year, made all-conference twice during the junior & senior year, obtained an overall cumulative unweighted GPA of 3.5 at the end of 1st semester of the senior year, etc. A traveling cup is presented to the school for the male/female winner. Nominees are presented a plaque designating them as a Scholar-Athlete of the Year. A traveling plaque is presented to the school indicating winners each year.

Team Academic Award

The team in each varsity sport with the highest GPA will be cognized as the Team Academic Award winner. To participate in this program at least 3 of the high schools must have a team. The GPA of each person on the team will be used to determine the average GPA. The eligibility list will be updated to remove players who are no longer on the team and then will become the official roster of the team. The GPA will be determined by the semester of participation. A plaque with enough room for several years will be awarded at the end of the semester and will remain at the school for one year. Each player on the team will receive a certificate recognizing the athlete as being a member of a team receiving the Team Academic Award.

Scholar / Athlete Award

Each player completing a season on an athletic team, varsity and junior varsity, with a GPA average of 3.5 or higher during the participating semester, will be recognized as a Scholar / Athlete. A certificate will be awarded to the individuals attaining such an honor.

Superintendent's Scholar / Athlete Award

The athlete on each varsity team with the highest GPA will be recognized as the recipient of the Superintendent's Scholar / Athlete Award. To be eligible the athlete must have a minimum of a 3.3 GPA. The winners will receive a plaque.

Cheerleading **(Sample, school should adopt own)**

The following Cheerleading Constitution is designed so that each high school may modify it to fit their individual cheerleading squad but the modifications may not change the basic concepts as outlined in the Constitution. If there is a rule or regulation that is not spoken to in the Constitution, the schools are free to design regulation to meet their needs.

PREAMBLE

We, the cheerleaders of _____ High School, dedicate ourselves and our services to endeavors to maintain enthusiasm and school spirit to all athletic events to which we are assigned.

ARTICLE I: PURPOSE

The purpose of this organization shall be to promote and uphold school spirit, to develop a sense of good sportsmanship among the students, and to develop better relationships between schools during all of the athletic events to which we are assigned.

ARTICLE II: MEMBERSHIP

The membership of this organization shall consist of all duly elected cheerleaders and the coach(es). No person may become a cheerleader if his / her academic record does not meet athletic department standards.

ARTICLES III: PRACTICES

- A. The coach shall establish cheerleading practice days.
- B. Uniforms for practice will be shorts, Tee shirts or uniforms.
- C. Practices shall start promptly at ___ p.m. The coach, unless excused by a note from a teacher or by the coach, shall deal with tardiness. It is the responsibility of the captain to see that practice starts on time.
- D. Although absences from school because of illness are a legitimate excuse, a cheerleader will not be allowed to cheer at a sport's event if he / she has missed practice prior to the event.

1. If a cheerleader is absent from school on the day of a pep rally and / or game, he / she may not participate in either.
 2. There will be no unexcused absences from practices or games. The cheerleader must contact the coach before the practice or game personally.
 3. The coach must excuse absences. If the coach feels that the cheerleader is asking to be excused too often or without good reasons, he / she may be temporarily suspended.
 4. Any injury, illness or other medical condition must be reported to the coach immediately. At that time, the cheerleader must obtain written documentation from the doctor or parent stating the physical restrictions, approximate duration of the condition's limitations, or the unconditional release from the doctor's care with no restriction on physical activity. Any cheerleader who misses five consecutive days may not return to active participation with a doctor's note.
- E. If a cheerleader is a member of other organizations, they are expected to put cheerleading first. Other activities cannot interfere with practices, games or pep rallies.

ARTICLE IV: TRYOUTS

- Tryouts shall be held during the spring semester of the school year so that cheerleaders will be able to hold practices during the summer and uniforms can be purchased, altered, or made.
- Squads for basketball only may be elected during the fall semester.
- Varsity cheerleaders will be seniors and juniors.
- JV Varsity cheerleaders will be sophomores and freshman.
- All candidates, including current cheerleaders, must try out each year.
- The tryouts will be judged by impartial judges, selected by the coach, who are not on the faculty or have no previous knowledge of the students trying out.
- All judges should be qualified and briefed prior to the tryouts.
- The graduating cheerleaders should give a demonstration of all cheers and jumps.
- The tryouts will consist of two or more sideline cheers, the standard jumps, at least one cheer, a dance and an option of stunts.
- Proper attire for tryouts includes: socks, tennis shoes, shorts and tee shirt.
- Hair must be tied back and no jewelry may be worn.
- The candidates try out in groups. There shall be no more than four or less than two in any group.
- All candidates trying out are expected to display behavior that is above reproach.
- There should be not criticism of each other's performance or habits.

- A student shall qualify for tryouts by attending all days of tryout clinic.
- The coach may excuse absences.
- Graduating cheerleaders must help with the tryouts and tryout clinic.

ARTICLE V: UNIFORMS

- A. Uniforms will be purchased by the arrangement each high school makes.
- B. It is the responsibility of the cheerleaders to keep the uniforms clean throughout the season.
- C. The cleaning of the uniforms will be the responsibility of each cheerleader at the end of the season.

ARTICLE VI: SELECTION OF THE CAPTAIN

The coach will decide how the captain will be selected. This procedure must be announced prior to the selection process.

ARTICLE VII: DUTIES OF THE TEAM

- A. Cheerleaders will be responsible for the following: pep rallies, promoting school spirit, attitude of the crowd in so far as possible, and transportation to home games.
- B. Varsity cheerleaders will cheer at all home and away games.
- C. Junior Varsity cheerleaders will cheer at all home games and away games as designated by the coach.
- D. Cheerleaders who wish to take part in any non-school competitive events will need the permission of the principal, athletic director and coach.
- E. Cheerleaders will not participate in out of state competition, except those involving an athletic contest.
- F. All cheerleaders shall report to the contest site a minimum of one-half hour prior to the scheduled starting time.
- G. The cheerleader squad shall adhere to all rules and regulation of the NCHSAA, athletic conferences, school, and the Rockingham County Board of Education concerning such activities as appropriate cheers and dances, mounts, pyramids, etc.
- H. The captains are responsible for the action of the squad as so far as possible. They are to bring to the coach’s attention any action that might have violated a rule. Failure to do so will result in removable of the captain from his/her position
- I. Cheerleaders will follow the school attendance regulations.
- J. Proper conduct and good sportsmanship is expected at all time.
- K. Cheerleaders will ride to and from the contest on the school sponsored transportation unless the pre-excused by the coach to ride with the parent.

ARTICLE VIII: SUSPENSION FROM THE TEAM

ARTICLE IX: GENERAL REGULATIONS

A. Eligibility – In order to be eligible to participate in tryouts, the following eligibility requirements must be met:

- Must be registered in the school or feeder school at the time of the tryouts
- Must meet the same scholastic grade requirements as all athletes, pass 3 of 4 subjects from the previous semester.
- Once selected must pass a medical examination.

B. Squad Organization

- The school shall have one varsity cheerleader squad for football and basketball or the school may have one varsity football cheerleading squad and one basketball cheerleader squad.
- The school shall have one junior varsity cheerleader squad for football and basketball or the school may have one junior varsity football cheerleading squad and one junior varsity basketball squad.
- The size of the squad shall be determined by the school and announced prior to tryouts.

C. Tryout procedures and regulations

Introductory meeting – conducted by the cheerleading coach.

The agenda for the meeting must include:

- A discussion of cheerleading rules and regulations.
- A discussion of the requirements by receiving 4 permission and / or acknowledge forms.
- An acknowledgement of having received a copy of the cheerleading rule and regulations.
- Tryout permission slip.
- An acknowledgement of the estimated cost of participating in cheerleading.
- A signed sportsmanship pledge.
- A description of the tryout and procedures for the tryout day.
- The size of the squad will be announced before tryout practice starts.

Point System – Selections are based on a point system as follows:

Cheerleading Coach's evaluation (Maximum – 25 points) To be evaluated during the week of tryouts, completed, and turned into an administrator before judging of the cheerleaders.

- Cooperation during tryout period (4 points)
- Appearance (2 points)
- Projection (2 points)
- Jumps (3 points)
- Group cheer (4 points)
- Gymnastics (2 points)

- Ability to work as a team (4 points)

Judges evaluation – Maximum-25 points. Judges score will be added and divided by the number of judges.

- Group cheer (10 points)
- Individual cheer/chants (10 points)
- Projection (6 points) – similes, voice control, facial expressions
- Appearance (6 points) – neatness, poise, grooming
- Jumps (10 points)
- Gymnastics / stunts (7 points) – flexibility moves
- Dance (10 points)
- Spirit / crowd motivation (8 points)
- Motions / movement (8 points)

Tryout procedures

- Tryout clinic will be held for the number of days established by the school and a candidate must attend all days unless excused by the coach.
- Candidates must return the parental permission slip on the first day of the clinic.
- All cheers, jumps, flexibility moves, or routines needed for tryouts will be taught by the graduating cheerleaders and supervised by the coaches.
- The candidate must be in good physical health to try out. No exceptions will be made because of injury or illness on the try out day.
- A number for their tryout order will randomly choose candidates.
- Candidates will try out in front of judges in groups of at least 4 but not less than 2. Names will not be used.
- During tryouts only the administrators, cheerleading coaches, athletic director and the judges are permitted in the gym.
- The newly elected squad shall be posted at a designated time.
- The coaches evaluation sheet, judges sheet and tabulation sheet shall be keep on file in the principal's office until the start of the next school year or until the start of the sports season involved.
- If a vacancy occurs prior to the beginning of an athletic season, the next qualified candidate based upon the tryout scores will fill the position.

- k. If a vacancy occurs during the athletic season, the position will remain vacant for the remainder of the season.

D. Regulations

1. Cheerleaders should welcome the visiting cheerleaders.
2. Do not use cheers that ridicule the opposing team or players
3. During basketball season, remain seated when not leading an organized cheer. Appropriate times for cheering are before the game, between quarters and half time, and during time-out. Alternate cheers with the opposing team during time-outs and no floor cheers during a 20-second time-out. During free throws, cheerleaders should remain seated and not cheer. Never kick bleachers or hit megaphones on the floor or bleachers.
4. Cheerleaders must have a cheerleader coach with them at each athletic contest when they are in uniform and representing their school. If this person cannot be present, the cheerleaders should not be in uniform or representing the school as individuals or as a group.
5. Do not cheer when someone is hurt, applaud when he/she is up and going out of the game.
6. Never boo or make remarks directed toward game officials.
7. Movements – cheerleaders should refrain from any movements which can be interpreted as suggestive. Therefore, the grinding of the hips and movement of the hips or pelvic area in a back and forth or a circular motion is prohibited.

E. Cheerleading Camps

1. Camps will not be made mandatory or required to be a cheerleader. Cheerleaders should not be pressured into attending a camp.
2. However, camps on a volunteer basis can be beneficial in the following ways:
 - To teach and share the most worthwhile and effective cheerleading techniques.
 - To promote self-improvement, insight, and dedication to high personal, as well as cheerleading standards.
 - To give the inexperienced cheerleader an opportunity to discover what it is all about, to learn safety techniques and cheerleading techniques.
 - To receive new ideas, new cheers and new ways to promote good sportsmanship.

F. Coaching

1. The coach must be present during practice and during games.
2. The coach must pass the cheerleading safety course in order by the coach's squad to participate in any activity that requires the

cheerleader to leave contact with the ground such as stunts and pyramids. Coaches can go online to find out when and where the safety course is offered at www.spiritsafety.com