



August 1, 2016

DISTRICT OF COLUMBIA STATE ATHLETIC ASSOCIATION

Policies, Rules, and Regulations Governing Athletics

A Handbook for Members



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Statewide Athletic Office
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DCSAA MISSION

The mission of the District of Columbia State Athletics Association (DCSAA) is to serve member schools and the maximum number of their student-athletes by providing leadership and support for interscholastic athletic programming that will enrich the education experiences of all participants.

The DCSAA will preserve and promote the educational significance of interscholastic athletics by:

- Providing for fair competition between member schools;
- Promoting sportsmanship and ethical behavior;
- Establishing and enforcing standards of conduct for student-athletes, coaches, administrators, officials and spectators;
- Protecting the physical well-being of student-athletes and promoting healthy adolescent lifestyles; and
- Promoting participation of female and disabled students on member teams.

DCSAA PHILOSOPHY

In 2012, OSSE established the DCSAA, an association of District of Columbia public schools, public charter schools, and independent schools (private and parochial schools). DC Public Schools and DC Public Charter Schools, by virtue of being governed by District Code of Municipal Regulations (DCMR); Title 5; Chapter 27 are automatically covered under the governing umbrella of the DCSAA. Membership is also open to any Independent school located within

the District of Columbia. In order to compete for any DCSAA Championship, each Independent school must agree to abide by the rules and regulations of the DCSAA as provided in this handbook.

DCSAA participants share knowledge and best practices to enhance student-athlete achievement through athletic programming and to provide life quality learning experiences. DCSAA participants also adhere to a set of uniform standards and rules to ensure student-athletes have opportunities for state-level competition. The Statewide Athletic Director oversees the affairs of the DCSAA as its Executive Director.

All participants of the DCSAA agree to be bound by the guiding principles found in the following documents:

- DCSAA Constitution;
- DCSAA Bylaws;
- Policies and Guidelines expressed in this DCSAA Handbook.

These governing documents create uniform standards that promote student-athlete safety and allow for statewide athletic contests. They also encourage a collaborative environment in which schools have maximum flexibility to develop innovative athletic programs to support educational achievement.

The DCSAA believes that quality interscholastic programming assists with preparing student-athletes for success in college, career, and life. This philosophy is based on three evidence-based values, which the DCSAA adopts as its guiding principles. These guiding principles are the basis for all athletic programming in DCSAA member schools:

1. The DCSAA values athletic programming as a tool to increase student-athlete achievement.

Student-athletes show greater levels of academic achievement in terms of grades, homework completion and educational aspirations. Research indicates that student-athletes who participate in organized sports have lower dropout rates. DCSAA promotes educational enrichment as the foundation and goal of each student-athlete's experience in sports.

2. The DCSAA values athletic programming as a tool to increase parent and community engagement in athletic success.

Parents and the community benefit from athletic programming for student-athletes. Research shows that parents benefit in multiple ways when their children are involved in athletic programming by:

- Reinforcing team-building skills and making friends with other parents while they are on the sidelines or in the stands;
- Demonstrating increased coordination and communication with significant others for carpooling assistance;
- Maintaining friendships with other parents long after their children have finished playing sports; and
- Experiencing a sense of pride in watching their children play sports and enjoying enhanced child-parent relationships.

DCSAA's focus extends beyond the student-athlete to promote a holistic, positive experience for the entire family. For DCSAA, youth sports are a family affair.

3. The DCSAA values athletic programming as a tool to teach student-athletes skills that foster self-discipline, maturation, development of social skills, and self-worth.

The benefits of participating in youth sports can include positive impacts on the skills that help student-athletes achieve life success. Research shows that the positive impacts include:

- Overall growth and maturation
- Wellness and physical fitness
- Self-confidence and self-worth
- Social competency skills
- Time Management
- Problem Solving Skills
- Ability to manage success and disappointment

- Team work
- Moral character
- Athletic programming is an integral part of educating the District's young people. Through sports, student-athletes learn many life skills, including:
 - Accepting success graciously
 - Accountability
 - Citizenship and sportsmanship
 - Confidence
 - Handling disappointment
 - Leadership skills
 - Organizational skills
 - Participating within rules
 - Performing under pressure
 - Persistence
 - Physical well-being and chemical health
 - Respect
 - Responsibility
 - Sacrificing for the common good
 - Self-discipline
 - Social skills
 - Striving toward excellence
 - Taking instruction
 - Teamwork and work ethic
 - Moral character
- Student-athlete grade point averages improve when they participate in athletics.





- Resources and information to help develop and strengthen athletic programs;
- Certification of athletic contest officials;
- Sanctioning of athletic contest and events;
- Increased exposure for their athletes to college scouts; and
- Access to a collaborative and innovative school community through which best practices in athletic programming are refined.

Any public or private high school in the District of Columbia approved by the State Athletics Office (DCSAA) and fulfilling the conditions of a participant receives all the rights, privileges, and benefits of the DCSAA.

- Student-athletes have higher attendance and graduation rates than non-athletes.
- Athletic programming is cost effective, typically 1 to 3 percent of a school's budget.
- Athletic programming often represents the best drop-out prevention, crisis intervention, teen pregnancy prevention, and drug prevention programs that a community can offer.
- Student-athletes participate in athletic programming because they want to play sports! This motivation should be utilized to teach "life lessons."
- Athletic programming is the other half of education and an extension of the classroom. Athletic programs have no justification within a school if the young people participating are not learning how to "win in life." Contests won or lost are not nearly as important as the life lessons that the student-athletes learn.

III. DCSAA MEMBERSHIP

A. Benefits

DCSAA participants benefit by sharing knowledge and best practices to enhance student-athlete achievement through athletic programming. Student-athletes of member schools can compete against other schools for statewide championship titles. Additionally, member schools receive:

- Leadership and continuing education training for athletic personnel;

B. Membership List

Please see the DCSAA Website (www.dcsaasports.org) for Current Membership Information.

C. Becoming A Member

To become a member of the DCSAA, please contact: Clark Ray, Statewide Director of Athletics, at Clark.Ray@dc.gov.

D. Athletic & Activities Offerings

DCSAA will approve and sponsor athletic activities in the following thirteen (13) sports and activities:

- (1) Football (Boys)
- (2) Soccer (Boys & Girls)
- (3) Cross Country (Boys & Girls)
- (4) Basketball (Boys & Girls)
- (5) Indoor Track (Boys & Girls)
- (6) Cheerleading (Coed)
- (7) Baseball (Boys & Girls)
- (8) Softball (Girls)
- (9) Outdoor Track (Boys & Girls)
- (10) Volleyball
- (11) Tennis (Boys and Girls)
- (12) Ultimate Frisbee (Coed)
- (13) Chess (Coed)

IV. GOVERNANCE

This section provides information on the operational rules governing DCSAA. Definitions and explanations of the governing body are explained in this section.

A. Legend

AAP

Athletic Appeals Panel, a panel composed of three people appointed by the State Superintendent of Education on a case-by-case basis.

DCSAA

District of Columbia State Athletic Association

LEA

Local Education Agency

NFHS

National Federation of State High School Athletic Associations

OSSE

Office of the State Superintendent of Education

B. The DCSAA

The DCSAA is located in the Office of the State Superintendent of Education and is charged with providing direction, coordination, and regulatory guidance for athletic programs at the District's LEA's. The DCSAA seeks to promote the best possible academic, health and physical education experiences for each student-athlete.

The specific responsibilities of the DCSAA include:

- (a) Recommending, supervising, administering, and implementing all local rules and regulations governing interscholastic athletics, including the Constitution and Bylaws of the DCSAA;
- (b) Providing leadership in conducting athletic programs involving Member Schools and LEA's located in the District of Columbia;
- (c) Recommending the development of new and innovative programs that increase participation by student-athletes and parents/guardians;
- (d) Promoting clinics and assisting in the distribution of instructional materials, including videos, national rules and regulations, and other such aids;



- (e) Registering and certifying athletic contest officials;
- (f) Registering, endorsing, approving and promoting continuing education for athletic coaches, officials, athletic directors and student-athletes;
- (g) Establishing annual membership fees and dues;
- (h) Determining the existence of and penalizing violations as appropriate;
- (i) Conducting investigations and hearings as appropriate; and
- (j) Performing other functions as stated in the District of Columbia Municipal Regulations Title 5, Chapter 27.
- (k) The Statewide Athletic Director serves as the Executive Director of the DCSAA. The Executive Director is the chief executive officer of the DCSAA and has responsibility for the day-to-day operations, in accordance with the established policies of the DCSAA.

D. The National Federation of State High School Associations (NFHS)

The NFHS consists of the state high school associations of all 50 states and the District of Columbia. The objectives of the Federation are to:

1. Serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations;
2. Sponsor meetings, publications, and activities which will permit each state association to profit by the experience of all other member associations;
3. Formulate, copyright, and publish rules of play or event conduct pertaining to interscholastic activities;
4. Preserve interscholastic athletic records, and the tradition and heritage of interscholastic sports;
5. Provide programs, services, material, and assistance to state associations, high schools, and individual professionals involved in the conduct and administration of interscholastic activities;
6. Study in general all phases of interscholastic activities and serve as a national resource for information pertaining thereto;
7. Identify needs and problems related to interscholastic activities and where practical provide solutions; and
8. Promote the educational values of interscholastic activities to the public.



V. POLICY STATEMENTS

In this Section, the reader can find definitions and/ or policy statements on key issues.

A. Every Participant Must Be a School Team Member

Each participant in a DCSAA-sponsored interscholastic athletic event must be a member of his or her recognized high school team in that sport.

B. School Team

A school team must be sponsored by and under the control of the school and registered with the DCSAA through the annual renewal process. A school team must have: a coach appointed by the principal; a regular practice schedule through the season defined for that sport; a meaningful schedule of contests through the season defined for that sport; and school uniforms. Teams that are not registered with the Association are not eligible for tournament participation. All school teams must be registered with the Association during the annual summer renewal process.

DCSAA member schools are not permitted to practice with or play interscholastic athletic teams representing high schools that are not members and/ or state approved non-members of the DCSAA or a NFHS State Athletic Association.

C. Adult Representation

The school principals and athletic directors are responsible to the DCSAA for school teams and other school organizations. All teams and individual participants must have adult representation present and responsible for them at all times.

Such adult representation must be an employee or a designated representative of the school district. If the representative is not the coach of record, then the designee must provide written introduction on school letterhead, signed by the principal, or the student-athlete(s) will not be permitted to participate. Schools must have game coverage (other than the coach) at all varsity contests.

D. Medical Coverage

Each member school provide, at a minimum, the following required medical coverage at any interscholastic athletic event:

1. For varsity football, a licensed medical doctor and for non-varsity football, a licensed medical

doctor or certified athletic trainer;

2. For basketball, wrestling, soccer, indoor or outdoor track and field events, or cross-country, at least 1 licensed doctor, certified athletic trainer, registered nurse, EMT or paramedic, or any other certified prehospital care provider, as determined by the Director, Department of Health;
3. For volleyball, baseball, softball, or swimming, at least 1 licensed medical doctor, certified athletic trainer, registered nurse, EMT or paramedic, any other certified prehospital care provider, as determined by the Director, Department of Health, or adult trained by the American Red Cross with current certification in CPR, first aid, or life-saving;
4. For tennis or golf, medical personnel coverage shall be optional as financial resources allow; and
5. For any other sport, the appropriate level of medical personnel coverage, commensurate with the risk of injury involved, shall be set by the Superintendent of Schools of the District of Columbia, in consultation with the Director, Department of Health, and approved by the Board of Education;

E. Missing or Diseased Paired Organ

To participate in interscholastic athletics, a student-athlete with a missing or diseased paired organ must provide his/her principal with both a parental permission form and a medical specialist's written permission form to participate. Such a student-athlete must wear, during all practices and competitions, the protective equipment recommended by the specialist.

F. Return to Athletic Participation

Subsequent to any serious injury and prior to further participation in that sport, a student-athlete should receive a medical release from a licensed physician.

G. Athletes' Assembly

Prior to each season, every school should hold a Student-Athletes' Assembly planned by the principal, athletic director, head coaches, and medical personnel to discuss policies, liability, sportsmanship, safety, and wellness. One parent or guardian should attend with each student-athlete.

H. Academic Awards

The DCSAA provides Certificates of Achievement to all student-athletes and to the school for each team that achieves a minimum combined GPA of 3.00. The Principal or Athletic Director should determine and request the certificates from the DCSAA.

I. Sportsmanship Awards

The DCSAA provides Certificates of Achievement to individuals, teams and schools that demonstrate notable qualities of exemplary citizenship or leadership. The Principal or Athletic Director should determine eligibility and submit the awards request to the DCSAA.

J. School Attendance Policies

Attendance at school is critical to an athlete's success in the classroom. Student-athletes are required to attend all of their classes and avoid truancy. Additionally, student-athletes are required to attend school for the entire school day to participate in an athletic contest during the same day or evening.

An athlete must maintain regular school attendance, having been present at least two-thirds (2/3) of the school days preceding the sport season of participation. During the season of participation, an athlete shall not have more than three (3) unexcused absences. Completion of a summer school program shall not be counted as a semester of attendance

for the purposes of establishing eligibility. Failure to adhere to these rules will result in a loss of eligibility.

K. Equipment

Schools should ascertain that all athletic equipment is in first-class condition and that no defective equipment is used. All equipment should meet the protective standards established by the National Operating Committee on Standards for Athletic Equipment (NOCSAE) for certification or re-certification (<http://www.nocsae.org/>).

The DCSAA recommends that all member schools have written policies, made available to the public, on the following:

- Equipment Cleaning;
- Equipment Repair;
- Equipment Safety Review; and
- Equipment Condemnation.

For the purposes of this handbook, equipment means regulation equipment used by athletes while participating in interscholastic athletic practice sessions and contests. Examples of equipment include: football helmets, soccer shin guards, baseball catcher's helmets with faceguard, football players' gloves, and the like.



L. Private Promoters and Sponsors

In any activity involving one or more DCSAA members, schools should not endorse any private promotion and/or sponsorship, which might result in the exploitation of student-athletes or direct financial gain to the promoter or sponsor.

M. Transportation

Schools should transport teams by common carriers such as school buses, bus lines, METRO, vans or taxi cabs. They should discourage the use of private cars when possible.

N. Medical Emergency Evacuation/ Thunder & Lightning

Each school should develop and disseminate a procedure for treating and transporting an injured athlete.

Schools should adhere to the following guidelines if thunder and lightning occurs during outdoor athletic contests:

1. Thunder or lightning necessitates that all outdoor practices and competitions be suspended.
2. Each Member School shall have a plan for shelter prior to the start of any contest.
3. When thunder is heard or when lightning is seen, the following procedures must be executed:
 - a. Suspend play and direct participants to the previously identified shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b. Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - c. After thunder and/or lightning has left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

O. Canceled Season Policy

A school that cancels a sport before an official contest is conducted will not forfeit any wins to its anticipated opponents. Opponents in this case may request DCSAA extensions for finalizing that sport's scheduling.

A school that cancels a sport after completing at least

one official contest must forfeit wins to its remaining scheduled opponents. Schools do not have the option of rescheduling other opponents in this case.

P. Definition of Scrimmage

A scrimmage is defined as two schools competing in a practice setting. Admission shall not be charged. Head coaches of involved teams may stop activity at any time to provide instruction and make substitutions. Only academically eligible student-athletes who are attending a member school may participate in scrimmages of an athletic team during the season. Scores may not be displayed or recorded during the scrimmage. The results of the scrimmage shall not be counted as a part of the involved teams' season win and loss records.

Q. Definition of Practice

A practice shall be defined as a scheduled time that teams or individuals use to prepare for an athletic contest. Only academically eligible student-athletes who are attending a member school may participate in the practice of an athletic team during the season. Practice sessions, in which teams from two or more schools participate together, are prohibited.

1. **Fall Practice:** Begins August 3, 2016 – September 1st, no outdoor practices shall be held from 11:00am – 3:00pm. Scrimmages which begin prior to 11:00am must end no later than 12 noon.
2. **Winter Practice:** Begins November 1, 2016
3. **Spring Practice:** Begins February 6, 2017 Member DCSAA schools shall have two (2) weeks in the Spring (March-May) to conduct structured practice activities in football, soccer, volleyball and cheerleading. Heavy equipment cannot be used and contact workouts are prohibited. Member schools must submit their Spring Practice schedule to the DCSAA by Friday, February 28, 2016.
4. **Out of Season Practice:** Member schools and coaches of member schools shall confine all organized or formal practice for a contestant or a team to the seasonal limitations as defined on page 32 of this handbook and/or as defined by the member schools two weeks of "Spring Practice" to be conducted between March-May of 2017.

DCSAA certified coaches may coach a team out of season as long as the team roster is limited to fifty (50) percent of his/her school players of what would constitute a starting number of

that sport (i.e. Baseball 5; Basketball 3; Field Hockey 6; Football 6; Golf 3; Soccer 6; Softball 5; Tennis 4; Volleyball 4; Wrestling 7. Heavy equipment/gear (helmets, pads, facemask, sticks, bats, etc.) can't be used and contact workouts are prohibited. Sport specific game balls (basketball, football, soccer, baseball, softball, volleyball, etc.) may be used.

DCSAA will not allow out of season practice or play other than that specified in the sport guidelines for those teams participating in summer leagues. This is defined as the use of the school's name, facilities, equipment, or uniforms.

5. Open Gyms: DCSAA Member Schools may allow coaches to work with individual students during the off season using facilities owned or leased by the school. Under no circumstances should these have an appearance of being a practice. The following guidelines must be adhered to:

- Students are not required to attend.
- The facility is open to all currently enrolled students.
- Coaches may be present in the facility but formal or informal practice may not be held.
- Individual instruction is permitted; refer to the 50% rule above in "Out of Season Practice".
- Open gym is defined as any facility that is owned, leased or operated by the individual school.

R. Definition of a Contest

A contest is defined as a competition between two teams from different schools. Only academically eligible student-athletes who are attending a member school shall participate in scrimmages of an athletic team during the season. All regular season contests shall be scheduled through the LEA's Department of Athletics. All competitions must be conducted in accordance with the constitution, by-laws, policies, procedures, rules, and regulations of DCSAA, NFHS, and the 5A DCMR; Chapter 27.

S. Summer Camp Participation

DCSAA member schools and member school coaches may sponsor or conduct a camp in which students who are returning players are involved or participate as long as the number of player/participants does not exceed the fifty (50) percent threshold as noted in

"Out of Season Practice"

T. Conflict of Interest Statement

The DCSAA requires that each person serving as a committee member, agent, or employee of the DCSAA perform his or her duties without influence or the appearance of influence by any other business or financial interests.

Potential conflicts of interest include, but are not limited to, a person's financial or personal interest being affected by a decision of a panel or committee on which the person serves. The DCSAA is not critical of such interests. It merely requests that persons disqualify themselves from service on matters relating to such interests. (Page 18) If a member of a panel, committee, or the DCSAA should have or develop a conflict of interest, such person shall immediately identify the conflict and remove him or herself from any discussion or decisions involving the matter in conflict.

U. Gender Equity and Leadership

The values of female role models and gender equity in participation for females are important to high school athletic programs and required under federal law. This role modeling will demonstrate to girls that they can become leaders who will have an impact upon the lives of others. Adult women should inspire female student-athletes in a manner that will ensure broadened participation of women in future programs. Female student-athletes should have participation opportunities that male student-athletes enjoy.

The DCSAA is committed to encouraging and recruiting women with leadership interests or abilities. All member LEAs and Schools should have policies for increasing female participation in sports.

AA. Equal Access and Opportunity

The DCSAA is committed to promoting equal access and opportunity and to providing reasonable accommodations for all student-athletes who desire to participate in interscholastic athletics.

Regulations

A student-athlete shall not be excluded from participation in, be denied the benefits of, be treated differently from other student-athletes, or otherwise be unlawfully discriminated against in interscholastic athletics, based on, but not limited to, race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity, familial status, family responsibilities,

genetic information, matriculation, political affiliation, disability, source of income, and place of residence or business.

A Member School may, however:

1. Operate separate sports teams for members of each sex if selection for the teams is based upon competitive skill or the activity involved is a contact sport.
2. Operate a sports team for members of only one
 - a. sex; provided that, members of the excluded sex shall be allowed to try out for the team if the sport is not offered for both sexes. Selection for the team shall take into consideration appropriate skill level, safety, and other standards for participation on such team.
3. Member LEAs and Schools should have a policy not to exclude pregnant female students unless medically required. Pregnancy should be treated as a medical condition for eligibility semester

Participation for student-athletes with disabilities

Before a school can deny the request of a student-athlete with a disability to participate on a school team, the DCSAA member school must conduct an individualized assessment in consultation with the DCSAA.

BB. Resolutions Regarding Litigation

The administration and management of interscholastic athletics should not be a function of the courts. Legal costs associated with litigation against OSSE impact every high school that is a member of DCSAA. Therefore, the OSSE will seek legal fees and associated costs from any member school and/or LEA that has unsuccessfully brought litigation against it. OSSE is also empowered to seek reimbursement of legal fees and associated costs from any institution seeking membership that has unsuccessfully brought litigation against it.

Court Orders and Resultant Forfeitures

In the interest of fairness to all student-athletes, any contest in which an ineligible student-athlete or coach participates under court order will be forfeited if the order is dissolved or the plaintiff ultimately fails to prevail.

Court Orders and Tournament Seeding

Student-athlete or teams that have gained court

injunctions forcing their entry into DCSAA tournaments will be seeded last.

CC. Precautions against the Transmission of Blood-Borne Pathogens

School personnel and student-athletes must comply with the following procedures to avoid the transmission of blood borne pathogens:

1. Before competing, cover any open wound.
2. Whenever possible, athletes should treat and cover their own wounds.
3. When rendering first aid to others, wear protective gloves at any time blood, body fluid containing visible blood, open wounds, or mucous membranes are involved.
4. If an individual gets someone else's blood or other body fluid containing visible blood on his/her skin, the area should be washed with a solution known to inactivate blood-borne pathogens.
5. If blood or other body fluids containing visible blood are present during practice or competition, activity should be halted, and the injured athlete(s) given proper attention. Any contaminated surfaces should be cleaned.
6. Wash your hands with soap and water immediately after exposure to blood or other body fluid.
7. Do not use common towels to clean surfaces contaminated with blood or other body fluid containing blood.
8. Wash all soiled uniforms, towels, etc. in warm or hot, soapy, water.
9. In general, use good hygienic practices and wipe down shared equipment.
10. Member LEAs and Schools should have equipment inspection policy and maintain an equipment maintenance record.

VI. POLICIES AFFECTING STUDENT-ATHLETES AND COACHES

A. Loyalty to the High School Team

A member of the school team is a student-athlete who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Members of a school team are precluded from missing a high school practice

or competition in order to participate in a non-school athletic activity/event in any sport recognized by the DCSAA.

B. One School Sport Per-Season

A student-athlete may represent only one (1) school in the same sport during a school year, unless an exception authorized by the DCSAA applies.

A student-athlete enrolled in a DCSAA member LEA or school may participate in one (1) division during a sports season.

C. Amateurism

A student-athlete shall maintain their amateur standing while participating in interscholastic athletics. A student-athlete may not accept, directly or indirectly, a remuneration, gift, or donation based on his or her participation and/or athletic ability in a sport other than approved school awards.

D. Sportsmanship

Member schools are required to conduct all of their athletic affairs with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of a failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship.

1. Failure to provide for proper control of spectators at a contest. When the number of spectators is expected to be large in relation to the seating capacity of the facility, Metropolitan Police and/

or an approved District of Columbia security vendor should be contacted for possible crowd control support. The host school is expected to take reasonable and proper steps to assure crowd control under any foreseeable conditions.

2. Failure of a team or competitor to stay in a contest until its normal end when failure to do so is related to dissatisfaction with the officiating of the contest, unless the physical safety of the team competitor would have been endangered by continuing the contest.
3. Harassment of game officials by coach. Going onto the playing surface to interrupt a contest in protest of a decision by an official; conduct by a coach, team member, or any individual in the official party which invokes a penalty against the team, continued and visible actions by a coach which indicate to the team and to the spectators that the coach believes the game is being improperly officiated; public demonstrations with game officials which indicate to other extreme dissatisfaction with the officiating; and such related actions when exhibited in aggravated form are evidence of poor sportsmanship.
4. Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff, and spectators the importance of good sportsmanship before, during and after athletic contests. The host school is encouraged to read a brief statement concerning sportsmanship prior to the start of each athletic contest.



5. Failure of an administrator, athletic director, coach, athlete, official, or spectator to comply with the directions stipulated may lead to sanctions and/or penalties being levied against the member school.

A. The School Administrator and Athletic Director shall:

- i. Encourage and promote friendly relations and good sportsmanship throughout the school by requiring courtesy and proper decorum at all times, by familiarizing students and others in the community with the ideals of good sportsmanship, and by publicizing these concepts and attitudes so that all members of the school community understand and appreciate their meaning.
- ii. Review the Sportsmanship Rule with all athletic staff.
- iii. Insist upon adequate safety provisions for both participants and spectators in all activities.
- iv. Encourage all to judge the success of the interscholastic athletic program based on the attitude of the participants and spectators rather than on the number of games won or lost.
- v. Insist that all participants adhere to the highest standards of good sportsmanship as a means of ensuring desirable spectator attitudes.
- vi. Provide sanitary and attractive facilities for the dressing and housing of visiting teams and officials.
- vii. Develop and implement policies for their interscholastic athletic programs to discourage acts of bullying, hazing and taunting.

B. The Coach shall:

- i. Demonstrate high ideals, good habits and desirable attitudes in his/her personal professional behavior and demand the same of his/her players.
- ii. Recognize that the purpose of competition is to promote the physical, mental, social and emotional wellbeing of the individual players that the most important values of competition are derived from playing the game fairly.
- iii. Be a modest winner and a gracious loser.

- iv. Maintain self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction with the officials. Register disagreement through the proper channels.

- v. Employ accepted educational methods in coaching and give his/her players an opportunity to develop and use initiative, leadership and judgment.

- vi. Pay close attention to the physical wellbeing of his/her players, refusing to jeopardize the health of an individual for the sake of improving his/her team's chance to win.

- vii. Discourage gambling, profanity, abusive language and similar violations of the true sportsman's or sportswoman's code .

- viii. Refuse to disparage an opponent, an official, and discourage gossip and rumors about them.

- ix. Properly supervise the athletes under his/her immediate care.

- x. Enforce school policies regarding bullying, hazing, and taunting.

C. The Participant (Athletes, Band Members and Spirit Squads) shall:

- i. Be responsible for the perpetuation of interscholastic athletics. Strive to enhance the image of athletics not only as a member of a team but also as a member of the school community.

- ii. Be courteous to the visiting team. Your opponents wish to excel as much as you do. Respect their efforts.

- iii. Play hard to the limit of your ability regardless of discouragement. The true athlete does not give up, quarrel, cheat, bet or grandstand.

- iv. Be modest when successful and be gracious in defeat. A true sportsman or sportswoman does not offer excuses for failure.

- v. Understand and observe the playing rules of the game and the standards of eligibility.

- vi. Respect the integrity and judgment of the officials and accept their decisions without complaint.

- vii. Respect the facilities of the host school and do not violate the trust entailed in being a guest.

viii. Refrain from participating in or encouraging the acts of bullying, hazing and taunting.

vi. Refrain from participating in or encouraging the acts of bullying, hazing and taunting.

D. The Official shall:

- i. Know the rules and interpretations and be thoroughly trained to administer them.
- ii. Maintain self-control in all situations.
- iii. When enforcing the rules, do not make gestures or comments that will embarrass the players or coaches.
- iv. Be impartial and fair, yet firm, in all decisions. A good official will not attempt to compensate later for an unpopular decision.
- v. Refrain from commenting upon or discussing a team, player, or game situation with those not immediately concerned.
- vi. Conduct the game so as to enlist the cooperation of the players, coaches, and spectators in promoting good sportsmanship.
- vii. Refrain from participating in or encouraging the acts of bullying, hazing and taunting.

E. The Spectator shall:

- i. Realize that he/she represents the school just as definitely as does a member of the team, and that he/she has an obligation to be a true sportsman or sportswoman and to encourage through his/her behavior the practice of good sportsmanship by others.
- ii. Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team. The following are some examples of poor sportsmanship which shall not be tolerated: Profanity, vulgarity, obscene gestures, abusive language, or derogatory remarks, throwing objects, going onto the playing surface and interrupting a contest, and the use of alcohol or other controlled substances.
- iii. Respect the judgment and integrity of the officials, recognizing that their decisions are based upon game conditions as they observe them.
- iv. Treat visiting teams and officials as guests extending to them every courtesy.
- v. Be modest in victory and gracious in defeat.

F. Taunting and Bullying

Taunting and/or Bullying is any action which includes comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, sexual orientation, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics, or any other behavior that violates DC anti-bullying laws.

Examples

Prohibited conduct includes but is not limited to: “trash talk”, defined as verbal or nonverbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including “in the face” confrontation by one player to another, standing over/ straddling a tackled or fallen player, etc.

Consequences

A review of the DCSAA taunting policy and a warning shall be given to both teams by game officials prior to each contest. In all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offender from that contest/day of competition. Additional penalties may apply.

At all DCSAA contest sites and tournament venues, contest management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

E. Processing Violations

Procedures:

The Executive Director is specifically authorized to pursue any matter which, on the surface, has the indication of being a sportsmanship violation.

- 1. An alleged violation must be reported in writing within twenty (20) calendar days of the incident.
 - a. Investigations involving contest ejections or



altercations involving students, or coaches may require an expedited procedure and must be reported to the Executive Director within twenty-four (24) hours.

- b. The Executive Director is authorized to expedite the process in order to assure a ruling prior to the next contest played at that level of competition, including post season play.
2. The Executive Director shall transmit a copy of the report to the principal or head of school or their official designee of the school(s) involved.
3. shall investigate and provide such information or answers to the report as are appropriate.
4. The Executive Director shall provide member schools and officials associations with specially designed forms to facilitate the proper reporting of sportsmanship related incidents.
5. Upon receipt off all reports, the Executive Director shall review the documents and inform the schools(s) involved of his/her disposition of the matter.
6. Penalties up to and including suspensions of member schools may be imposed.
7. The decision of the Executive Director may be appealed to the Athletic Appeals Panel.
8. The decision of the Athletic Appeals Panel is final.

F. Policies

The basis of the following policy statement is that a member shall not be represented by individuals whose conduct reflects discredit upon the school.

Insofar as unsportsmanlike actions by participants and spectators are concerned; DCSAA shall refer to the following guidelines:

1. The school whose administrator or athletic director behaves in a manner likely to have an adverse influence on the attitudes of the players or spectators may be provided with a choice of:
 - a. Reprimanding its administrator or athletic director and providing written documentation to the Executive Director , or
 - b. Suspending its administrator or athletic director from representing the school in athletic events for a specified period of time not to exceed 180 school days, or
 - c. Have the entire school athletic department disciplined by the DCSAA.
2. An athlete shall not strike an official, opponent, coach or spectator or display gross misconduct before, during or after an athletic event. The athlete, depending on the seriousness of the act, may be declared ineligible by the principal, head of school, and/or their designee, DCSAA Executive Director, for a specified period of time not to exceed 180 school days.
3. In the case of spectators physically assaulting an official, coach, or player, the school may be given the option of either taking punitive action against the offender or accepting discipline from the DCSAA.
4. Schools that do not fully cooperate in promoting the spirit of the sportsmanship rule may be disciplined by the DCSAA.
5. The school whose coach behaves in a manner likely to have an adverse influence on the attitudes of the players or spectators may be provided with a choice of:
 - a. Reprimanding its coach and providing written documentation to the Executive Director, or
 - b. Suspending the coach from representing the school in athletic events for a specified period of time not to exceed 180 school days, or
 - c. Having the entire school athletic department disciplined by the DCSAA.
6. An administrator, athletic director, or coach may be considered having committed an unsportsmanlike act if:
 - a. He/she makes disparaging remarks about the officials during or after a game either on the field of play, from the bench, or through

- any public news media, or
- b. He/she argues with the official or indicates with gestures or other physical actions his/her dislike for a decision, or
- c. He/she detains the official on the field of play following a game to request a ruling or explanation of some phases of the game, or
- d. He/she makes disparaging remarks about another school's personnel.

G. Penalties

Game Ejections

A player or coach disqualified before, during, or after a contest for unsportsmanlike and flagrant verbal or physical misconduct shall be suspended from the next complete (a winner is determined or a tie is declared) contest at that level of competition and all other complete or suspended contests in the interim at any level of competition in addition to any other penalties which DCSAA or a conference/league may impose. During the suspension, the coach or player may not be present at any game at any level of competition in that sport involving his/her school. In addition, the coach or player may not be present at any game-related activities immediately before the contest, during the intermission, or immediately after the contest. The coach or player must be "out of sight and sound" of the game and game related activities regardless of whether the coach or player is physically on school premises. If the offending coach or player is present at a game or game-related activity during the suspension in any capacity; including but not limited to: manager, statistician, site worker, spectator, etc., the individual will be suspended for one additional game at that level of competition.

1. A player who leaves the team bench area and enters the playing field, court, or mat during a fight or other physical confrontation shall be ejected from the contest. A player who commits such an offense and is ejected by the game officials shall also be suspended from the next complete contest at that level of competition and all other complete or suspended contests at any level of competition in the interim. Additional penalties may be imposed if a player leaving the bench area becomes involved in the altercation.
2. A disqualified player or coach may not be physically present at any contest in that sport while he/she is suspended.

3. If a coach is disqualified from the final contest of the season, the suspension shall carry over to the next year in that sport. In the case of an athlete, the same penalty shall apply if said athlete retains eligibility in that sport.
 - a. Coaches who do not fulfill their penalty in the same sport shall be disqualified for the appropriate length of time in their subsequent coaching assignment.
 - b. Seniors shall fulfill their penalty in the post season all-star game in that sport. If not chosen to participate in the all-star game, they shall fulfill their penalty in another sport during the same season or another sport during a subsequent season. When a senior is disqualified from the last game of his/her high school career, the member school is requested to take appropriate administrative action to discipline the offending student.
4. A player or coach ejected for a second time during the same season shall be subjected to a two game suspension and meet, in a timely fashion, with the Sportsmanship Committee accompanied by the principal or designee and, in the case of an athlete, by the coach.
5. Appeal of a contest suspension resulting from game ejection.
 - a. A coach or player may appeal a contest suspension resulting from a game ejection to the DCSAA Executive Director. Contest suspensions that may be appealed include suspensions from game ejections under the individual sport playing rules, other DCSAA policies, or a suspension under 2714.1 (a) or 2714.1 (a) (1). The Executive Director may decide the appeal or in his/her discretion refers it to the Athletic Appeals Panel.
 - b. If the Executive Director is unable to make a decision before the next contest, the suspension remains in effect. The Executive Director's or the Athletic Appeals Panel decision to uphold or rescind the suspension resulting from a game ejection is final and may not be appealed.

Unless otherwise limited, the Executive Director and the Athletic Appeals Panel may impose any penalties as deemed necessary based on the particular circumstances. The following are examples of possible penalties and represent degrees of discipline in enforcing the Sportsmanship Rule:

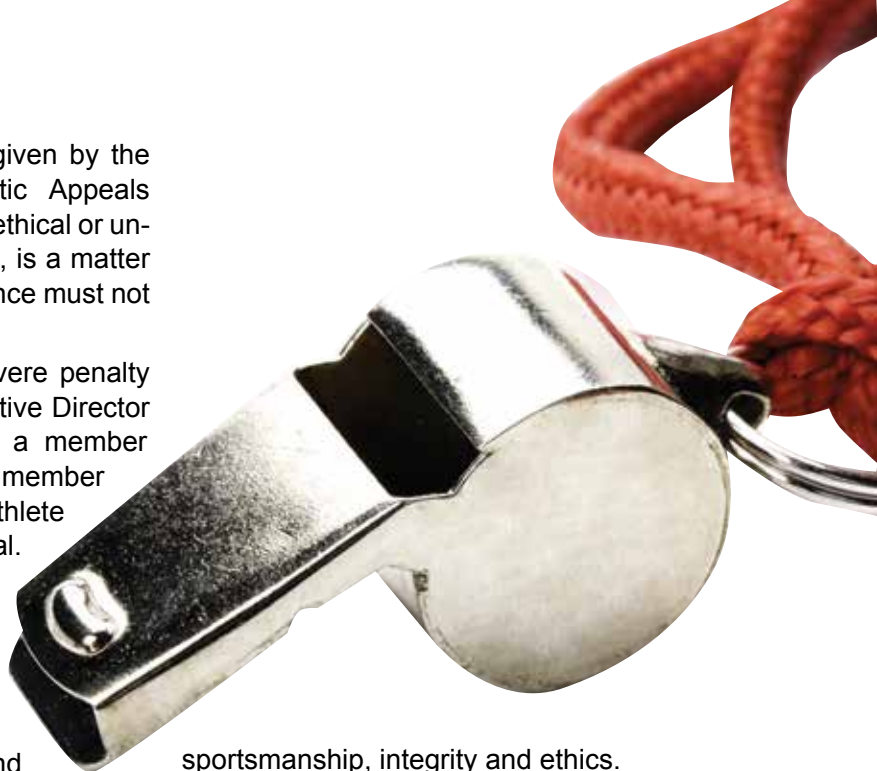
1. Reprimand; a reprimand may be given by the Executive Director or the Athletic Appeals Panel. It is official notice that an unethical or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.
2. Probation; probation is a more severe penalty and may be imposed by the Executive Director or the Athletic Appeals Panel on a member school, a particular team of a member school, a particular coach or athlete of a member school, or an official. Probation may be expressed in one of the following ways:
 - a. Conditional probation wherein the offending party may participate in regular season contest, sanctioned events, and conference and state championships provided he or she or the school files with DCSAA a plan indicating the measures that shall be taken to alleviate the problem which caused him or her or the school to be placed on probation.
 - b. Restrictive probation wherein a member school or a particular team of a member school may engage in its regular season schedule but may not enter any sanctioned events, participate in any playoff toward a conference or state championship, or be awarded a conference or state championship.
3. Suspension; a member school, a particular team of a member school, a particular coach or athlete or a member school, or an official may not participate in any DCSAA sanctioned interscholastic athletic competition.

H. Appeals

Decisions of the Executive Director with the exception of those to uphold or rescind the suspension resulting from a game ejection may be appealed to the Athletic Appeals Panel. The notice of appeal shall be served by certified mail within ten (10) calendar days after appellant's receipt of the written notice that official action has been taken by the Executive Director. An appeal shall not stay the decision of the Executive Director, or any other subordinate.

I. Coach/Media Relations

It is important that communication between coaches and the media must promote high standards of



sportsmanship, integrity and ethics.

1. Coaches must not publicly criticize any game official, or permit anyone under their supervision to criticize game officials.
2. Coaches should cooperate with the media in the interpretation and clarification of rules and/or other aspects of the game, but not make critical comments about specific decisions of game officials.
3. Coaches must make an effort, in their communication with the media, to stress positive displays of sportsmanship demonstrated by the student-athletes, coaches, fans, spectators, and the schools involved in the competition.

J. Student-Athlete Eligibility: Baseline Eligibility Requirements

To be certified as eligible to participate in interscholastic athletics at a school, and to maintain such eligibility, a student-athlete shall be a resident of the District of Columbia, as defined by statute and the rules set forth in 5 DCMR A § 5001.1; unless the student-athlete is an eligible non-resident.

Non-residents

A non-resident student of the District of Columbia is eligible to participate in interscholastic athletic programs under the following circumstances:

1. The student-athlete's admission to a school in the District of Columbia complies with applicable District law and rules;
2. Has either paid, or is current in payment of his or her nonresident tuition fee; and

3. Enrollment for one calendar year in the receiving school. (Note the following exception applies: A nonresident student who meets the nonresident student requirements, entering grade (9) nine for the first time may transfer one (1) time during that school year without loss of eligibility.)

Within ten (10) days after the beginning of a sport season, a member school and/or a LEA athletic Director may seek a waiver of this semester completion requirement, upon a request to the DCSAA by an affected student-athlete, if the student-athlete is able to show good cause or undue hardship for compliance with this requirement.

Enrollment

A student-athlete shall be enrolled within the first twenty (20) calendar days of a semester in the school where he or she wishes to participate in interscholastic athletics, unless the student-athlete is a transfer student-athlete.

Student-Athlete Name

A student-athlete shall participate only under the name by which he or she is registered in the Public School he or she attends.

K. Student-Athlete Eligibility: Certification Process

The certification of the eligibility of student-athletes to participate in interscholastic athletics shall occur, pursuant to procedures to be established by the DCSAA.

1. Principals shall be responsible for determining and certifying the eligibility of student-athletes to participate in interscholastic athletics by submitting a list of eligible student-athletes to the LEA's Athletic Director fourteen (14) days before the first scheduled game, whether league or non-league;
2. A supplemental eligibility list may be submitted up to fourteen (14) days after the first game. However, student-athletes on the supplemental eligibility list may not participate without the prior written approval from the LEA's Athletic Director. The supplemental eligibility list may be submitted for league games only; and
3. Each LEA's athletic director shall be responsible for verifying the eligibility of each student-athlete within one (1) week after receipt of the eligibility list, including a supplemental eligibility list.

L. Student-Athlete Eligibility: Eligibility of Non-enrolled Student-Athletes Playing at Other Schools

A student-athlete in grade nine (9), ten (10), eleven (11), or twelve (12) who attends a public school in which a desired sport is not offered may participate in the sport on a team at another school within the LEA, or as otherwise provided by regulation or policy of the LEA.

Students under this section who participate at another school will be obligated to the chosen school for his/her eight (8) or remaining semesters of eligibility. If the student wishes to participate at another school in the same and/or another sport, he/she is bound by the transfer rule as noted in §2701.3

M. Student-Athlete Eligibility: Varsity and Junior Varsity Teams

Varsity teams in high schools shall be limited to eligible student-athletes enrolled in that high school in grades nine (9), ten (10), eleven (11), and twelve (12). This rule shall not apply to student-athletes whose school of enrollment does not offer the student-athlete's desired sport.

Junior varsity teams in high schools shall be limited to eligible student-athletes enrolled in that high school in grades nine (9), ten (10), and eleven (11). This rule shall not apply to student-athletes whose school of enrollment does not offer the student-athlete's desired sport.

A student who has participated in varsity competition in a sport during a school year shall be ineligible to participate in junior varsity competition in the same sport in the same year.

N. Student-Athlete Eligibility: School Requirements

Birth Certificate

A student-athlete in grade seven (7), eight (8), nine (9), ten (10), eleven (11), or twelve (12) shall submit to the principal an original or certified true copy of the student-athlete's birth certificate, except that in cases where a student-athlete provides a certification from a bureau of vital statistics, or comparable agency, that no birth certificate exists for the student-athlete, satisfactory documentary proof of the student-athlete's date of birth shall be accepted.

Parental Consent

A student-athlete who is less than eighteen (18) years of age shall submit to the principal, or designee, "Consent for Athletic Participation" form signed and dated by the parent or primary caregiver. The parent and/or primary caregiver must indicate in writing what sports are not permissible for the student to participate. All minor students shall not participate in tryouts, practice or interscholastic sports activity without consent.

Adult students, eighteen (18) years of age or older, must fully complete, sign and return the Consent for Athletic Participation" form to the school before he/she is permitted to participate in tryouts, practice, or interscholastic sports activity.

If, upon, inspection the Consent for Athletic Participation" form is found to be altered or forged, the coach and/or member school may be subject to disciplinary action.

Emergency Treatment Information

Each student participating in an athletic contest must provide a signed and dated "Emergency Information Treatment" form to the coach. The Coach must provide the signed and dated "Emergency Information Treatment" form upon request at each contest that the student-athlete wishes to participate in to the appointed designee or athletic trainer or opposing coach.

At any athletic event, failure to produce a current form will render each student for whom a form is unavailable ineligible. The student will become eligible again when a completed form, signed by a parent or primary caregiver, is made available and cleared properly with the appointed designee and/or trainer.

Adult students, eighteen (18) years of age or older, must fully complete, sign and return the "Emergency Information Treatment" form to the school before the student-athlete will be permitted to participate in any team tryout, practice, or interscholastic sports activity. If, upon, inspection the "Emergency Information Treatment" form is found to be altered or forged, the coach and/or member school may be subject to disciplinary action.

Universal Health Certificate

In order to participate in any sport, all students must provide a physician's certification that the student has been examined and is physically fit for the sport in

which the student seeks to participate. The physician shall complete the DC Department of Health Universal Health Certificate.

Athletic physical examinations may be administered by a medical doctor, nurse practitioner, or doctor of osteopathy (DO).

If, upon, inspection the Universal Health Certificate is found to be altered or forged, the coach and/or member school may be subject to disciplinary action.

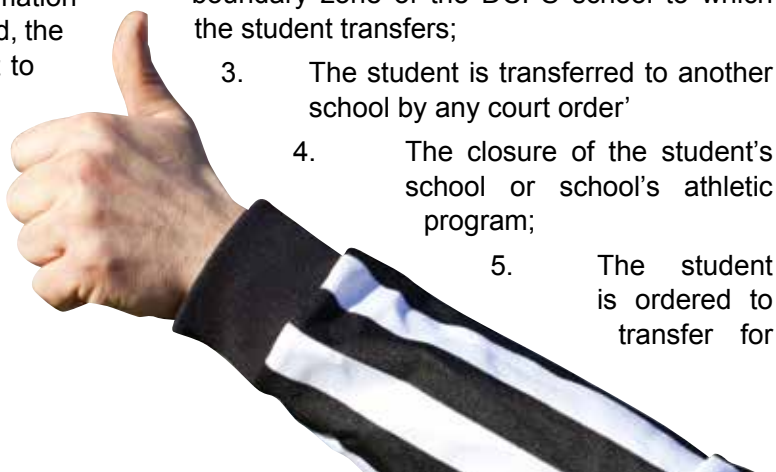
Medical Insurance

A student-athlete shall be covered by appropriate accident insurance, obtained either by his or her LEA or his or her parent or guardian and approved by his or her school's LEA, during each season the student-athlete participates. Appropriate notice of the coverage and cost of the accident insurance obtained by his or her school's LEA shall be provided annually to parents or guardians and adult student-athletes. A parent or guardian submitting a policy for approval by the student-athletes school's LEA shall do so within the time specified by the LEA. In addition student-athletes participating in football shall be insured by additional football accident insurance which shall be paid for by the LEA in which the student-athlete is enrolled.

O. Student-Athlete Eligibility: Transfer Student-Athletes

A student who transfers enrollment from any school to a public school in the District of Columbia in grades nine (9), ten (10), eleven (11), or twelve (12) is ineligible to participate in interscholastic athletics unless he or she meets one of the following exceptions:

1. A student in grade nine (9), may transfer one (1) time during that school year without loss of eligibility.
2. A student attending DCPS moves to a new bona fide permanent residence in the District of Columbia, with his or her custodial parent(s), legal guardian, or primary caregiver in the boundary zone of the DCPS school to which the student transfers;
3. The student is transferred to another school by any court order'
4. The closure of the student's school or school's athletic program;
5. The student is ordered to transfer for



non-athletic purposes;

6. The student has special needs, as identified by the Individualized Education Program (IEP) or Section 504 Plan, and is transferred to another public school for the delivery of a free appropriate public education;
7. A transfer is the result of the student's being homeless as defined in the McKinney-Vento Act, 42 U.S.C. 1143a(2), except if the student's homeless status is shown to have been created by the student or his/her family for the primary reason of eligibility in interscholastic athletics;
8. The student transfers as provided for in 5A DCMR § 3805 because his or her school has been designated as a persistently dangerous school;
9. The student transfers as provided in 5A DCMR § 3809 because he or she has been the victim of a violent crime or a pattern of bullying or other aggressive conduct or sexual harassment and
10. The student is a qualified foreign exchange student or an international student residing in the District of Columbia with his or her parents.
11. The period of ineligibility for students that transfer shall be one (1) calendar year commencing with the first (1st) day of official attendance in the receiving school.

Improper Influences Prohibited

Neither a school nor a representative of a school shall seek to influence a student-athlete to transfer from one school to another for the purpose of participating in interscholastic athletics.

5A DCMR; Chapter 27; Paragraph 2701.2 states *"LEA and school employees shall not engage in any activity that seeks to influence a student to transfer from one (1) LEA or school to another for the purpose of participating in athletic."*

Recruiting and playing ineligible players will not be tolerated. This rule prohibits coaches and all other school representatives from recruiting students from other schools for the sole purpose of participating on that school's sports team. Influencing has been interpreted to mean persuading a student to enroll in a school other than the school where the student is currently enrolled.

"Influencing" is defined as any words or actions used to

influence a high school student to transfer to another DCSAA Member School high school for the purposes of participating in athletics constitutes recruitment and is forbidden. Influencing may include, but is not limited to: talking to parents of students at other schools, posting on social media, asking a student to move and offering the student tuition, scholarships or gifts that are not offered to other students in return for their playing for one of the school's athletics teams.

Transfer Student-Athlete Not Fitting Any Exception

A student-athlete currently attending a Public School in the District of Columbia who is ineligible to participate in interscholastic athletics at the time of transfer from one school to another, for any reason other than failure to satisfy one of the enumerated exceptions for a transfer, shall not be considered for eligibility to the receiving school until the student-athlete has been enrolled for one calendar year.

P. Student-Athlete Eligibility: International Student-Athletes

An international student-athlete participating in a foreign exchange program shall be considered immediately eligible for a maximum period of one (1) calendar school year or two (2) consecutive semesters if the student-athlete:

1. Has not completed his or her home secondary school program;
2. Meets all other eligibility requirements of this section;
3. Has been randomly assigned to his or her host parents and school and neither the school the student-athlete attends nor any person associated with the school has had input in the selection of the student-athlete and no member of the school's coaching staff, paid or voluntarily, serves as the resident family of the student-athlete;
4. Possesses a current J-1 and/or F-1 visa, issued by the U.S. State Department; and
5. Is attending school under a foreign exchange program on the current Advisory List of International Educational Travel and Exchange Programs published by the Council on Standards for International Education Travel and such program assigns student-athletes to schools by a method which insures that no student-athlete, school, or other interested party may influence



the assignment.

An international student-athlete not participating in a foreign exchange program shall be treated as all other student-athletes who transfer schools.

Q. Student-Athlete Eligibility: Academic Requirements

A student-athlete in grade nine (9), ten (10), eleven (11), or twelve (12) shall have a grade point average of at least 2.0 ("C").

A student-athlete in grade four (4), five (5), six (6), seven (7), or eight (8) shall not fail more than one (1) subject at the end of the grading period immediately preceding the sport season in which the student-athlete wishes to participate.

A student-athlete attending a DCSAA Member School who is ineligible to participate in interscholastic athletics at the time of transfer from one school to another, for any reason other than failure to meet the requirements of the DCSAA shall not be considered for eligibility at the receiving school until the student has been enrolled for one calendar year.

R. Student-Athlete Eligibility: School Attendance

A student-athlete shall maintain regular school attendance, having been present at least two thirds (2/3) of the school days during the semester preceding the sport season and have no more than three (3) unexcused absences during the season of participation. Completion of a summer school program

shall not be counted as a semester of attendance for the purposes of establishing eligibility pursuant to this subsection.

S. Student-Athlete Eligibility: Age

A student-athlete who has attained the following ages on or before August 1 preceding the following school year shall not be eligible to participate in interscholastic athletics offered for the grade levels indicated:

1. Grades four (4) and five (5): twelve (12) years;
2. Grades six (6) through eight (8): fifteen (15) years; and
3. Grades nine (9) through (12): nineteen (19) years.

T. Student-Athlete Eligibility: Graduation

The student shall not have graduated from the school for which he participates in a sport; provided, that an eligible student-athlete whose graduation exercises are held before the end of the school year may continue to participate in interscholastic athletics until the end of that school year.

A student-athlete who needs less than two (2) classes to graduate from twelfth (12th) grade and who transferred to a high school within the past twelve (12) months shall not participate in any interscholastic athletic activity for the duration of the student-athlete's matriculation at that school

U. Student-Athlete Eligibility: Maximum Semester and Season Eligibility

A student-athlete may represent only one (1) school in the same sport during a school year.

A student-athlete is eligible to participate in regular season, playoff, or championship interscholastic athletic contests for a maximum of:

1. Four (4) semesters (two (2) seasons) in grades four (4) through five (5);
2. Six (6) semesters (three (3) seasons) in grades six (6) through eight (8); and
3. Eight (8) semesters (four (4) seasons) in grades nine (9) through twelve (12).

Semester and season eligibility computations shall begin from the semester in which the student-athlete was enrolled for the first time in any school in grades four (4), six (6), and nine (9), and shall be counted continuously thereafter, regardless of whether he or she remains continuously enrolled in school. For

student-athlete in grades nine (9) through twelve (12), eligibility shall cease at the end of the eighth semester after first entering the ninth (9th) grade.

A request for a waiver of the DCSAA eligibility requirements shall be effective only upon presentation in writing by the athletic director of an LEA to the DCSAA and decision by the Athletic Appeals Panel (AAP), as follows:

1. The request for a waiver of the eligibility requirements set forth in this chapter must be presented to the DCSAA in writing with supporting documentation by the LEA's athletic director in accord with and pursuant to the LEA's policy and procedures;
2. The DCSAA Shall forward the waiver request received from the athletic director of an LEA to the AAP;
3. No later than five (5) school days after the date of receipt, the AAP shall affirm or deny the waiver request in a written decision;
4. The AAP decision is final.

V. Student-Athlete Eligibility: Restrictions on Outside Team Participation

A student-athlete in grade nine (9), ten (10), eleven (11), or twelve (12) shall not participate in the same individual or team sport outside of school, or with a team, an organized league, tournament meet, match or game between the first and last scheduled contest of the school team during the season of the sport; provided, that a student-athlete who is selected to represent the United States in international amateur competition shall not become ineligible in school competitions for participating in qualifying trials. The following sports shall be exempted from the restrictions of this paragraph: Golf, Swimming, Tennis, Gymnastics; Volleyball, Softball, Track and Field, Cross Country, Crew, Soccer, Cheerleading, Lacrosse, Rugby, Field Hockey and Wrestling.

W. Challenges to Student-Athlete Eligibility

The Principal and/or Head School Administrator is the responsible authority for determining the eligibility of the students participating in interscholastic athletics.

A challenge to a student-athlete's eligibility must be based upon a reasonable belief that the student-athlete may not meet the eligibility requirements set forth in the rules and regulations of the DCSAA:

1. DCSAA shall initiate a review of or fully investigate any alleged violation of the rules and regulations that it has seen, heard or read

about, or which has been reported in writing to the office. DCSAA may employ special investigators as necessary to conduct such investigations, except residency investigations which shall be handled by OSSE's Office of Enrollment and Residency. Subsequent action by DCSAA may include an official reprimand, placement on probation, imposing of sanctions, or the suspension from participation for a player, team, coach, or official to ensure the necessary, orderly and proper conduct of interscholastic competition.

2. The LEA for the school of enrollment shall be responsible for investigating the matter. The LEA shall provide a written summary with supporting documentation of its findings and the student's right to appeal to the LEA, the the challenging party, DCSAA, and parents or guardians, not later than five (5) school days after the date the matter is reported to or by the LEA.
3. If the LEA findings result in forfeiture of a contest already played, the Athletic Appeals Panel (Panel) shall review the decision affirming or denying the forfeitures and shall provide the results of its findings and recommendations to the LEA not later than five (5) school days after the date the matter is reported to the DCSAA.
4. If the LEA fails to provide the results and supporting documentation required in this subsection, the DCSAA may on its own initiative refer the case to the Panel for a final decision regarding eligibility and the forfeiture of the contest.

X. Classifications and Grade Designations

Classifications

A student-athlete's participation shall be classified as follows:

1. Grades four (4) and five (5) shall participate on the elementary level;
2. Grade six (6) shall participate on the elementary level, unless enrolled in grade (6) at a middle school, in which case shall participate on the middle school level;
3. Grades seven (7) and eight (8) shall participate on the middle school level; and
4. Grades nine (9) through twelve (12) shall participate on the senior high school level.



Grade Designations

The grade or semester designation on the student-athlete's official record, or official transfer record, shall be controlling in determining whether a student-athlete is assigned to grades four (4) through six (6) as used in this chapter.

A student-athlete shall be considered to be assigned to grades seven (7) through twelve (12), as used in this chapter, based upon one (1) of the following:

1. The qualifications or regulations of the DCSAA; or
2. The grade designation on the official transfer record from another jurisdiction; provided that the student-athlete has met the minimum criteria, required for the grade.

IX. OFFICIALS

A. General Information

Officials for DCSAA-sponsored athletic contests, both regular and post-season, are to be certified and registered with the DCSAA office. The DCSAA coordinator of officials will facilitate this process with all local officials' boards. Registration and certification requirements are as follows:

1. Be at least 18 years of age and a high school graduate.
2. Be a member in good standing with a local DCSAA-recognized officials' group.
3. Pass a criminal background check
4. Attend a DCSAA-sponsored rules interpretation clinic for the current year.
5. Pass the National Federation examination (75% is the lowest passing score).
6. Pay the DCSAA registration fee (through the local officials association).
7. Within 24 hours of a game/contest ejection of a player or coach, the responsible officials association must report to the DCSAA the name of the ejected individual and the nature of the event/violation.

B. Rules Interpretation Clinics

1. An assigned interpreter will conduct annual rules interpretation clinics for local boards of officials in each sport prior to the opening of each season. Dates, times and location of all clinics will be published.
2. Coaches and Officials are required to attend their sport specific clinic as part of their certification process. Failure to do so shall prevent the coach and/or official from participating in interscholastic athletic competition in the District of Columbia.

XI. GENERAL POLICIES FOR STATE LEVEL ATHLETIC CONTESTS FOR ALL SPORTS

A. General Information

The General Policies set forth in this section will apply to DCSAA-sponsored state-level athletic contests.

1. Admission to contests will be by paid admission, DCSAA complimentary tickets, or DCSAA complimentary passes. There are no refunds on purchased tickets.
 - a. Complimentary tickets will be issued by the game manager to representatives of the working media assigned to the contest.
 - b. Complimentary passes will be issued to school coaches, administrators, LEA Athletic Directors, and LEA chief administrators. The pass will admit the bearer only and is not transferable. A valid driver's license must be displayed with the pass for proper identification.
2. A DCSAA Credential will be issued to each coach. Only coaches with a DCSAA credential will be allowed on the sideline and/or bench. Athletic Trainers and Team Managers should have appropriate identification denoting that they are members of the participating teams. Only those persons with a DCSAA issued credential and/or appropriate identification will be allowed on the sideline and/or bench.
 - a. A maximum of 20 cheerleaders from each of the participating schools will be admitted free of charge only if they are in complete uniform and accompanied by a coach.
 - b. DCSAA will provide tournament programs for the state finals. Home teams may provide programs for all other games.
 - c. The public address system will be staffed by and under the direction of the host school.

- d. Public address comments must be in good taste according to broadcast protocol. Comments not in good taste, nonprofessional, favor one team, or inflammatory, are not permitted.
- e. Raffles, 50/50 drawings, or any other games of chance may not be conducted by member schools in connection with any DCSAA playoff contest.
- f. The DCSAA will receive all revenues not expressly designated and pay all expenses not expressly designated.
- g. A room will be provided where feasible for the officials assigned to a game which will serve as a dressing room and waiting room.
- h. To acclimatize players to summer weather conditions, the DCSAA encourages each DCSAA member school to establish local guidelines to assure the safety of each player.

B. Bands

1. A participating school's band may provide musical entertainment. The game director must be notified 48 hours in advance of the scheduled game if a participating school band is to provide a band for the game. The band must be in full uniform, accompanied by the band director, and prepared to perform.
2. The designated band will take the field five minutes prior to the start of the game to play the National Anthem only.
3. During a 20-minute halftime intermission, the visiting team's band shall take the field for seven minutes, followed by the home team's band, which shall also be limited to seven minutes. Both bands should clear the field five minutes prior to the second-half kickoff. Should only one band or no bands participate, the half-time shall be 15 minutes. In any case, the field will be cleared five minutes prior to the second-half kickoff.
4. Only fixed signs and banners of a positive nature will be allowed at playoff games.

XII. GENERAL IMPLEMENTING POLICIES

A. Application of Handbook

As a condition of a high school's participation in

interscholastic athletics in the DCSAA, before the first fall season contest, each principal and athletic director must read and abide by all rules, regulations, and policies contained within this Handbook.

Interpretation

Only the DCSAA may interpret or clarify the Handbook's rules and policies. The principal and athletic director must assure that each member of the school's coaching staff is knowledgeable of, and will enforce, all requirements contained therein. It also is helpful to have the Guidance Staff familiar with student-athlete eligibility rules. Schools may contact the DCSAA regarding questions about this handbook.

Scope and Applicability

The Handbook applies to all teams and individuals, in all interscholastic contests, at all levels of competition. To be eligible to represent a DCSAA member LEAs and schools in athletic contests, teams and contestants must conform to all policies and rules of the DCSAA Handbook.

DCSAA member LEAs and schools are not permitted to practice with or play interscholastic athletic teams representing high schools that are not members of the DCSAA or a NFHS State Athletic Association.

Whether or not their opponents are DCSAA members, all member LEAs and schools must conform to all policies and rules of the Handbook in every contest. DCSAA member LEAs and school teams may not compete against teams that do not represent a school.

Circumvention Prohibited

A principal, administrative head of school, LEA Athletic Director, and/or Member School Athletic Director may not make a private agreement with another school or any other party to evade the Handbook's policies and rules. Regarding the participation of ineligible student-athletes, no ineligible individual may participate in any interscholastic competition (including scrimmages) regardless of any proposed agreement between competing schools that his/her results would not be counted. "Exhibition" or "unattached" participation is prohibited.

B. Recognized Sports and Scheduling Limits for Schools

Exceptions to Seasonal Limitations

Additional contest beyond the maximum allowable number may be played to determine a conference/league championship. DCSAA member LEAs and schools shall confine practice for all student-athletes or teams to the seasonal limitations as defined. Postseason games shall be limited to contests approved by the DCSAA. The DCSAA shall consider the following factors:

1. Loss of school time by student-athletes and coaches;
2. Liability for the student-athletes and the school;
3. Effect on total school athletic program;
4. Length of the sport season;
5. Level of student-athletes participating;
6. Effect upon student-athletes' current or college eligibility;
7. Effect upon maintaining student-athletes' amateur status;
8. Nature of compensation offered by sponsors to student-athletes and coaches; and
9. Credibility of sponsors.

State Adopted Rules

It is the responsibility of the DCSAA to establish guidelines for each individual sport in order to ensure compliance with NFHS rules and regulations. It is the sole responsibility of the DCSAA to establish and ensure compliance with "State Adopted" rules. Each LEA is encouraged to create and adopt guidelines for each individual sport that they offer, however, they may not create rules and regulations that are in conflict with NFHS, State and/or State Adopted rules and regulations.



Sports Schedule for School Year 2016-17

All school athletic schedules shall be established before the first contest of each sport's season and shall be in accordance with the following schedule:

Sport	Season	Maximum # of contests	# of Scrimmages	Limitations
Baseball	2/10-6/2	25 contests	4	<ul style="list-style-type: none"> No contests scheduled before 2/25 ≤3 contests per week Exception: 4 games may be scheduled in one (1) week if part of a holiday tournament
Basketball	11/1-3/12	26 contests	4	<ul style="list-style-type: none"> No contests scheduled before 12/1 ≤2 contests per week Exception: 3 games in one (1) week may be scheduled twice during the season
Cheerleading	8/3-6/2			
Cross Country	8/3-11/9	15 meets		
Football*	8/3-12/6	10 contests per year	4	<ul style="list-style-type: none"> At least 15 days of practice shall precede the first game At least seven (7) days of graduated conditioning shall precede the first full contact practice. No more than 1 contest per week may be scheduled No contest scheduled before 8/25
Indoor Track	11/1-2/16	12 meets		<ul style="list-style-type: none"> No contests scheduled before 11/26
Outdoor Track	2/10-5/31	18 meets		<ul style="list-style-type: none"> No contests scheduled before 2/16
Soccer	8/3-11/12	18 contests	4	
Softball	2/10-6/1	25 contests	4	<ul style="list-style-type: none"> No contests scheduled before 2/11 <3 contests per week Exception: 4 games may be scheduled in one (1) week if part of a holiday tournament
Tennis	2/10-6/2	22 matches		<ul style="list-style-type: none"> No match scheduled before 2/10
Volleyball	8/3-11/12	24 contests	4	

* Two (2) weeks of practice may be conducted in football, soccer, volleyball and cheerleading. However, heavy equipment shall not be used and contact workouts shall not be permitted.

* Check the DCSAA website for schedule and weather details.

Tournament Schedule for School Year 2016-17

The tournament and championship dates for School Year 2016-2017 are as follows:

September 9-10, 2016	Pigskin Kickoff Classic
November 5, 2016	Cross Country State Championship Meet
November 7-12, 2016	Soccer State Championships
November 8-11, 2016	Volleyball State Championships
November 12-26, 2016	Football State Championship- Class A
November 19- December 3, 2016	Football State Championship - Class AA
December 3, 2016	Senior Bowl Football Game
February 7, 2017	Indoor Track & Field State Championship Meet
February 28-March 5, 2017	Basketball State Championship Tournament
March 18, 2017	Cheerleading State Championship
April 22, 2017	Ultimate Frisbee
April 22, 2017	Chess
May 16-21, 2017	Softball State Championship Tournament
May 25-26, 2017	Outdoor Track & Field State Championship Meet
May 16-21, 2017	Baseball State Championship Tournament
May 15-19, 2017	Tennis Championship

*Please Check the DCSAA Website (www.dcsaasports.org for Tournament Schedule Updates)

C. Sanction Rules

DCSAA member LEAs and schools shall compete in only athletic activities sanctioned by the DCSAA. A student-athlete who participates in a non-sanctioned athletic activity may forfeit his or her eligibility for that sport season. The member school, LEA or Athletic Coach may be subject to additional penalties that may include forfeiture of the season.

DCSAA Member Schools are not permitted to practice with or play interscholastic athletic teams representing high schools that are not members of the DCSAA or a NFHS State Athletic Association.

Whether or not their opponents are DCSAA members, all member LEAs and schools must conform to all policies and rules of the Handbook in every contest. DCSAA member LEAs and school teams may not compete against teams that do not represent a school.

Local Competitions

The following rules shall apply to sanctions for Local Competitions:

1. DCSAA member schools or LEAs interested in competing in outside meets or tournaments should advise the sponsoring school or college to make application for sanction by the DCSAA. Application forms must be submitted via e-mail not less than thirty (30) days in advance of the date on which the meet or tournament has been scheduled.

2. The DCSAA shall evaluate each application for sanction. Factors to be considered include but are not necessarily limited to, the following:
 - a. Date, time and place contest will be played;
 - b. Distance to be traveled;
 - c. Loss of time from school;
 - d. Number of games required per day;
 - e. Commercial exploitation of competing teams;
 - f. Game rules governing athletic contest(s) to be played; and
 - g. Number of contests scheduled by the team.
3. Sanctions shall not be given for athletic activities which:
 - a. Conflict with interscholastic athletic events sponsored by the DCSAA;
 - b. Fail to require and endorse satisfactory entrance requirements for all teams participating;
 - c. Offer awards which might jeopardize the amateur standing of winners or participants;
 - d. Invite participation by suspended schools; and
 - e. Fail to utilize approval criteria for selection of participating schools or individual athletes.

Interstate Competitions

The following rules shall apply to sanctions for Interstate Competitions:

1. Application for sanction of interstate athletic events must be submitted via e-mail to the DCSAA not less than thirty (30) days in advance of the date for which the event has been scheduled
2. The DCSAA shall evaluate each request for sanction of interstate competition in terms of factors which shall include, but are not necessarily limited to, the following:
 - a. Date, time and place contest will be played;
 - b. Distance to be traveled;
 - c. Loss of time from school;
 - d. Number of games required per day;
 - e. Commercial exploitation of competing teams;
 - f. Game rules governing athletic contest(s) to be played; and
 - g. Number of contests scheduled by the team.
3. Sanctions shall not be given for a DCSAA member school or LEA to engage in athletic competition with:
 - a. Any school that is not a DCSAA member unless that member is a regular member of or in good standing with the appropriate State High School Association;
 - b. Any independent school that has not been approved by the DCSAA;
 - c. Any one of the athletic activities described below unless such competitions have been sanctioned by all interested State High School Associations through the National Federation of State High School Associations:
 - i. Contests involving eight (8) or more schools, at least one (1) of which is from a state that does not border the host state;
 - ii. Contests involving schools from five (5) or more State High School Associations, at least one (1) of which does not border the host state; and
 - iii. Contests involving two (2) or more schools which are cosponsored by an individual or an organization other than a member school.

National Competitions

The following rules shall apply to sanctions for National Competitions:

1. Sanction must be secured by the coach from the DCSAA whenever high schools or individual student-athlete wish to participate in non-high school or amateur contests or competitions for the purpose of establishing times, distances or marks necessary for qualification to compete in national, or international, meets
2. Application for sanctions must be submitted to the DCSAA via email at least thirty (30) days prior to the proposed event(s).
3. DCSAA shall include, but is not necessarily limited to, the following factors:
 - a. Date, time and place contest will be played;
 - b. Distance to be traveled;
 - c. Loss of time from school;
 - d. Number of games required per day,
 - e. Commercial exploitation of competing teams,
 - f. Game rules governing athletic contest(s) to be played, and
 - g. Number of contests scheduled by the team.

International Competitions

The following rules shall apply to sanctions for International Competitions:

1. Whenever international competition involves high schools or student's representing the DCSAA member LEAs, it is necessary for such competition to be sanctioned by the Statewide Athletics Director and the National Federation of State High School Associations.
2. The coach must submit an application for sanction to the DCSAA at least ninety (90) days prior to the event.
3. Evaluation of such requests by the DCSAA shall include, but is not necessarily limited to, the following factors:
 - a. Loss of school time by student-athletes and Athletic Coaches;
 - b. Liability for the student-athlete and the school;
 - c. Effect on total school athletic program;
 - d. Level of student-athlete participating;
 - e. Effect upon student-athlete current or college eligibility;
 - f. Effect upon maintaining student-athlete's amateur status;
 - g. Nature of compensation offered by sponsors Athletic Coaches; and
 - h. Credibility of sponsors.

4. Following approval by the DCSAA, the application will then be forwarded to the National Federation of State High School Associations for consideration. The National Federation will then notify the DCSAA, and the appropriate representative of the international sports federation of the decision on the application.
5. A complete financial report involving all phases of the competition shall be filed with the National Federation of State High School Associations and the DCSAA within thirty (30) days following the final competition.

General Guidelines

In general, the following criteria shall be met for sanction approval by the DCSAA:

1. The competition is not preliminary to a college or professional game;
2. The competition is sponsored by an educational institution or similar nonprofit organization;
3. Feasibility of travel to the event, including the impact of travel on instructional time and compliance with the LEA policies and procedures for school-sponsored travel; and
4. All awards shall comply with the rules and procedures set forth in this chapter.

D . All Star Games

A student-athlete who participates in a team sport may participate in an “all-star” competition for the sport that occurs outside the interscholastic season of the sport without jeopardy to his or her eligibility if:

1. The competition is an activity sanctioned by the DCSAA or another National Federation of State High School Association (NFHS) member;
2. All participants in the competition are graduating seniors or student-athletes completing their athletic eligibility at the end of the school year;
3. The student-athlete has played in no more than one (1) other competition in his or sport; and
4. The competition occurs after the student-athlete has participated in his or her final contest for his or her school.

A senior who fails to comply with this policy shall be subject to a penalty that may result in the loss of athletic eligibility for the balance of the school year. For all other student-athletes, the penalty may result in loss of eligibility for the next season in the sport in which the student-athlete participated in the competition. The DCSAA shall review all penalty

decisions. The decision of the DCSAA shall be final. See 5 DCMR A § 2703.

XV . ENFORCEMENT

A. Penalties for the Participation of Ineligible Students

Student-Athlete

A student-athlete whose eligibility is in question and/or who has been deemed ineligible to participate in interscholastic athletics may not play, practice, or otherwise participate with a DCSAA member and/or Approved Non-Member team in the District of Columbia during the period of such ineligibility.

School Officer or Coach

A school representative or coach who knowingly allows an ineligible student to participate in an interscholastic athletic program or contest shall be subject to disciplinary action pursuant to the penalties listed on pages 19-22.

School

A school shall forfeit all contests during which an ineligible student participates.

B . LEA Policies and Procedures on Penalties

Each LEA shall establish policies or procedures, subject to the approval of the DCSAA, for probationary actions and determination of ineligibility and interscholastic athletics grievances.

XVI . WAIVERS AND APPEALS

A . Requesting a Student Eligibility Waiver

Any request for the waiver of any eligibility rule on behalf of an individual student must be made by the school principal pursuant to the DCSAA rules and regulations. Waivers approved are for that school year only and may be restricted to one or two seasons depending on the circumstances. Seasonal deadlines are: Fall Sports September 16, 2016; Winter Sports December 9, 2016; Spring Sports March 31, 2017

The Athletic Appeals Panel (AAP) shall have the authority to set aside the effect of any eligibility rule upon an individual student if:

1. The rule works an undue hardship on the student;

2. Granting the waiver will not result in an unfair competitive advantage;
3. The waiver approval would not cause displacement of another student-athlete from the appellant's own team; and
4. The waiver would not be in conflict with the general well-being of the DCSAA interscholastic athletic objectives.

Requests for waivers must contain sufficient data to make it possible for the AAP to decide the request without additional investigation. When presented with unusual circumstances offered as justification for the waiver, the AAP may contact the sending school principal or athletic director to obtain further information prior to making a decision on the request.

Whenever the AAP acts upon a request to waive the transfer rule, the AAP will forward its decision to the DCSAA. The DCSAA will forward the decision to the principals and LEA athletic directors of both the sending and receiving schools.

B. Requesting a Rule or Policy Change

Any group or individual may petition the DCSAA for a change in existing rules or policies. All proposals must be submitted by July 1st before the school year that the petitioner desires the proposed change to take effect. The Rules Committee is not required to respond to all proposals received.

A rule proposed after the deadline may be considered if DCSAA deems said proposal an emergency measure that would affect the health and safety of students. In emergencies DCSAA may grant temporary waivers or approval for experimental rules.

C. Protest

Rules of the DCSAA do not provide authority to order games replayed. Problems involving member schools and LEAs shall be referred to the local LEA Athletic Director or Conference Commissioner for resolution. If the LEA Athletic Directors and/or Conference Commissioners can't reach a resolution, the matter may be referred to DCSAA for consideration.

1. All protests involving game competition that are allowable as defined in the NFHS (name of sport) Rule Book and deemed by the Statewide Director of Athletics to be the responsibility of the DCSAA and not a local conference, shall be submitted to the DCSAA for review and consideration.
2. Protests must be submitted in writing within 48

hours of the conclusion of the contest or earlier if required by NFHS rules.

3. All protests must be signed in writing by the school principal and the LEA Athletic Director.
4. The DCSAA will review the protests, consult both national and state athletic authorities and issue an opinion within 48 hours of receipt.
5. The decision of the DCSAA may not be appealed.

D. Appeals of Determinations of Violations or Penalties

The following process shall govern the appeal of determinations of a violation or penalty:

1. A DCSAA member LEA, school, student, or Athletic Coach may appeal a determination of a violation or an imposed penalty within fifteen (15) calendar days of the decision by submitting a written request to the AAP through the DCSAA. The written request must explain the grounds for appeal and the relief being sought.
2. Before requesting a hearing before the AAP, a student or athletic coach must first exhaust the internal grievance or appeals procedure within her or his LEA.
3. The membership of the AAP shall be comprised of three members appointed by the State Superintendent of Education.
4. The DCSAA shall notify the AAP of the hearing request and establish a date, time, and hearing site. The appealing LEA, student, or Athletic Coach, or all of the above, shall be notified of the date, site, and time of the hearing. The hearing shall occur within five (5) calendar days after the date the hearing was requested.
5. The DCSAA or the Director's designee shall present the case to the AAP.
6. The LEA, the student, or Athletic Coach, or all of the above, shall present evidence as to why the decision of the DCSAA member LEA or DCSAA was erroneous. The AAP shall convene in closed session and vote to deny or uphold the appeal or modify the penalty. A majority vote is required to deny or uphold an appeal or modify the penalty.
7. The AAP shall report its findings to the concerned Parties within five (5) calendar days after the hearing date.
8. The decision of the AAP is final.

9. A member of the AAP may not hear an appeal if that member has offered advice, made a commendation, rendered a decision, or in any other way participated in the case being appealed.

athletes and teaching healthy adolescent lifestyles; and

- 8) Promoting safety, student participation and best practices by aligning the DCSAA with the National Federation recommendations.

- C. To these ends, the DCSAA participating schools will work in cooperation with the State Superintendent of Education and the State Director of Athletics toward full implementation of the rules and regulations governing interscholastic athletics in the District of Columbia.

XVII . DCSAA CONSTITUTION

To enhance the health and well being of District of Columbia students and to promote the educational significance of interscholastic athletics with fair competition at a state level among participating schools, the Office of the State Superintendent of Education establishes through this Constitution, the District of Columbia State Athletics Association.

ARTICLE I . NAME

The name of the association is the District of Columbia State Athletics Association (“DCSAA”).

ARTICLE II . DURATION

The period of DCSAA's duration is at the pleasure of the State Superintendent of Education perpetual until otherwise disbanded.

ARTICLE III . PURPOSES

- A. The DCSAA serves students attending public schools, including public charter schools and those independent school members who agree to abide by the rules and regulations governing interscholastic athletics in the District of Columbia.
- B. DCSAA provides leadership and support for state athletic programs seeking to enrich the health and educational experience of all student athletes by:
 - 1) Promoting athletics to enhance students educational experience through team sports;
 - 2) Ensuring that interscholastic sports are compatible with the educational mission of the District of Columbia and member schools;
 - 3) Promoting participation of all students in state athletics and activities;
 - 4) Providing for fair competition;
 - 5) Promoting sportsmanship and ethical behavior;
 - 6) Establishing and enforcing standards of conduct for athletes, coaches, administrators, officials and spectators;
 - 7) Promoting the physical well-being of student

ARTICLE IV . COMMITMENTS

- A. No part of the net earnings of the DCSAA will inure to the benefit of, or be distributed to its members, trustees, officers, or other private persons; except that, the DCSAA is authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes set forth in ARTICLE III.
- B. No substantial part of the activities of the DCSAA shall be devoted to attempting to influence legislation by propaganda or otherwise, and the DCSAA shall not participate, or intervene, directly or indirectly (including the publication or distribution of statements), in any political campaign on behalf of or in opposition to any candidate for public office.
- C. Notwithstanding any other provision of this Constitution, the DCSAA shall not carry on any activities not permitted to be carried on by a corporation exempt from federal income tax under section 501(c)(3) of the Code, or by a corporation, contributions to which are deductible under section 170(c)(2) of the Code.

ARTICLE V . DIRECTORS

- A. The State Superintendent delegates to the Statewide Director of Athletics the power and authority to manage the affairs of the DCSAA, only as enumerated in the handbook, bylaws and DCMR, Title 5-A, Chapter 27.
- B. The Mayor shall appoint residents of the District of Columbia to serve as members of the DCSAA Board of Directors, consistent with the terms and conditions set forth in the DCSAA Bylaws.
- C. The Board of Directors shall consist of a minimum of three (3) members with a maximum of fifteen (15) members, including the State

Director of Athletics. The number of directors may be increased or decreased pursuant to the Bylaws of the DCSAA as long as the total number of Directors is an uneven number. A quorum of three (3) directors shall be required as a quorum to conduct official business.

- D. Voting may occur by any efficient means, so long as each members vote is documented in writing or recorded. and
- E. Directors shall meet at a minimum one (1) time quarterly during the calendar year, to carry out the duties of the DCSAA. At least two (2) of the meetings shall contain agenda items addressing increasing school sports and activities participation for all students, including without limitation female students and students with disabilities.
- F. Nothing shall preclude a director from participating in an Athletic Appeals Panel (AAP), except that the Statewide Director of Athletics may not be a member of the AAP.

ARTICLE VI . INTERNAL AFFAIRS

Provisions for the regulation of the internal affairs of the DCSAA shall be set forth in the by-Laws.

ARTICLE VII . LIMITATIONS ON LIABILITY

- A. No director of the DCSAA shall be personally liable for his or her actions taken within the responsibilities of a duly appointed Director of the DCSAA, except for the following:
 - 1. Acts or omissions that involve intentional misconduct or a knowing violation of law by the director;
 - 2. Any transaction from which a director receives or is likely to receive a benefit in money, property or services as related to membership functions and responsibilities of the DCSAA.
- B. Any amendment to or repeal of this Article shall not adversely affect any right or protection of a director of the DCSAA for or with respect to any acts or omissions of such director occurring prior to such amendment or repeal.

ARTICLE VIII . AMENDMENT

The State Superintendent reserves the right to amend, alter, change or repeal any provision contained in this Constitution.

Dated: July 2, 2012

XVIII . DCSAA BY-LAWS

These bylaws shall govern the operations of the District of Columbia State Athletics Association(DCSAA), which is established to serve public schools, public charter schools and those independent schools who agree to abide the rules and regulations governing interscholastic athletics in the District of Columbia. DCSAA was established to serve all institutions participating in interscholastic athletics by providing leadership and support for athletic programming that will enrich the education experiences of all student athletes.

DEFINITIONS

The following definitions apply to this document:

- “DCSAA” means the District of Columbia State Athletic Association.
- “Independent LEA” means a private, parochial and/ or independent local education agency that has agreed to be bound by the terms and conditions governing the DCSAA public schools and public charter schools and paid the appropriate dues.
- “Superintendent” means the State Superintendent for the District of Columbia.
- “Athletic Appeals Panel” means panel composed of three people appointed by the State Superintendent of Education on a case by case basis.
- public school – a District of Columbia Public School (DCPS), a District of Columbia Public Charter School or an independent school seeking to participate in District wide competitions sponsored by the DCSAA.
- “Mayor” means the Mayor of the District of Columbia

ARTICLE I – NAME

This organization shall be known as the District of Columbia State Athletics Association.

ARTICLE II – MISSION

Sec. 1 There is established the District of Columbia State Athletics Association (DCSAA). The DCSAA is established to serve public schools, public charter schools, and independent schools who agree to abide the rules and regulations governing interscholastic athletics in the District of Columbia. DCSAA was established to serve all institutions participating in interscholastic athletics by providing leadership and support for athletic programming that will enrich the education

experiences of all student athletes. Promoting the educational significance of interscholastic athletics by -

- 1) Ensuring that interscholastic sports are compatible with the educational mission of the member schools;
- 2) Providing for fair competition between member schools;
- 3) Promoting sportsmanship and ethical behavior;
- 4) Establishing and enforcing standards of conduct for athletes, coaches, administrators, officials and spectators; and
- 5) Protecting the physical well-being of athletes and promoting healthy adolescent lifestyles.

Sec. 2 To these ends, the DCSAA schools will work subordinate to and in cooperation with the State Superintendent and the Statewide Director of Athletics toward full implementation of the rules and regulations governing interscholastic athletics in the District of Columbia.

ARTICLE III – OBJECTIVES

Sec. 1 The DCSAA schools shall:

- (a) Ensure athlete safety;
- (b) Minimize risks;
- (c) Deter exploitation of students;
- (d) Ensure that competing school teams are appropriately supervised by a responsible entity;
- (e) Maintain athletics as an integral part of the total educational program;
- (f) Promote competitive fairness;
- (g) Foster student leadership; and
- (h) Encourage academic progress.

Sec. 2 The DCSAA schools shall promote gender equity and equal access to athletic opportunity.

Sec. 3 The DCSAA schools shall perform all other responsibilities as stated in the DCSAA Handbook and DCMR Title 5, Chapter 27.

ARTICLE IV – MEMBERSHIP

Sec. 1 All public schools and public charter school athletic programs are governed by 5A DCMR; Chapter 27 and are for the purposes of the

DCSAA are automatically covered under the governance umbrella of the State Athletic Office. Independent schools in the District of Columbia that agree to be bound by the terms and conditions of the governing documents of the DCSAA and pay the appropriate membership dues may become members. Application for membership to the DCSAA must be made by August 1 of any school year.

Sec. 2 An Independent school having become a member of the DCSAA shall continue as a member until such time as it withdraws its membership; provided that, the school's membership status is not changed due to an involuntary reason.

ARTICLE V – ORGANIZATION

Sec. 1 All DCSAA participating schools must abide by the regulations, guidelines, and other policies (collectively, “rules and regulations”) of the DCSAA.

Sec. 2 Leagues may be formed by LEA's for the purpose of regulating and administering local athletic events. The rules enacted by any league must be in accordance with, or more restrictive than, those of the DCSAA.

ARTICLE VI – DIRECTORS

Sec. 1 The State Superintendent delegates to the Executive Director the power and authority to manage all affairs of the DCSAA.

Sec. 2 The Statewide Athletics Director shall serve as the permanent Executive Director of the DCSAA.

Sec. 3 There shall be three (3) members on the Board of Directors. The DCSAA Executive Director shall be one member and shall appoint two (2) other OSSE staff members. The Executive Director may remove and replace a director at any time.

Sec. 4 The director positions shall include the Executive Director, and two other subordinate positions as deemed necessary by the Executive Director.

ARTICLE VII – MEETINGS

Sec. 1 The Executive Director may hold regularly scheduled meetings to inform and engage the member LEAs, as the Executive Director deems necessary or at the request of a

majority of the participating LEAs.

Sec. 2 Notice of all DCSAA meetings shall be published on the www.dcsaasports.org website.

ARTICLE VIII – AMENDMENTS

The Executive Director may amend these bylaws upon approval of the Mayor.





ATHLETIC REGULATIONS

CHAPTER 27: INTERSCHOLASTIC ATHLETICS

2700 GENERAL POLICY

- 2700.1 Student participation in interscholastic athletic programs in the District of Columbia public schools in grades four (4) through twelve (12) shall be governed by the rules and procedures set forth in this chapter.
- 2700.2 Interscholastic athletic programs shall place an emphasis on academic achievement, principles and practices of good sportsmanship, ethical conduct, and fair play, as well as safety, skills, and the rules of a particular sport.
- 2700.3 Consistent with this chapter, each Local Educational Agency (“LEA”) shall promulgate and implement interscholastic athletic standards including, without limitation, safety and first aid, eligibility, satisfactory progress toward graduation, practice, equipment, training, probationary actions, and grievance procedures for participants.
- 2700.4 Each LEA shall ensure that students with disabilities consistently have appropriate opportunities to participate in extracurricular athletic activities.
- 2700.5 All coaches, officials and other personnel, including volunteers engaged with students participating in interscholastic LEA programs, shall obtain a required background check, and demonstrate expertise with regard to a respective sport, applicable rules, safety and first aid standards.
- 2700.6 A student shall not be excluded from participation in, be denied the benefits of, be treated differently from other students, or otherwise be unlawfully discriminated against in interscholastic athletics based on, race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, genetic information, disability, source of income, status as a victim of an intra-family offense, or place of residence or business.
- 2700.7 Notwithstanding § 2700.6, a public school may operate a separate sports team for members of each sex, provided that the selection for such team is based upon competitive skill or the activity involved is a contact sport.
- 2700.8 Notwithstanding § 2700.6, a public school may operate a sports team for members of a single sex, so long as the public school operates a sports team

for an underrepresented sex when there is sufficient interest to maintain a team. In the event there is insufficient interest, the LEA shall allow members of the underrepresented sex to try out for existing teams and qualify based on appropriate skill level, safety, and other standards for participation on such team.

- 2700.9 Except as provided in § 2700.12, a high school varsity team shall be limited to eligible students enrolled in that high school in grades nine (9), ten (10), eleven (11), and twelve (12).
- 2700.10 Except as provided in § 2700.12, a junior varsity team in high school shall be limited to eligible students enrolled in that high school in grades nine (9), ten (10), and eleven (11).
- 2700.11 A student who has participated in varsity competition in a sport during a school year shall be ineligible to participate in junior varsity competition in the same sport in the same year.
- 2700.12
 - (a) A DCPS student in grade nine (9), ten (10), eleven (11), or twelve (12) attending a DCPS school in which a desired sport is not offered, may request authorization at any DCPS school offering the desired sport.
 - (b) A public charter school student in grade nine (9), ten (10), eleven (11), or twelve (12) attending a public charter school in which a desired sport is not offered, may request authorization at another school located within the student's attendance zone (based upon the student's primary residential address), or at another public charter school.
 - (c) Students under this section seeking to participate at another school may only participate if it is allowed in the written policy of the LEA in which the student seeks to participate, and the student meets the eligibility requirements of the State, LEA, and school. An LEA may require actual costs associated with a student's participation and the sending school is required to provide funding for the costs.
- 2700.13 LEAs and member schools shall annually publish their schedules for interscholastic competition.
- 2700.14 The State Superintendent may establish an advisory committee on interscholastic athletics to advise LEAs or the Office of the State Superintendent of Education ("OSSE") on matters pertaining to interscholastic athletic programs.
- 2700.15 LEAs that receive federal funding and maintain athletic programs in the District shall designate at least one (1) employee for purposes of athletics to coordinate with the LEAs' Title IX (as codified at 20 U.S.C. §§ 1681 – 1688) coordinator, to ensure that the requirements of Title IX are met regarding athletics.

2701 ELIGIBILITY TO PARTICIPATE

- 2701.1 The eligibility certification for students to participate in interscholastic athletics shall occur as follows:
 - (a) Principals shall be responsible for determining the eligibility of the students participating in interscholastic athletics by submitting a master eligibility list to the LEA's athletic director ("AD") fourteen (14) days before the date of the first (1st) official contest for each team.
 - (b) A supplemental eligibility list may be submitted up to fourteen (14) days after the first (1st) official contest. However, students on the supplemental eligibility list may not participate without the prior written approval of both the Principal and the LEA's AD.

- (c) Each LEA shall report the eligibility and participation of each student determined eligible to play by his or her Principal not later than seven (7) calendar days after receipt of the master eligibility list from the Principal, to the Statewide Athletics Office (“DCSAA”). Any supplemental list shall also be provided to the DCSAA immediately after it has been approved by the Principal and LEA.
- (d) Each LEA shall provide a written summary with supporting documentation to the DCSAA with regard to any determinations related to a student’s ineligibility within five (5) school days of the determination of ineligibility.
- (e) An LEA shall maintain a record of a student’s eligibility for each school year of a student’s participation on a junior varsity or varsity team. All documentation required in this chapter shall be on file prior to the first (1st) official contest of each sport and maintained during the sport season.
- (f) The DCSAA, upon a thirty day (30) request to the LEA, shall be given access to review and sample athletic eligibility files. The DCSAA shall notify the LEA in writing regarding any recommendations to maintain sufficient eligibility documentation.

2701.2 LEA and school representatives shall not engage in any activity seeking to influence a student to transfer from one (1) LEA or school to another for the purpose of participating in interscholastic athletics.

2701.3 A student who transfers enrollment from any school to a public school in the District of Columbia in grades nine (9), ten (10), eleven (11), or twelve (12) is ineligible to participate in interscholastic athletics unless he or she meets one (1) of the following exceptions:

- (a) A student in grade nine (9) may transfer one (1) time during that school year without loss of eligibility;
- (b) A student attending a public school moves to a new bona fide permanent residence in the District of Columbia, with his or her custodial parent(s), legal guardian, or primary caregiver;
- (c) The student is transferred to another school by any court order;
- (d) A reorganization, consolidation, or annexation of the student’s school occurs;
- (e) The closure of the student’s school or school’s athletic program;
- (f) The student is ordered to transfer for non-athletic purposes;
- (g) The student has special needs, as identified by the Individualized Education Program (IEP) or Section 504 Plan, and is transferred to another public school for the delivery of a free appropriate public education;
- (h) A transfer is the result of the student’s being homeless as defined in the McKinney-Vento Homeless Assistance Act, 42 U.S.C. 11434a(2), except if the student’s homeless status is shown to have been created by the student or his/her family for the primary reason of eligibility in interscholastic athletics;
- (i) The student transfers as provided for in 5 DCMR E § 3805 because his or her school has been designated as a persistently dangerous school;
- (j) The student transfers as provided for in 5 DCMR E § 3809 because he or she has been the victim of a violent crime or a pattern of bullying or other aggressive conduct or sexual harassment;

- (k) The student is a qualified foreign exchange student under § 2701.4(e) or an international student residing in the District with his or her parents.
- (l) The period of ineligibility for students that transfer absent an exception shall be one (1) calendar year commencing with the first (1st) day of official attendance in the receiving school.

2701.4

The LEA shall develop written procedures for challenges to eligibility based upon credible information that a student may not meet eligibility requirements set forth in this Chapter. Challenges to a student-athlete's eligibility shall occur as follows:

- (a) A challenge must be presented in writing and signed by the submitting party, addressed to the appropriate school authority where the student is enrolled.
- (b) The LEA shall provide a written report with supporting documentation of its findings and the student's right to appeal to the LEA, to the challenging party, DCSAA, and parents or guardian, not later than five (5) school days after the date the matter is reported to or by the LEA.
- (c) Upon a final eligibility determination by the LEA, the LEA shall issue the results of its review and supporting documentation to the DCSAA and the parents or legal guardian. For the protection of his or her team's win/loss record, the student whose eligibility is in question may not practice, scrimmage, or play in any school sponsored interscholastic athletic competition, until the LEA has issued its eligibility determination pursuant to its review.
- (d) In the event an LEA requires forfeiture of a contest already played, the Athletic Appeals Panel ("Panel") shall review the decision affirming or denying the forfeiture and shall provide the results of its findings and recommendations to the LEA not later than five (5) school days after the date the matter is reported to the DCSAA.
- (e) If the LEA fails to provide the results and supporting documentation required in this subsection before the student participates, the DCSAA may on its own initiative refer the case to the Panel for a final decision regarding eligibility and the forfeiture of contest.

2701.5

In order to be eligible to participate in interscholastic athletics at a public school, a student shall also meet the following requirements:

- (a) A student shall be a resident of the District of Columbia in conformance with all residency laws and regulations for students attending public schools in the District of Columbia.
- (b) A nonresident student of the District of Columbia is eligible to participate in interscholastic athletics under the following circumstances:
 - (1) Admission to a public school complies with applicable laws and Regulations;
 - (2) Applicable nonresident tuition payments are current; and
 - (3) Enrollment in a public school in the District of Columbia for one (1) calendar year, consistent with § 2701.3.
- (c) A student shall provide written authorization for each team that he or she wishes to participate on, and the authorization shall contain the signature of the custodial parent, legal guardian, or primary caregiver.;
- (d) A student shall provide a medical certification confirming that the student is physically fit for the sport in which the student seeks to participate;

- (e) (1) A student shall be covered by appropriate accident insurance, obtained either by his or her LEA or his or her parent or guardian and approved by his or her school's LEA, during each season the student participates;
- (2) Appropriate notice of the coverage and cost of the accident insurance obtained by his or her school's LEA shall be provided annually to parents or guardians and adult students;
- (3) A parent or guardian submitting a policy for approval by the student's school's LEA shall do so within the time specified by the LEA; and
- (4) Students participating in football shall be insured by additional football accident insurance which shall be paid for by the LEA in which the student is enrolled;
- (f) A student athlete shall maintain compliance with State attendance regulations and shall be present at least two-thirds (2/3) of the required school days preceding the first day of each season designated by the DCSAA for each sport that the student participates in. The student athlete shall have no more than three (3) unexcused absences during the season of participation for each sport;
- (g) A student in grade nine (9), ten (10), eleven (11), or twelve (12), shall have a grade point average of at least 2.0 ("C") to participate in interscholastic athletics;
- (h) A student in grade four (4), five (5), six (6), seven (7), or eight (8) shall not fail more than one (1) subject in the grading period immediately preceding the sport season in which the student wishes to participate;
- (i) The student shall not have graduated from high school from the LEA for which he or she participates in a sport; provided, that an eligible student whose graduation exercises are held before the end of the school year may continue to participate in interscholastic athletics until the end of that school year;
- (j) A student-athlete who reaches the following ages on or before August 1 of the school year in which he/she wishes to compete is not eligible:
 - (1) (12) years old in grades four (4) and five (5);
 - (2) (15) years old in grades six (6) through eight (8); or
 - (3) (19) years old in grades nine (9) through (12);
- (k) A student shall maintain amateur standing by engaging in sports only for the physical, educational, and social benefits derived from sports and by not accepting, directly or indirectly, a remuneration, gift, or donation based on his or her participation in a sport other than approved school, LEA, or State awards;
- (l) A student is eligible to participate in regular season, playoff, or championship interscholastic athletic contests for a maximum of:
 - (1) Four (4) semesters (two (2) seasons) in grades four (4) through five (5);
 - (2) Six (6) semesters (three (3) seasons) in grades six (6) through eight (8); and

- (3) Eight (8) semesters (four (4) seasons) in grades nine (9) through twelve (12), consistent with paragraphs in this subsection;
- (m) (1) Semester computations pursuant to Subsection (l) shall begin from the semester in which the student was enrolled for the first time in any school in grades four (4), six (6), and nine (9), and shall be counted continuously thereafter, regardless of whether he or she remains continuously enrolled in school.
 - (2) For student athletes in grades nine (9) through twelve (12), eligibility shall cease at the end of the eighth (8th) semester after first (1st) entering the ninth (9th) grade;
- (n) Completion of a summer school program shall not be counted as a semester of attendance;
- (o) A student shall participate only under the name by which he or she is registered in the public school he or she attends;
- (p) A student's participation shall be classified as follows:
 - (1) Grades four (4) and five (5) shall participate on the elementary level;
 - (2) Grade six (6) shall participate on the elementary level, unless enrolled in grade (6) at a middle school, in which case shall participate on the middle school level;
 - (3) Grades seven (7) and eight (8) shall participate on the middle school level; and
 - (4) Grades nine (9) through twelve (12) shall participate on the high school level;
- (q) The grade designation on the student's official record, or official transfer record, shall be controlling in determining whether a student is assigned to grades four (4) through six (6) as used in this chapter;
- (r) A student shall be considered to be assigned to grades seven (7) through twelve (12), as used in this chapter, based upon the qualifications adopted by the Chancellor of DCPS or the director of another LEA, as applicable; or the grade designation on the official transfer record from another jurisdiction; provided that the student has met the minimum criteria required for the grade;
- (s) A student may represent only one (1) school in the same sport during a school year;
- (t) A student who has participated in varsity competition in a sport during a school year shall be ineligible to participate in junior varsity competition in the same sport in the same year;
- (u) A student who needs fewer than two (2) credits to graduate from twelfth (12th) grade and who transferred to a high school within the preceding twelve (12) months is prohibited from participation in any interscholastic athletic activity for the duration of the student's enrollment at that school;
- (v) An international student participating in a foreign exchange program shall be considered immediately eligible for a maximum period of one calendar school year if the student:
 - (1) Has not completed his or her home secondary school program;
 - (2) Meets all other eligibility requirements of this section;

- (3) Has been randomly assigned to his or her host parents and school and neither the school the student attends nor any person associated with the school has had input in the selection of the student and no member of the school's coaching staff, paid or voluntary, serves as the resident family of the student;
 - (4) Possesses a current J-1 visa issued by the U.S. State Department; and
 - (5) Is attending school under a foreign exchange program on the current Advisory List of International Educational Travel and Exchange Programs published by the Council on Standards for International Education Travel and such program assigns students to schools by a method which ensures that no student, school, or other interested party may influence the assignment;
- (w) An international student not participating in a foreign exchange program shall be treated as all other students who transfer schools;
- (x) A student in grade nine (9), ten (10), eleven (11), or twelve (12) shall not participate in the same individual or team sport outside of school, or with a team, an organized league, tournament meet, match or contest between the first (1st) and last scheduled contest of the school team during the season of the sport; provided, that a student who is selected to represent the United States in international amateur competition shall not become ineligible in school competitions for participating in qualifying trials. The following sports shall be exempted from the restrictions of this paragraph:
- (1) Golf;
 - (2) Swimming;
 - (3) Tennis;
 - (4) Gymnastics;
 - (5) Volleyball;
 - (6) Softball;
 - (7) Track and field;
 - (8) Cross-country;
 - (9) Crew;
 - (10) Soccer;
 - (11) Cheerleading;
 - (12) Lacrosse;
 - (13) Rugby;
 - (14) Field Hockey; and
 - (15) Wrestling;
- (y) A hardship waiver was granted to the student by the Panel.

2701.6

A request for a waiver of the eligibility requirements shall be made only upon presentation in writing by the AD of an LEA to the DCSAA for a decision by the Panel, as follows:

- (a) A request for a waiver from the requirements in this chapter shall be presented to the DCSAA in writing with supporting documentation by the LEA;
- (b) The DCSAA shall forward the waiver request received from the AD of an LEA

- to the Panel; and
- (c) No later than five (5) school days after the date of receipt, the Panel shall affirm or deny the waiver request in a written decision.
- (d) The decision of the Panel is final.

2702 INELIGIBILITY AND CHALLENGES

- 2702.1 A student who is ineligible to participate in interscholastic athletics is prohibited from playing, practicing, or otherwise participating with a team in the District of Columbia during the period of such ineligibility.
- 2702.2 A student who participates in interscholastic athletics and is found ineligible is prohibited from participating in any interscholastic competition for one (1) calendar year from the date of the finding of ineligibility. Additionally, in order to be considered for eligibility when the calendar year has passed, the student must show that all of the eligibility requirements are satisfied.
- 2702.3 A student who is ineligible to participate in interscholastic athletics at the time of transfer from one (1) school to another, for any reason other than failing to meet the requirements of this chapter, shall not be considered for eligibility at the receiving school until one (1) full calendar year has passed from the date it was determined that the student was ineligible.
- 2702.4 Each LEA shall establish policies addressing probationary actions based on determinations of ineligibility in accordance with this chapter. The LEA shall provide copies of the written regulations to the DCSAA no later than August 1 of each school year.
- 2702.5 Any LEA carrying an ineligible student as a member of the team shall forfeit each contest played by such student.
- 2702.6 If any forfeiture creates a tie among teams participating in a DCSAA tournament and/or championship contest, a coin toss as mutually agreed by the school ADs shall determine the requisite order.
- 2702.7 An LEA, or school official including, without limitation, a coach, trainer, or volunteer assisting in athletics, who knows, or should have known, that an ineligible student is participating or has participated in an interscholastic athletic program or contest, shall be subject to disciplinary action pursuant to LEA regulation or policy.
- 2702.8 The LEA shall provide the disciplinary determinations pursuant to § 2702.7 to the DCSAA for review by the Panel no later than five (5) calendar days after the date of such action. The Panel shall investigate the matter and issue a written decision whether the school officer or agent participation in DCSAA activities shall be reduced, suspended, or revoked, in addition to any LEA actions.

2703 ALL-STAR CONTESTS

- 2703.1 A student who participates in a team sport may participate in an “all-star” competition for the sport that occurs outside the interscholastic season of the sport without jeopardy to his or her eligibility if:
 - (a) The all-star competition is an activity sanctioned by the DCSAA or another National Federation of State High School Association (“NFHS”) member;
 - (b) All participants in the all-star competition are graduating seniors or students completing their athletic eligibility at the end of the school year;
 - (c) The student has played in no more than one (1) other all-star competition in

his or her sport; or

- (d) The all-star competition occurs after the student has participated in his or her final contest for his or her school.

2703.2 A senior who fails to comply with § 2703.1 shall be subject to a penalty that may result in the loss of athletic eligibility for the balance of the school year. For all other students, the penalty may result in loss of eligibility for the next season in the sport in which the student participated in the all-star competition. The DCSAA shall review penalty decisions. The decision of the DCSAA shall be final.

2704 LEA REGULATIONS

2704.1 All LEA rules, policies, and procedures related to athletics shall be consistent with the provisions of this chapter. Upon request, LEAs shall provide the DCSAA with copies of their respective rules, policies, and procedures.

2799 DEFINITIONS

2799.1 When used in this chapter, the following terms shall have the meanings ascribed:

Athletic Appeals Panel (“Panel”) – A review Panel composed of three (3) people appointed by the State Superintendent of Education on a case by case basis, consisting of one (1) member from the public charter schools, one (1) member from DCPS, and one (1) member from OSSE..

Athletic Director (“AD”) – A person who holds the position of athletic director or a person or entity that performs the functions of an athletic director as designated by an LEA.

Boundary Zone or Attendance Zone – The area designated by DCPS as inbounds for a particular residence.

Day – One (1) calendar day, unless otherwise stated.

First year of eligibility – The school year a student first enters ninth (9th) grade for the first (1st) time.

Ninth Grade – A student is considered to be in grade nine (9) upon the student’s promotion from the eighth (8th) grade to the ninth (9th) grade on the last school day of the student’s eighth (8th) grade (8th) grade academic year. The ninth (9th) grade year is considered to be completed on the thirtieth (30th) calendar day following the last day of the student’s first ninth (9th) grade academic year.

Local Education Agency or LEA – means an educational institution at the local level that exists primarily to operate a publicly funded school or schools in the District of Columbia, including the District of Columbia Public Schools (DCPS) and a District of Columbia public charter school.

League – An association of sports teams or clubs that compete mainly against each other.

OSSE – The District of Columbia Office of the Superintendent of State Education.

Participate – Inclusion on the tryout roster or team roster as a member of a recognized school team to tryout or play in practices, contests, and competitions, or otherwise engaging in other activities as part of the team.

Previous participation – Prior participation in interscholastic athletics in grades nine (9) through twelve (12).

Public School – A school within the District of Columbia Public Schools (“DCPS”) system, a District of Columbia public charter school, or a private school member participating in the District-wide competitions approved by the DCSAA.

Receiving school – The school a student enrolls in, after leaving his or her previous school.

Sending School – A school that a student withdraws from, in order to attend a different school.

Semester (“full academic semester”) – A semester is approximately two (2) marking periods during which academic coursework towards graduation requirements occurs but does not include the summer.

Statewide Athletics Office (DCSAA) – A unit of the Office of the State Superintendent of Education that directs, coordinates, and provides guidance for interscholastic athletic programs.

Title IX – Title IX is a portion of the Education Amendments of 1972, Pub. L. No. 92 318, 86 Stat. 235 (approved June 23, 1972), 20 U.S.C. §§ 1681 - 1688.

Transfer – The student has withdrawn from a sending school and has enrolled in a receiving school.

Week – Seven (7) calendar days, unless otherwise stated.

Persons wishing to comment on this notice of rulemaking should submit their comments in writing including or through an electronic submission to: Office of the State Superintendent of Education, 810 First Street, N.E., 9th Floor, Washington, D.C. 20002 [(202) 727-6436], or to Jamai.Deuberry@dc.gov with subject “Attn: Jamai Deuberry, Interscholastic Athletics Rules.” All comments must be received no later than thirty (30) days after publication of this notice in the D.C. Register. All comments received will be taken into consideration during the proposed rulemaking process prior to final adoption of these rules.



The District of Columbia State Athletic Association Recommendations for Transgender Participation in Interscholastic Athletics

The District of Columbia State Athletic Association (DCSAA) supports the process outlined below to address the participation of transgender students in all DCSAA state finals series in interscholastic athletics as it aligns with the DC Human Rights Act, Title IX, and other laws and regulations prohibiting discrimination or participation in interscholastic programs and activities sponsored by the DCSAA.

Under the DC Human Rights Act it is unlawful to “...deny, restrict, or to abridge or condition the use of, or access to, any of its facilities, services, programs, or benefits of any program or activity to any person otherwise qualified, wholly or partially, for a discriminatory reason, based upon the actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, political affiliation, source of income, or disability of any individual.”

DEFINITIONS:

For the purpose of this recommendation the following definitions will be in place:

- A. **Transgender:** A gender identity in which a person’s inner sense of their gender does not correspond to their assigned biological sex.
- B. **Gender Expression:** The manner in which people outwardly expresses their gender.
- C. **Gender Identity:** People’s inner sense of their gender. Most people develop a gender identity that corresponds to their biological sex, but some do not.

PRIVACY STATEMENT:

All discussions, documents and information at all levels of the process either by a member school, appeals panel, and/or DCSAA shall be kept confidential unless consent is granted by the student or the student and his/her family.

PHILOSOPHY OF GENDER IDENTITY PARTICIPATION:

Pursuant to 5-A DCMR 2700.6, the DCSAA allows for participation for all students regardless of their gender identity expression. The purpose of this recommendation is to designate a set of criteria in which student-athletes are able to dispute challenges

to their participation in a manner that is consistent with their gender identity by member schools. Fundamental fairness, as well as most local, state and federal rules and regulations, requires schools to provide intersex and transgender student-athletes with equal opportunities to participate in athletics may occur in a in a safe, competitive and friendly environment, free of discrimination.

GENDER IDENTITY PARTICIPATION:

All students should have the opportunity to participate in DCSAA activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student’s records or identification documents. Schools should allow students to participate in DCSAA activities in a manner that is consistent with their gender identity. In the case where schools do not permit students to participate, a student may seek review of eligibility for participation under the procedures set forth below entitled ‘Guidelines for Review’.

Once the student has been granted eligibility to participate in the sport consistent with their gender identity, the eligibility is granted for the duration of the student’s participation and does not need to be reviewed every sports season or school year, nor upon transfer to another DCSAA participating school in the District of Columbia.

If a school disputes the participation of a student based on gender, the student may apply appeal or apply for a waiver for participation in the following manner:

1. **NOTICE TO THE SCHOOL:** The student and/or parents, guardians and/or caregivers shall contact the school administrator and/or the school athletic director indicating that the student has a consistent gender identity different than the gender listed on the student’s school registration records and that the student desires to participate in activities in a manner consistent with his/her gender identity. The school shall reconsider participation based on the statement of the guardian. The school staff should work closely with the student to assess the degree to which, if any, the guardian will be involved in the process and must consider the health, well-being, and safety of the appealing student.

2. **NOTICE TO THE DCSAA:** If the school refuses to allow the student to participate, the school administrator shall contact the DCSAA Executive Director, which will assign a facilitator who will assist the school and student in preparation and completion of a mediation process. If the mediation is not successful, the student has a right to appeal.

3. **FIRST LEVEL OF APPEAL:** The student may seek a waiver from the State Appeal Panel under the waiver procedures to which the panel will apply DC Human Rights Act standards for review. The Panel shall include a minimum of three (3) of the following persons, one of whom must be from the DCSAA staff:

- A. Physician, physician assistant or nurse practitioner with transgender health knowledge
- B. Psychiatrist, psychologist or licensed mental health professional with transgender health knowledge.
- C. School administrator from a non-appealing school.
- D. DCSAA Staff Member.
- E. Advocate familiar with transgender, gender identity and gender expression competencies.

4. **DOCUMENTATION:** All documentation generated for the appeal process will remain confidential to protect the privacy of the student. The following documentation and information is either optional or required to proceed with the appeals process. All documentation and information is provided directly to the DCSAA Executive Director for Panel review:

- A. Optional: Current transcript and school registration information.
- B. Required: Documentation of student's consistent gender identification and a written request to participate in athletics according to his/her gender identity (e.g., affirmed written statements from student and/or parent/guardian/caregiver/ and/or health care provider).
- C. Optional: Any other pertinent documentation or information.

5. **GUIDELINES FOR REVIEW PROCESS:** The Panel will convene following the waiver procedures and render a decision under those timelines.

6. **RESOLUTION FOLLOWING APPROVAL:** The following areas of awareness for School Administrators, Staff and Athletic Coaches:

- Use correct names/pronouns- according to student's self-identification
- Gender appropriate restroom accessibility
- Locker room accessibility
- Educational training for teachers, counselors, coaches, administrator and students on transgender sensitivity in relation to student(s)
- Refer to evidence-based approaches to support for transgender students online: <http://www.glsen.org/cgi-bin/iowa/all/news/record/2819.html>

ⁱ D.C. Human Rights Act, D.C. Code Ann. §§ 2-1401.01 -2-1411.06.

ⁱⁱ Definitions from the National Sexuality Education Standards, <http://www.aahperd.org/aahe/advocacy/pressreleases/upload/JOSH-FoSE-Standards-FINAL.pdf>

ⁱⁱⁱ TRANSGENDER AND GENDER NONCONFORMING STUDENTS: Model Language, Commentary & Resources http://www.glsen.org/binary-data/GLSEN_ATTACHMENTS/file/000/001/1977-1.pdf



Inclement Weather Policy

The presence of thunder and/or lightning necessitates that all outdoor activities be suspended immediately. The occurrence of either thunder or lightning is not subject to interpretation or discussion. If thunder and/or lightning is heard and/or observed all outdoor activities will be suspended immediately. Players and spectators shall be directed to a safe location.

The following recommendations are made to mitigate the lightning hazard:

- Identify an individual to monitor threatening weather conditions before, during and after outdoor activities and to make a final decision to suspend play.
- Monitor local weather reports daily prior to any scheduled outdoor activities. Be aware of the potential for severe weather and plan accordingly. Be aware of local weather service terminology: “watch” vs. “warning”, as well as the signs of storm development.
- Develop an emergency action plan for evacuation to a safe location for each venue that will host athletic practice and/or contests. Ensure that the designated safe location is immediately accessible (unlocked). Clearly identify appropriate nearby shelter locations with maps if necessary. A comprehensive plan should include instructions for participants and spectators as well as an established all clear signal. Communicate the emergency action plan to all officials and coaches prior to the need to take shelter to avoid unnecessary delay.

If thunder and/or lightning are present shelter must be taken for a minimum of 30 minutes from the time of the interruption before considering the resumption of play.

- A. If thunder and/or lightning is observed at the site of an outdoor activity 30 or fewer minutes prior to the scheduled start of that activity, the official/coaches and the responsible school authorities shall not permit the contest to begin on that date until the inclement weather has cleared or the conditions become playable.
- B. If thunder and/or lightning is observed during the playing of the outdoor activity, the official/coaches shall immediately cease play for a minimum of 30 minutes, have all participants and spectators seek *appropriate shelter and

then re-evaluate the situation.

- C. Any subsequent thunder and/or lightning after the beginning of the 30 minute count shall reset the clock and another 30 minute count shall begin.

*Appropriate shelter is defined as any sturdy, fully enclosed, substantial building that has plumbing and/or electrical wiring that acts to electrically ground the structure.

Examples of locations routinely used that DO NOT meet the criteria for an appropriate shelter include:

- Baseball/softball dugouts;
- Baseball/softball “covered” batting cages;
- Outside storage sheds; and/or
- Canopy/awning/tent/trees.
- In the absence of a sturdy, fully enclosed shelter, a secondary structure such as a fully enclosed vehicle with a hard metal roof, rubber tire, and completely closed windows can provide a measure of safety. Convertibles, soft-top vehicles and golf carts do not provide a high level of protection and cannot be considered safe from lightning.
- Persons should avoid taking showers and using plumbing facilities (including indoor and outdoor pools, whirlpools, Jacuzzis, and hot tubs) and land-line telephones during a thunderstorm.
- If no safe structure or location is within a reasonable distance, personnel should find a thick grove of small trees surrounded by taller trees, or a dry ditch. Everyone should assume a lightning-safe position: a crouched position on the ground with the feet together, weight on the balls of the feet, head lowered and ears covered. Minimize the body’s surface area contact with the ground. Do not lie flat!
- If unable to reach safe shelter, persons should stay away from the tallest trees or objects (i.e. light poles flag poles, etc.), metal objects (i.e. fences, bleachers, etc.), individual trees, standing pools of water and open fields. Persons should avoid being the highest object in an open field.
- In situations where thunder and/or lightning may or may not be present, yet someone feels his/her hair stand on end and skin tingle, LIGHTNING

IS IMMINENT! Therefore, all persons should assume a lightning-safe position, as described above.

- A cellular and/or portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

More information on thunder and lightning safety can be found at the following:

www.weather.gov

www.nfhs.org

CONCUSSION/HEAD INJURY:

The athletic rule as it pertains to concussions is supported by two governing bodies, the National Athletic Trainers Association (NATA) and the National Federation of High School Sports, Sports Medicine Advisory Committee and is in compliance with District of Columbia's Athletic Concussion Protection Act of 2011. Proper management of a concussion is the best form way to prevent serious injury. It is most important to prevent Second Impact Syndrome – a catastrophic increase in intracranial pressure which can result in massive brain swelling, herniation, and/or death. This syndrome occurs in athletes up to 14 days post-concussion and when an athlete returns to competition prior to the complete resolution of initial symptoms. Therefore member schools are required to follow the following concussion protocol:

1. Any athlete removed from play for a suspected concussion must be evaluated by a qualified healthcare professional.
2. Following the injury, all concussions are evaluated by the athletic trainer and/or certified medical personnel and referred for further medical evaluation by a physician.
3. Before the athlete returns to play/competition, he/she must have written permission from a qualified healthcare professional. The qualified health care professional must be a District of Columbia certified and licensed Medical Doctor, Doctor of Osteopathic Medicine or an Athletic Trainer.
 - a. No physical activity; rest until asymptomatic for a minimum of 24 hours;
 - b. Once asymptomatic, light aerobic exercise;
 - c. Progress from light aerobic exercise to moderate exercise;

- d. Progress from moderate exercise to non-contact sport specific exercise;
- e. Progress to full contact practice

Note: Any recurrence of concussive symptoms at any stage will restart the student-athlete's recovery process.

An athlete with two concussions per season should be removed from contact sports for the remainder of that season. In order to return to play a physician's approval is required.

It is highly recommended that an athlete with a history of three or more concussions avoid contact sports. A physician's approval is required in order to participate.

Each school that does not have an appropriate qualified healthcare professional on staff must identify to the DCSAA a concussion point person, responsible for following up on all concussion documentation and ensuring that the DCSAA approved concussion policy is adhered. No student-athlete returns to participation prior to:

1. The student-athlete receives written clearance from a qualified healthcare professional;
2. Completion and documentation of the "Return To Play" protocol ; and
3. Parental and/or legal guardian must sign a concussion awareness/instruction form.

Certified/Licensed athletic trainers are permitted to provide written clearance pursuant to the DC Youth Concussion Act.

Failure to comply with the concussion protocol requirements shall result in the individual and/or the school being ineligible to compete in and/or for DCSAA championships.



HEAT ACCLIMATIZATION AND HYDRATION POLICY

Over the past 15 years the number of deaths due to heat related illnesses has increased significantly. If athletes are not properly acclimatized for play and treated properly they can suffer chronic if not fatal consequences. Student-Athletes who begin training in the late summer (i.e. football, soccer and cross country) experience over exertion heat-related illness more often than athletes who begin training during the winter and spring months.

All coaches and staff should participate in specific heat acclimatization training (<http://is.gd/zOfVLp>) and American Red Cross CPR/First Aid/AED training before being allowed to convene practice or participation in any sport. Such training is being provided at no cost through the Office of the State Superintendent of Education (OSSE). Please contact OSSE for participation in these trainings.

The following heat illnesses and hydration information has been developed by the District of Columbia State Athletic Association Sports Medicine Advisory Committee (DCSAA SMAC) to provide the highest quality healthcare for student-athletes in the District of Columbia and in order to help educate student-athletes, parents, coaches, athletic directors, certified athletic trainers, medical professionals, and school staff about heat and hydration. These recommendations shall be followed by all coaches and staff and participants unless or until they are changed by the Department of Health or the State Athletic Office, or through heat acclimatization training or American Red Cross training standards. This document should also be referenced periodically for recollection, and any updates or improvements.

This document was established to increase safety and performance for student-athletes who in engage in physical activity, especially in warm and hot environments. Many cases of exertional heat illness are preventable and can be successfully treated if onsite personnel identify the condition and implement appropriate care in a timely manner. The purpose of this information is to a) increase awareness of heat-related illnesses b) provide useful recommendations to optimize fluid replacement for athletes, c) provide information regarding predisposing factors that increase an athlete's risk for heat illness, and d) identify factors that influence optimal rehydration during and after athletic participation. Additionally, pages 11-15 specifically outline recommendations for participation.

What is Dehydration?

Your body is approximately 60% water, and when student-athletes do not replenish lost fluids, they become dehydrated. Dehydration occurs when fluid loss (via sweat, urine, respiratory or GI tract) is greater than fluid intake (via drinking and food). Dehydration of 1% to 2% of body weight begins to compromise physiologic function and negatively influences performance. Dehydration of greater than 3% of body weight further disturbs physiologic function and increases an athlete's risk of developing an exertional heat illness (i.e. heat cramps, heat exhaustion, or heat stroke).

Some Signs and Symptoms of Dehydration:

- Dry Mouth
- Thirst
- Irritability
- General Discomfort
- Headache
- Apathy
- Weakness
- Dizziness
- Cramps
- Chills
- Vomiting
- Nausea
- Excessive Fatigue

How to check for dehydration

(At least two methods should be used):

Information/ guidelines about dehydration should be available to all student-athletes, **especially after a heat-related illness.**

Urine Characteristics (least reliable)

- o Lemonade urine color to clear urine color = well-hydrated
- o Regular amount of light colored urine = well-hydrated
- o Apple Juice urine color or darker = not hydrated
- o Small amounts of dark urine = not hydrated
- o A urine chart (see last page) should be displayed to provide athletes with examples

Weight Checks

- o Weight checks both pre and post-practice

to monitor weight loss, to determine how much fluid should be replenished. Use of a written daily record is strongly recommended.

- o A loss of just 1-2% of body weight can negatively impact performance. A loss of 3% or more of body weight can significantly increase the risk of exertional heat-related illness.
- o Athlete should be back to their weight before the beginning of their next practice.

□ Refractometry

- o If readings fall within normal limits (hydrated), the student-athlete does not have to repeat the reading, unless a heat-related illness occurs
- o If readings show student-athlete is dehydrated the athlete must be held from participation in heat and must subsequently produce a urine sample which indicates hydration on the following day prior to participation

Some other risk factors for heat illness include:

□ Prior Episode of Heat Illness

- o Some individuals with a history of heat illness are at greater risk for recurrent heat illness

□ Clothing and Equipment

- o Dry clothing and equipment absorb sweat and prevent evaporative heat loss
- o Dark clothing produces radiant heat gain
- o Bulky clothing, protective equipment can all increase body temperature, sweat loss and increase risk of heat illness

□ Fitness level

- o Physical training and improved cardiovascular fitness reduces the risk of a heat illness
- o Individuals who are untrained are more susceptible to heat illness than are trained athletes.

□ Medications & Drugs

- o Amphetamines (including ADHD medications), ephedrine, synephrine, ma huang, and other stimulants increase heat

productions.

- o Diuretics can also produce dehydration

□ Alcohol and caffeine at certain doses are mild diuretics

- o Any athlete taking medication for ADHD should be monitored closely for signs and symptoms of heat illness

□ Obesity

- o Athletes with a higher body fat percentage are at increased risk for heat illness, as fat does not allow the body to dissipate heat.

□ Sickle Cell Trait

- o Special precautions should be taken in hot and humid conditions for athletes with the sickle cell trait (reference Sickle Cell section on DCSAA website)

□ Increased Heat

- o Sweating is increased when the environmental temperature is increased. As sweat is lost, the chances of dehydration increases.

□ Increased Humidity

- o Evaporation is less effective at high humidity.
- o As humidity increases, perspiration evaporates less rapidly.
- o Heat loss by sweating can be dramatically impaired when the humidity is greater than 60 percent.

Ways to Measure/ Gauge Heat & Humidity

Environmental temperature and humidity each independently contribute to dehydration and heat illness risk. A heat index should be followed to help determine if practices/ contests should be modified or canceled. It is the responsibility of the school's coaching staff to know the heat index before, after or during a scheduled practice, activity, or game. The Weather Channel's heat index chart can be found at: <http://www.nws.noaa.gov/om/heat/index.shtml>

When a sling psychrometer is available (the Kestrel 4400 is a good electronic substitute), the on-site wet-bulb temperature should be measured 10-15 minutes before practices or contests. The results should be used with a heat index to determine if practices

or contests should be started, modified, or stopped. A wet globe temperature (WBGT) is the most effective method for determining environmental heat risk, because it takes into consideration not only ambient temperature and humidity, but also solar radiation.

NOAA's National Weather Service

Heat Index

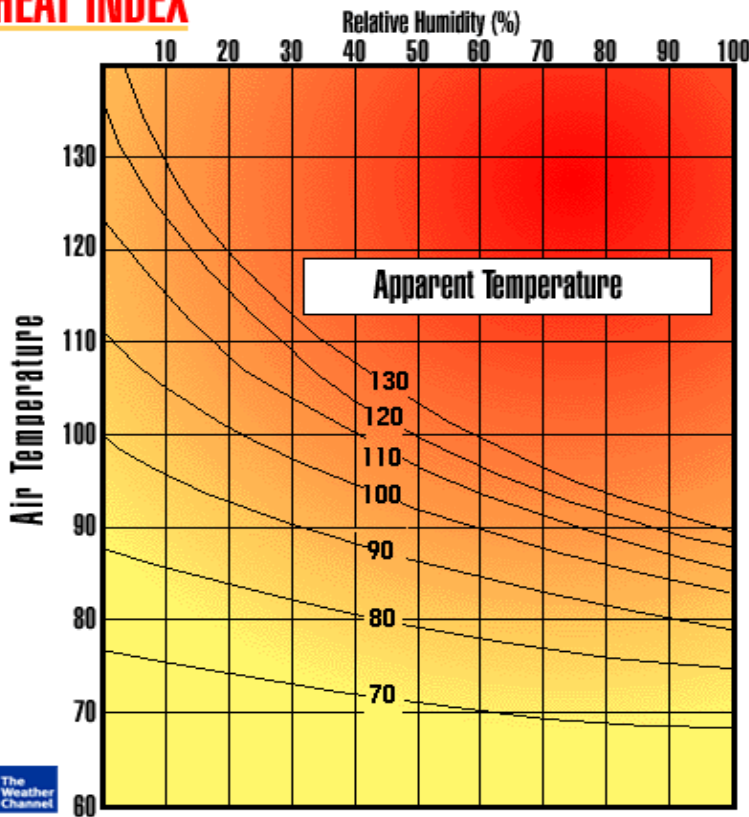
Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger

HEAT INDEX



Apparent Temperature Readings

Caution: 85 to 95° F physical activity may cause fatigue

Extreme Caution: 95 to 105° F possible heat cramps and/or heat exhaustion with prolonged exposure

Danger: Above 105°F possible heat stroke with prolonged exposure; heat exhaustion and heat cramps likely.

WET BULB GLOBE TEMPERATURE & RISK OF HEAT ILLNESS

<65°F Green	Low Risk
65-73°F Yellow	Moderate Risk
73-82°F Orange/Red	High Risk; Everyone should be aware of injury potential; individuals at risk should not compete
>82°F Black	Very High Risk; consider rescheduling or delaying the event until safer conditions prevail
>90°F	Cancel Activity

When is it okay to practice?

- Schedule training sessions to avoid the hottest part of the day and to avoid radiant heating from direct sunlight, especially during heat-acclimatization.
- The time period between 11 am and 3 pm is a blackout period in August during which no activities may be held outdoors or inside if not a temperature-regulated facility. On Code Orange and Code Red days this time period is extended to 6 pm.
- Plan rest breaks to match the environmental conditions and the intensity of the activity. Rest breaks should occur in the shade if possible, and hydration during rest breaks should be encouraged. Allow sufficient time for all participants to access fluids and partake freely during the break. Allow a sufficient number of water breaks as well.
- Minimize warm-up time when feasible, and conduct warm-up sessions in the shade when possible to minimize the radiant heat load in “high” or “very high” or “extreme or hazardous”.

What is Rehydration?

Rehydration is the optimal replacement of fluids and electrolytes in accordance with individual needs. Fluid intake should nearly approximate fluid losses. Athletes should personally establish and monitor fluid requirements and modify behavior to ensure optimal hydration status.

For most exercising athletes water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost-effective. Traditional sports drinks (i.e. Gatorade or Powerade) may provide additional benefit in the following general situations:

- Prolonged continuous or intermittent activity of greater than 45 minutes
 - Intense and/or continuous exertion
 - Repeated exertion
 - o When multiple practices occur in one day
 - Warm-to-hot conditions
 - o 80° F to 105° F
 - Humid conditions
 - o Wet Bulb Temperatures of 65o F – 89o F
- Athletes must drink before, during, and after

practice and games. For example:

- An athlete should always drink when they are thirsty.
- Drink 16 ounces of fluid 2 hours before physical activity.
- Drink another 8-16 ounces 15 minutes before physical activity
- During physical activity, drink 4-8 ounces of fluid every 15 to 20 minutes
- After physical activity, drink 16-20 ounces for every pound lost

What NOT to drink during exercise:

- Fruit juice with greater than 8% carbohydrates
- Carbonated Soda
- Energy Drinks
- Iced Tea
- Coffee

Prevention of Heat Illness

A proper heat-acclimatization plan in secondary school athletic programs is essential to minimize the risk of exertional heat illness during the preseason practice period. Student-athletes should gradually increase exposure to hot and/or humid environmental conditions during a minimum period of 10 to 14 days. When an athlete undergoes a proper heat-acclimatization program, physiologic function, exercise heat tolerance, and exercise performance are all enhanced.

Each exposure should involve a gradual increase in the intensity and duration of exercise and equipment worn until the exercise is comparable to that likely to occur in competition. When environmental conditions are extreme, training or competition should be held during a cooler time of day. Hydration should be maintained during training and acclimatization sessions.

Any practices or conditioning conducted before this time should not be considered a part of the heat-acclimatization period. The heat acclimatization period is designed for students on an individual basis. Days in which student-athletes do not practice due to a scheduled rest day, injury, illness, or other reasons do not count towards the heat-acclimatization period.

8-Day Heat Acclimatization Period

Regardless of the conditioning program and conditioning status leading up to the first formal practice, all student-athletes (including those who arrive at preseason practice after the first day of practice) must follow the 8-day heat acclimatization plan starting on the first official day practice is allowed. The 8-day period is adhered to on an individual basis, not as a team. All DCSAA member schools must follow the Heat Acclimatization Period that is detailed below:

- Days 1-5
 - o First formal practices
 - o No more than 1 practice occurs per day.
 - o You can have a one hour walk-through, however a three hour recovery period must be inserted between the practice and walk-through (or vice versa)
- Days 1-2
 - o T-shirt, shorts and helmet should be the only protective equipment permitted.
- Days 3-5
 - o Only helmets and shoulder pads should be worn.
 - o Contact with blocking sleds and tackling dummies may be initiated.
- Day 6
 - o All protective equipment may be worn and full contact may begin.
- Day 9+
 - o Double-practice days (2 days) cannot begin until after day 8.
- Double-practice days (2 days) cannot be longer than 5 hours total
- Double-practice days may not be held on back-to-back days. If Monday is a double practice day then Tuesday may not be.

Physical exertion and training activities should begin slowly and continue progressively. The majority of heat-related deaths happen during the first few days of practice, usually promoted by doing too much too soon, and in some cases with too much protective gear on too early in the seasoning (i.e. wearing helmet, shoulder pads, pants, and other protective gear). Players must be allowed the time to adapt safely to the environment, intensity, duration, and uniform.

No dark colored clothes should be worn because it can increase the body's absorption of solar radiation, while moisture-wicking –type clothing helps with the body's ability to dissipate heat. Absolutely no long sleeves or pants are to be worn. As much bare skin as possible should be exposed, as permitted by the protective equipment and practice uniform.

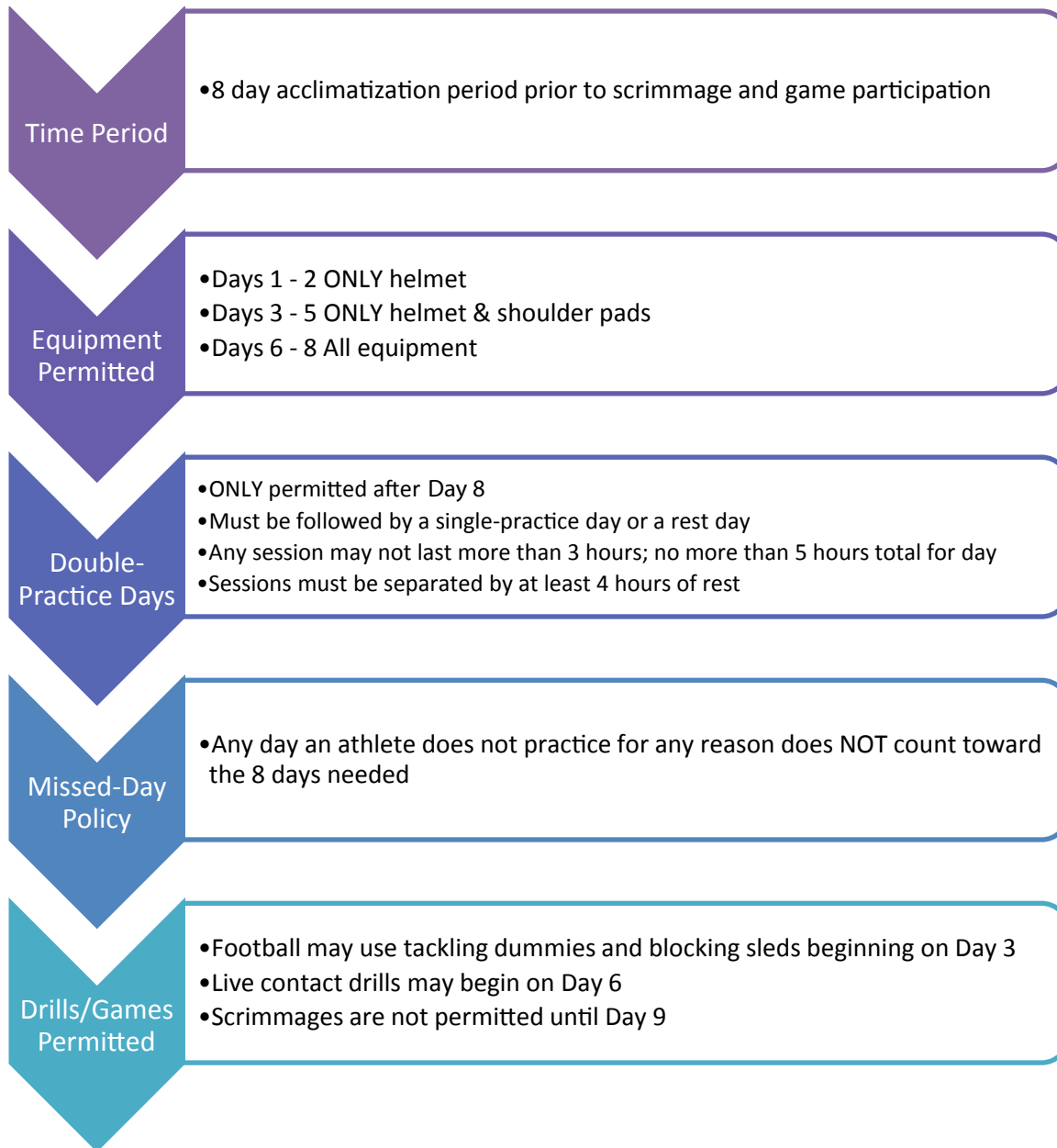
Student-Athletes should never be denied or discouraged from drinking water/fluids. Fluids should be readily accessible throughout practice. Athletes should NEVER be punished by withholding water/fluids.

CODE ORANGE AND RED WEATHER DAYS:

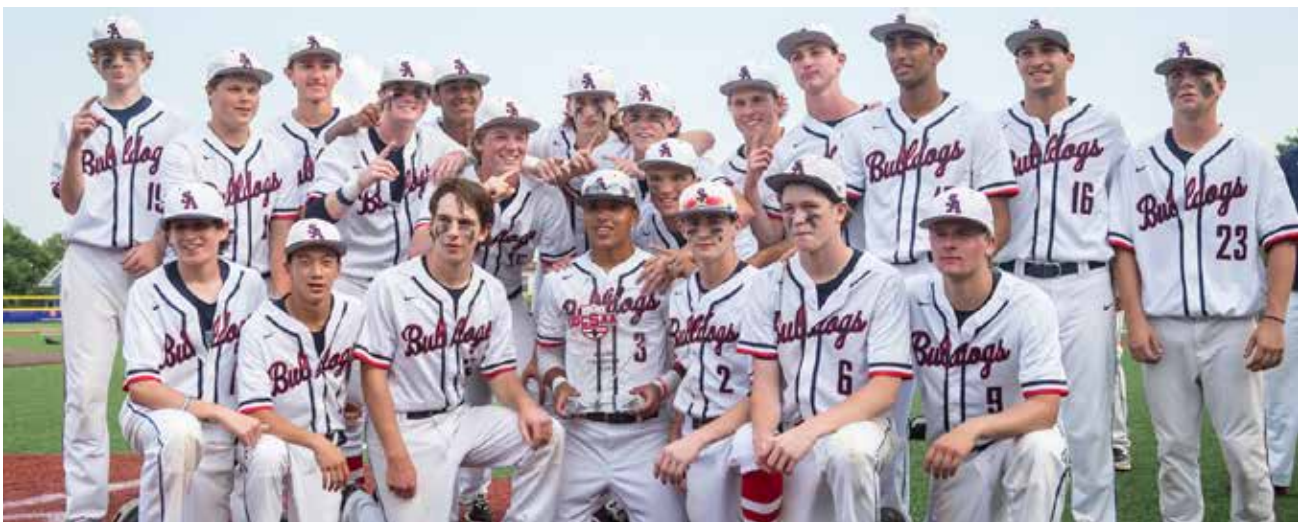
- No practice in full gear
- No practices between 9 AM and 6 PM.
- Increase the number of scheduled water breaks.
- Water break intervals should be every 10-15 minutes and should last long enough to provide adequate time for each athlete to rehydrate.
- Athletic Trainers may limit activity of athletes with special conditions (asthma, sickle cell trait/ anemia, diabetes, etc).
- Heat and Humidity monitoring may require coaches to adjust practices by changing: start time, length of practice, number and frequency of breaks and water breaks, and athletes' attire.



DCSAA Regulations for Fall Sport Acclimatization



****Scrimmages/ Games cannot begin until AFTER Day 8****



Common Types of Exertional Heat-Related Illness:

Muscle (Heat) Cramps: are often present in student-athletes who perform strenuous exercise in the heat. Conversely, cramps also occur in the absence of warm or hot conditions. Dehydration, diet poor in minerals, and large losses of sodium and other electrolytes in sweat appear to increase the risk of severe, often whole-body, muscle cramps.

Signs and Symptoms

- Thirst
- Sweating
- Muscle Cramps
- Fatigue

Treatment

- Rest
- Prolonged stretching of involved muscle group
- Sodium Replacement (i.e. salt tablets, Gatorlytes, salty snack, pickle juice)
- Full Body Cramps: Student-athlete should be transported to hospital for intravenous fluids

Heat Exhaustion: is a moderate illness characterized by the inability to sustain adequate cardiac output, resulting from strenuous physical exercise and environmental heat stress. Inherent needs to maintain blood pressure and essential organ function, combined with a loss of fluid due to acute dehydration, create a challenge the body cannot meet, especially if intense exercise were to continue.

Signs and Symptoms

- Slightly Elevated Body Core
- Dizziness
- Fatigue
- Pale or Sweaty Skin
- Decreased Pulse Rate
- Fainting

Treatment

- Begin active cooling
 - o Ice bags, ice baths, fan, etc.
- Place in a cool environment

- Activate EMS if fainting or student-athletes core temperature is greater than 104°F
- Elevate the legs
- Rehydrate

Exertional Heat Stroke: is a severe illness characterized by central nervous system (CNS) abnormalities and potentially tissue damage resulting from elevated body temperatures induced by strenuous physical exercise and increased environmental heat stress. Rectal temperature is greater than 104°F combined with altered mental status. This increased core temperature disrupts organ function.

Medical Emergency

Signs and Symptoms

- Dizziness
- Drowsiness
- Confusion
- Irritability
- Seizures
- Weakness
- Tachycardia (100-120 beats/ min)
- Hypotension (Low Blood Pressure)
- Vomiting

Treatment

- To be appropriately prepared for this medical emergency all materials necessary for immediate treatment must be prepared prior to practice/games and be immediately available and close in proximity.
- Cooling should begin immediately, prior to or concurrent with EMS activation
- Rapid reduction is body core temperature
 - o Immersion in ice water
 - o Ice packs to groin and arm pits

Exertional Hyponatremia: is when an athlete consumes more fluids than necessary, and/or sodium lost in sweat is not adequately replaced, sodium in the bloodstream can become diluted and cause cerebral or pulmonary edema. Hyponatremia is the low blood-sodium levels in a student-athlete, which normally happens during warm or hot weather.

Signs and Symptoms

- Elevated Body-Core Temp (> 104 o F)
- Nausea/ Vomiting
- Extremity Swelling
- Confusion
- Seizures
- Coma
- Altered Consciousness
- Weight Gain

HEAT & HYDRATION TIPS

- Athletes must begin practices and training activities adequately hydrated. Hydration should start before, during, and after physical activity.
- Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed!!
- Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-Site rapid cooling should begin immediately. The Emergency Action Plan should be activated immediately.

Steps to Prevent Heat Illness during Summer Months

1. Measure the WBGT when possible. If not, determine the heat index via internet. Re-measure several times throughout the event or practice.
2. Equipment check-utilize light colors, lightweight materials, and sun-protection clothing.
3. Provide unlimited opportunities for hydration. Hydration should never be withheld as a punishment!
4. Body weight, refractometry, or urine colors should be monitored for dehydration. Monitor student-athletes who show signs of dehydration. If necessary student-athlete may be held from practice until rehydrated.
5. Assure proper acclimatization prior to high endurance/intensity exercise in heat
6. If at all possible, practices should be attended by an athletic trainer or team physician who is prepared to manage heat-related emergencies.

For Member Schools without Medical Staff Available

- Use appropriate medical coverage
- Have a cell phone on hand
- Know your local emergency numbers (i.e. 911)
- Schedule breaks for hydration and cooling (i.e. drinks, towels, ice tubs)
- Provide ample recovery time in between practices
- Monitor weight loss
- Encourage adequate nutrition
- Have all necessary emergency materials already prepared prior to the need for them.



Am I Hydrated?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated .
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		<u>DEHYDRATED</u> and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>
7		
8		



Definitions

Heat-Acclimatization Period: is defined as the initial 8 consecutive days of preseason practice for all student-athletes.

Practice: is defined as the period of time a participant engages in a coach-supervised, school-approved, and sport- or conditioning-related physical activity. Each individual practice should last no longer than 3 hours. Warm-up, stretching, and cool-down activities are included as part of the 3-hour practice time. Regardless of the ambient temperature conditions, all conditioning and weight-room activities should be considered part of practice.

Recovery Period: is defined as the time between the end of 1 practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment, with no sport- or conditioning-related activity permitted (i.e. speed or agility drills, weight training, conditioning, or walk-through, including talk and film sessions). Treatment with the athletic trainer is permissible.

Walk-through: is defined as a teaching opportunity with student-athletes not wearing protective equipment (i.e. helmets, shoulder pads, catcher's gear, shin guards) or using other sports related equipment (i.e. footballs, lacrosse sticks, blocking sleds, pitching machines, soccer balls, cones). The walk-through is not part of the 3-hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight-room activities. A 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).

Double-Practice Day (2-a-day): is two practices in one day. Neither practice's duration can exceed three hours total, and student-athletes may not participate in more than five hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time. The two practices should be separated by at least three continuous hours in a cool environment.

For more information:

www.nfhslearn.com > "A Guide to Heat Acclimatization and Heat Illness and Prevention"

www.KSI.uconn.edu > a comprehensive website dedicated to prevention and education which provides sections for parents, coaches, athletes and medical personnel

References

Binkley HM, Beckett J, Douglass JC, Kleiner DM, Plummer PE et al. National Athletic Trainers' Association position statement: Exertional Heat Illnesses. *Journal of Athletic Training* 2002;37(3):329-343

Casa DJ, Armstrong LE, Hillman SK, et al. National Athletic Trainers' Association Preseason Heat-Acclimatization Guidelines for Secondary School Athletics Consensus Statement. *Journal of Athletic Training* 2009;44(3):332-333

Casa DJ, Csillan D, et al. National Athletic Trainers' Association position statement: Fluid Replacement for Athletes. *Journal of Athletic Training* 2000;35:221-224

National Federation of State High School Associations. Environmental Issues: Heat-related illness. May 2011 *Sports Medicine Handbook* (4th edition).

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee. Heat Acclimatization and Heat Illness Prevention Position Statement. April 2012. <http://www.nfhs.org>.

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee. Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness. October 2011. <http://www.nfhs.org>.

NCAA Guideline 2C. Prevention of Heat Illness. June 2010.

Neag School of Education: Korey Stringer Institute. Hydration Considerations. [Http://ksi.uconn.edu/information/athletic-trainers/hydration-considerations/](http://ksi.uconn.edu/information/athletic-trainers/hydration-considerations/).

University of Nevada Sports Medicine. Heat Illness Guideline. August 2010.

QUICK REFERENCE FOR HEAT RELATED PRACTICE MODIFICATION

Below is a guideline to be used any time the temperature is above 72° F. There are more accurate methods that can supercede this method, such as the use of WBGT index that combine impact of humidity, ambient temperature, solar radiation and air movement. If such equipment/data is unavailable, the information below may be used as a minimum guideline. This may also be used for indoor sports, however, heat and humidity readings must be obtained on-site.

- 1) Go to www.weather.com
- 2) Enter the zip code for the area of participation, activity, game or other play.
- 3) Add the numbers of temperature and relative humidity.
- 4) If the sum of the 2 numbers is greater or equal to 150 (+/- 10 depending on level of acclimatization), practice should be restricted. Such restrictions should at least include:
 - a) practice time limited to 2 hrs
 - b) water breaks with helmets off every 15 minutes
 - c) helmets and shoulder pads only
- 5) If the sum of the 2 numbers is greater or equal to 160 (+/- 5 depending on level of acclimatization) practice should be restricted. Such restrictions should at least include:
 - a) practice limited to 90 minutes
 - b) water breaks with helmets off every 15 minutes
 - c) helmets only
- 6) If the sum of the 2 numbers is greater or equal to 170 (+/- 5 depending on level of acclimatization) All practice should be stopped.

Note: Any temperature above 72° F, with a relative humidity of 95% or higher, produces a high risk of heat related illness. Any temperature above 95°F, regardless of % relative humidity level, produces a high risk of heat related illness. For more detailed information see graph at: Zinder, S.M. and Shultz, S.J. Heat-Related Issues. National Federation of State High School Associations Resource Document. <http://www.nfhs.org>



SPORTS GUIDELINES

I. BASEBALL

a. DECLARATION OF A TEAM

- i. Requirements for Fielding a Team – In order to field a team, 10 athletes must be eligible for participation.
- ii. Requirements for Game Play – To play a contest, nine (9) student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.

b. PRACTICE

- i. Start Date – Practice may start on February 10th.
- ii. Pitchers and Catchers – Pitchers and catchers may start two weeks prior.
- iii. Practice Dates Before Competition – No scrimmages or games can be conducted until a team has completed three official practices.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA Baseball rules are the official playing rules for all games.
- ii. Competition Time Limit Restrictions
 1. There is a two hour time limit for all regular season games.
 2. The two hour time limit shall apply whether the 5th inning is finished or not.
 3. If a game does not reach five innings within the two (2) hour time limit, the game will be treated as a suspended game. The DCSAA, in conjunction with the overseeing sports league, shall have the authority to determine if the game shall resume at a later date.
 4. A new inning cannot start after one hour and forty-five minutes, except when necessary to break a tie score.
 5. If the game is tied at the two (2) hour time limit, teams may continue to play for an additional 15 minutes to break the tie.
 6. If the game remains tied at the completion of that inning or after 15 minutes have elapsed, the game will be treated as a suspended game. The DCSAA, in conjunction with the overseeing sports

league, shall have the authority to determine if the game shall resume at a later date.

7. There is no two (2) hour time limit in the championship game.

iii. MERCY RULE

1. Ten Run Rule – The ten (10) run rule is in effect after the fifth (5th) inning. The game is officially over after playing five (5) innings if the losing team is down by ten (10) or more runs and has finished at bat.
2. Fifteen Run Rule – The game is officially over if a team is down by fifteen (15) or more runs after three (3) innings and an hour and a half has elapsed.
- iv. Complete Game – Seven (7) innings will constitute a complete game, except where other rules apply.
 1. Two (2) hour time limit and five (5) innings constitute a complete game.
 2. The ten (10) run mercy rule is in effect after the fifth (5th) inning. The game is officially over after playing 5 innings if the losing team is down by ten (10) or more runs and has finished at bat.
 3. The game is officially over if a team is down by fifteen (15) or more runs after three (3)innings and an hour and a half has elapsed.
 4. Upon agreement, coaches can call a game at any time.
- v. Game Protest – Coaches must immediately declare any and all game protests at the time of the incident to the umpire and opposing coach. Official written notification must be submitted to the DCSAA within twenty four (24) hours of the incident by the Principal or LEA Athletic Director.

d. SCHEDULING

- i. Scheduling – High School
 1. Maximum number of twenty (20) games and four (4) scrimmages.
 2. A maximum of four (4) tournaments are permitted with each counting as one (1) game.
- ii. Scheduling – Middle School
 1. Maximum number of fifteen (15) games and four (4) scrimmages are permitted.

e. FIELD DIMENSIONS

i. Field Dimensions -

1. Base Path – Bases shall be 90 feet apart.
2. Pitching Distance – The pitchers plate shall be 60 feet 6 inches from the rear tip of home plate.
3. Mound Height – The pitchers plate shall be 10 inches above home plate.

f. PITCH LIMIT

i. Pitch Limit -

1. Weekly Limit – A pitcher may not pitch more than 14 innings in a week (Monday through Saturday). This count is to be kept by the coach and recorded in the scoring book.
2. Inning Limit – A pitcher may pitch a maximum of 10 innings within two (2) consecutive days and may not pitch more than 10 innings in a single day. This count is to be kept by the coach and recorded in the scoring book.

g. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

h. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can't finish the season.

i. UNIFORM RULES

- i. Uniform Rule – Coaches and players must comply with NFHS rules, which designate that coaches wear the uniform of their team. Coaches will be restricted to the dugout if they are not in compliance and subject to further actions from the DCSAA.

j. MEDICAL COVERAGE

- i. Medical Coverage – Per the DCSAA and the DCMR, an Athletic Trainer or Certified EMT approved by the DCSAA is required for all contests.

k. OFFICIALS

- i. Official Assignment – All game/contest s officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

l. TEAM RESPONSIBILITY

- i. Game Balls & Book:
 1. Each team furnishes two top grade game balls.
 2. Additional game balls will be furnished simultaneously by both teams at the request of the umpire.
 3. At the end of the game remaining balls will be divided equally between the participating teams, with the home team receiving the odd number.
 4. The home team is responsible for official game book.
 5. If the home team does not have a game book, the visiting team's score is official.

m. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Football Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

n. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

o: SUMMER LEAGUE

Seven (7) days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. No player may participate on more than two (2) school sponsored summer league teams. Players for a school sponsored team must be officially

registered at the school. Each school will determine if he/she is registered. Players must be eligible under DCSAA rules to participate on a school based summer league team. Summer League play must be completed by the first weekend in August. The school may register under the school name but school issued uniforms are prohibited. Schools must register their team and league participation with DCSAA prior to the beginning of play. Violation of any of these requirements may disqualify the school team from participating in any DCSAA championship event.

of starters will also begin at 30 points. If the deficit is cut below 20 points, the time reverts back to standard operating time.

- iv. Scheduling – A maximum number of twenty six (26) games and four (4) scrimmages are permitted. A maximum of four (4) tournaments are permitted with each counting as one (1) game.
- v. Official Ball – The official state supported basketball is Spalding. This ball must be used during all state playoff games.

2. BASKETBALL

a. DECLARATION OF A TEAM

- i. Requirements for Fielding a Team – In order to field a team, six (6) student-athletes must be eligible for participation.
- ii. Requirements for Game Play – To play a contest, five (5) student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.

b. PRACTICE

- i. Start Date – November 1, 2015.
- ii. No scrimmages or games can be conducted until a team has completed three (3) official practices.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA basketball rules are the official playing rules for all games.
- ii. Competition Time Limit Restrictions
 - 1. Each game shall consist of four (4) quarters or eight (8) minutes for high school and six (6) minutes for middle school.
 - 2. The halftime intermission shall be ten (10) minutes, and may be extended to a maximum of 15 minutes for special activities, as long as the visiting team has been properly notified before the start of the competition.
 - 3. Overtime periods shall be four (4) minutes
- iii. Mercy Rule – During the regular season or tournament game, if a team is ahead by thirty (30) points, a running clock will begin and it will only stop on timeouts. Substitution

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.

f. UNIFORM RULES

- i. Coaches and players must comply with the NFHS basketball rules. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans or sweats are permissible.

g. MEDICAL COVERAGE

- i. Medical Coverage – Per the DCSAA and the DCMR, an athletic trainer or Certified EMT is required for all contests.

h. OFFICIALS

- i. Official Assignment – All game/contest s officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

i. TEAM RESPONSIBILITY

i. Team Responsibility–

1. Game Clock – The home team shall be responsible for providing a responsible to operate the game clock.
2. The clock operator shall wear an official shirt during the game.
3. The home team is responsible for the game book.
4. If the home team does not have a game book, the visiting team’s score is official.

j. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the basketball Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

k. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

l. SUMMER LEAGUE

Seven (7) days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. No player may participate on more than two (2) school sponsored summer league teams. Players for a school sponsored team must be officially registered at the school. Each school will determine if he/she is registered. Players must be eligible under DCSAA rules to participate on a school based summer league team. Summer League play must be completed by the first weekend in August. The school may register under the school name but school issued uniforms are prohibited. Schools must register their team and league participation with DCSAA prior to the beginning of play. Violation of any of these requirements may disqualify the school team from participating in any DCSAA championship event.

3. CHEERLEADING

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30)

days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for practice.

ii. Weather Conditions (HEAT & HUMIDITY)

1. Cheerleaders shall be provided five (5) days of conditioning to become acclimated to heat.
2. No outdoor practice can be held between 11:00am-3:00pm
3. If the heat index warrants, a mandated light practice will be called by DCSAA
4. Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practice.
5. A mandatory ten (10) minute water break must be conducted three (3) times during a two (2) hour practice. This mandate is for any practice under heat related restrictions.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS Spirit rules are the official rules for cheerleading.

d. UNIFORM RULES

- i. Coaches and cheerleaders must comply with the NFHS Spirit rules uniform requirements.
- ii. Professional attire shall be worn by all members of the coaching staff during contests. No jeans or sweats are permissible.

e. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Cheerleading Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

f. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

4. CROSS COUNTRY

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30)

days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

ii. Squad Limit

1. Any squad with less than five (5) entrants will not be considered a team and will not receive team points, and will not be eligible for team awards.
2. In DCSAA Championship meets, a team may consist of five (5) to seven (7) participants; but only five (5) participants are allowed to score unless there is a tie. In the event of a tie, the sixth (6th) place participant will be used to break the tie.
3. Road races may be allowed as a qualifying event only if prior approval has been granted by the LEA Athletic Director. All requests must be received in writing no later than thirty (30) days prior to the requested competition.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA rules govern Cross Country meets.
- ii. Course Measurements
 1. Middle School – 2.5 miles (4.1k)
 2. High School – 3.1 miles (5k)
- iii. Scheduling
 1. DCSAA will schedule all championship sponsored meets
 2. Member schools may not participate in any sponsored meet that is in direct conflict with any DCSAA meet or championship.
- iv. Meet Entries – Each school may enter a maximum of fifteen (15) athletes but only seven (7) on each team will enter into the scoring. The seven (7) athletes will be designated prior to the start of the meet.
- v. Jury of Appeals - A Jury of Appeals if appointed, shall serve as the final board of appeals, if any. Coach first protests to the referee, if the coach feels the rules have been misapplied or misinterpreted. Situations that deem a protest or appeal are as follows:

1. Misapplication or misinterpretation of the rules.
2. Correcting and error in team scoring, which has up to forty eight (48) hours after the end of the meet to be appealed and corrected.
3. Correction of meet results involving an ineligible participant (this can be made any time discovered).
4. Failure of meet management to follow a procedure contained in the terms and conditions outlined in the Cross Country DCSAA Bulletin.
5. Any discrepancies involving violations or alleged violators of any rules.
6. An illegal or unfair start.
- vi. Scoring – The team score will be determined by the totaling of the points scored by the first five (5) finishers of each team. Teams that enter with fewer than five (5) runners and compete with fewer than five (5) runners shall not be eligible for team honors/scoring. The designated scoring competitor who finish the race will be ranked and tallied in accordance with the table below:

Place	1 st	2 nd	3 rd	4 th	5 th
Points	1	2	3	4	5

1. In DCSAA sponsored meets, a team may consist of five (5) to seven (7) participants; but only five (5) participants are allowed to score. In the event of a tie, the sixth (6th) place participant will be used to break the tie.
2. In a developmental or dual meet , there is no limit on the number of participants per team.

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Track Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Track

Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. **UNIFORM RULES** – The competitor’s uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- i. Each competitor shall wear a uniform bearing the school name and colors.
- ii. Any visible garment underneath the uniform top and/or bottom must be single solid color. If more than one visible garment is worn underneath, it must be the same color.
- iii. The waistband of a competitor’s bottom shall be worn above the hips.

f. **OFFICIALS**

- i. Official Assignment – All game/contest s officials must be certified by the DCSAA

g. **MEDICAL COVERAGE**

- i. Athletic Health Care personnel must be present for all track meets. It is the responsibility of the person organizing the meet to ensure appropriate medical coverage is present.

h. **TEAM RESPONSIBILITY**

- i. Team Responsibility–
 - 1. It is the responsibility of the team to provide volunteers to assist the team with preparation and keep track of athletes prior to the start of the race.
 - 2. It is the responsibility of the team to have and keep track of the “Emergency Treatment Sheet” for each athlete competing.

i. **STATE CHAMPIONSHIPS**

- i. Bulletin – For playoff information, please refer to the Cross Country Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

j. **AWARDS**

- i. Awards - DCSAA will provide awards for state tournaments and championships.

5. FOOTBALL

a. **DECLARATION OF A TEAM**

- i. Requirements for Fielding a Team – In order to field a team, eighteen (18) athletes must be

eligible for participation.

- ii. Requirements for Game Play – To play a contest, eighteen (18) student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.

b. **PRACTICE**

- i. Start Date – DCSAA sets the start date for fall practice.

ii. **Acclimatization Period**

- 1. Day 1 – T-shirts, shorts, and helmets only
- 2. Day 2 – T-shirts, shorts, and helmets only
- 3. Day 3 – Shoulder Pads, shorts, and helmets only
- 4. Day 4 – Shoulder Pads, shorts, and helmets only
- 5. Day 5 – Shoulder Pads, shorts, and helmets only
- 6. Day 6 – Helmet and full pads, contact allowed, no scrimmages allowed
- 7. Day 7 – Helmet and full pads, contact allowed, no scrimmages allowed
- 8. Day 8 – Helmet and full pads, contact allowed, no scrimmages allowed

iii. **Practice – Weather Conditions (HEAT & HUMIDITY)**

- 1. No outdoor practice can be held between 11:00am and 3:00pm.
- 2. If the heat index warrants, a mandated light practice will be called by DCSAA. Under these conditions, only shorts, t-shirts and helmets may be worn.
- 3. Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practices.
- 4. A mandatory ten (10) minute water break must be conducted three (3) times during a two (2) hour practice. This mandate is for any practice held under heat related restrictions.
- 5. Practice schedules shall be kept on file and available upon request.
- 6. **Mandatory Water Breaks Games:** The game official must call an uncharged, one (1) minute timeout at the clock stoppage nearest the half-way point of

each quarter. Coaches may meet with their players during this timeout. This rule must be enforced in all games where the heat index warrants.

iv. Preseason Practice Guidelines

1. Single Session Practice Days – Student-athletes may not engage in more than three (3) hours of on-field activities on single-session practice day. Student-athletes may not engage in any other physical activity organized or conducted by the school, except weight training.
2. Multiple Practice Days – There must be at least four (4) continuous hours of “recovery” time between the end of the first practice and the beginning of the last practice. During the four (4) hour “recovery” period, student-athletes are not allowed to participate in meetings or any other athletically related activity, including weight training.

v. Maximum Practice Time – A total of five (5) hours of on-field practice is the maximum allowed for any practice day when you conduct multiple sessions. No single session practice may be longer than three (3) hours.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA football rules are the official playing rules for all games.
- ii. Official Ball – The official state supported football is Spalding. This ball must be used during all state playoff games.
- iii. Sideline Designation – The visiting team shall occupy the sideline opposite the home stands. If the home team elects to share the sideline, the sideline will be divided from the 40 yard line to the 20 yard line. No team shall be permitted in the divided portion of the sideline.
- iv. Scheduling - A maximum number of eleven regular season contests and four (4) scrimmages are permitted.
- v. First Official Contest Date - The earliest date for a high school football contest is the fourth (4th) week of August.
- vi. Halftime – The halftime intermission will be twenty (20) minutes unless shortened by mutual agreement of both coaches and the

umpire.

vii. Mandatory Warm-up – There will be a mandatory five (5) minute warm-up after half-time that is enforced by officials for each team.

viii. Mercy Rule – If at any time during a regular season game a team falls behind thirty five (35) points, the clock will go to running time. If a team reduces the margin below 35 points, the clock will revert back to regulation timing. Once a team is behind fifty (50) points , at the beginning of the quarter, the time will be reduced to six minutes and and running time will be used. If the deficit is reduced below fifty (50) points, and a new quarter is to start, revert back to regulation quarter start time.

ix. Overtime Procedure – No game shall be permitted to end in a tie. The ten (10) yard line overtime procedure described in 2014-15 NFHS Football Rules book will be used to determine the winner of any game which is tied at the end of regulation.

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.

f. UNIFORM RULES

- i. Game Uniforms – The home team will wear uniforms with dark jerseys. The visiting team will wear uniforms with light jerseys. At the agreement of the head coaches involved, exception to this rule may be made to ensure that a contrast in colors exists.
- ii. Jersey Numbers – Player uniforms will be numbered in accordance with NFHS rules. If a team chooses to change jerseys during a game, each player must wear the same numbered jersey after the change.
- iii. Coaches Uniform – All coaches on the sideline must be dressed in coaching attire, which includes khaki pants or shorts, slacks or team sweat pants, and team polo or collared shirt. T-shirts and jeans are not acceptable.
- iv. Unacceptable Attire – Please review the NFHS Rule book for all items that are not accepted.

g. MEDICAL COVERAGE

- i. Medical Coverage – Per the DCSAA and the DCMR, a licensed medical doctor is required for all varsity football contests.

h. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

i. TEAM RESPONSIBILITY

- i. Team Responsibility–
 - 1. All field markings are provided by the home team
 - 2. The home team is responsible for down and distance chains
 - 3. Each team must furnish three (3) top grade team balls

j. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Football Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

k. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

l: 7 ON 7 SUMMER LEAGUE

Seven (7) days of try-outs or practice are allowed prior to the first game. Heavy equipment/gear (helmets & shoulder pads.) can't be used and contact workouts are prohibited. No practices are allowed after the first game has been played. No player may participate on more than two (2) school sponsored summer league teams. Players for a school sponsored team must be officially registered at the school. Each school will determine if he/she is registered. Players must be eligible under DCSAA rules to participate on a school based summer league team. Summer League play must be completed by Saturday, July 9, 2016. The school may register under the school name but school issued uniforms are prohibited. Schools must register their team and league participation with DCSAA prior to the beginning of play. Violation of any of these requirements may disqualify the school team from participating in any DCSAA championship event.

m: Open Gym (Football)

Football will follow the open gym policy with regards to the 50% rule.

- i. Students are not required to attend
- ii. The facility is open to all currently enrolled students
- iii. Coaches may be present in the facility (on the field) for liability reasons but no formal or informal practices may be held.
- iv. Individual instruction is permitted according to the 50% rule. In football the ratio is one coach per six (6) athletes. Skills may be taught but no team drills, which involve offensive or defensive schemes. Example: You can have a quarterback and wide receiver working on routes but you can't line up your quarter back and receivers and run an organized pass pattern involving all receivers, running backs and quarterbacks. Also, if you are working on skills and you have ten (10) players you must have two (2) coaches conducting the drills. If a group of players want to play a pick-up game of seven (7) on seven (7) and no skill work is being conducted you only need one coach to supervise. No coaching is to be conducted just the monitoring of the game.
- v. Only current enrolled students may participate.
- vi. Open gym is defined as any facility that is owned or operated by the individual school.
- vii. No protective or school issued equipment

(exception, balls and mouth pieces) may be used during these training sessions.

- viii. If your team is participating in a seven (7) on seven (7) summer camp conducted by a college and helmets are required you are permitted to wear helmets. (This is the exception to M-viii)
- ix. Pick-up games of seven (7) on seven (7) must be played without coaching. The coaches roll is to moderate the game.
- x. Follow the rules in reference to summer league seven (7) on seven (7) practice and limits.

6. INDOOR TRACK AND FIELD

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA rules govern Cross Country meets. Only equipment that meets the dimensions and specifications in the NFHS sports rules shall be used in interscholastic competition.
- ii. Competition Site - Indoor competition venue has a standard 200-meter track. When feasible, there will be an obstacle-free zone in the inside and on the outside of the track at least one (1) meter in width.
- iii. Order of Events – Indoor competition shall consist of the following order of events unless changed by the meet director:

Without Preliminary Heats	4x800m Relay
	55m HH
	55m Dash
	4x200m Relay
	1600m Run
	600m or 400m Dash
	55m LH
	1000m or 800m Run
	600m or 400m Dash
	300m Dash
	3200m Run
	4x400m Relay
	High Jump
	Long Jump
	Triple Jump
With Preliminary Heats	HH Trials
	Dash Trials
	4x800m Relay
	HH Finals
	Dash Finals
	4x200m Relay
	1600m Run
	600m or 400m Dash
	LH Trials
	1000m or 800m Run
	LH Finals
	300m Dash
	3200m Run
	4x400m Relay
	High Jump
	Long Jump
	Shot Put
Triple Jump	

- iv. Meet Location – All indoor track and field meets will be held at the Prince George's Sports and Learning Complex in Landover, Maryland.

d. ATHLETE PARTICIPATION

- i. Middle School
 1. A middle school student-athlete shall only compete in a maximum of three (3) events.
 2. A middle school student-athlete shall

participate in at least one meet prior to competing in a DCSAA championship meet.

3. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
4. The student-athlete must report to the field judge prior to competition.

ii. High School

1. A high school student-athlete shall not compete in more than four (4) events, including relays.
2. A high school student-athlete shall not be entered in more than four (4) events, excluding relays, meet management reserves the right to scratch the athlete from excess events.
3. A high school student-athlete who participates in more events than allowed, shall forfeit all individual places and points and shall be disqualified from the competition in that particular meet.
4. The student-athlete entry and participation limitations do not apply to multi-event competition.
5. A high school student-athlete shall compete in two (2) indoor meets prior to competing in a DCSAA championship meet.
6. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
7. The student-athlete must report to the field judge prior to competition.

e. TEAM PARTICIPATION / RELAYS

i. Middle School

1. Any team with less than four (4) entrants will not be considered a team for competition.
2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
4. No team shall enter more than one (1) relay team in any race.

ii. High School

1. Any team with less than four (4) entrants will not be considered a team for competition.
2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
4. No team shall enter more than one (1) relay team in any race.

- f. SCORING – For scoring purposes, a team is made up of one or more competitors representing a single school. The top eight (8) qualifying times will be scored in the high school and middle school levels if more than eight (8) participants check in prior to the closing of an event. Once an event has been closed, it will not be reopened to accommodate late check-ins. The number of places to be scored for each event, unless otherwise changed by meet management shall go according to the following:

Dual Meets	5,3,1	Relays 5
Tri Meets	5,3,2,1	Relays 5,3
Quad Meets	6,4,3,2,1	Relay 6,4,2
DCSAA Championship Meet	10,8,6,5,4,3,2,1	Relays 10,8,6,5,4,3,2,1

- i. Scoring For Ties – In the event of a tie, the points for the tie shall be added together and divided by the number of competitors who are involved in the tie.
- g. Jury of Appeals - A Jury of Appeals if appointed, consists of five (5) coaches from five (5) participating schools and shall be appointed by the meet manager. The Jury of Appeals shall serve as the final board of appeals, if any. Situations that deem a protest or appeal are as follows:
 1. Coach protests to the referee, if the coach feels the rules have been misapplied or misinterpreted.
 2. Misapplication or misinterpretation of the rules.
 3. Correcting and error in team scoring, which has up to forty eight (48) hours after the end of the meet to be appealed and corrected.
 4. Correction of meet results involving an ineligible participant (this can be made any

- time discovered).
- 5. Failure of meet management to follow a procedure contained in the terms and conditions outlined in the Cross Country DCSAA Bulletin.
- 6. Any discrepancies involving violations or alleged violators of any rules.
- 7. A decision made by a finishing judge, referee or timer.
- 8. An illegal or unfair start.

h. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Track Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Track Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).
- i. UNIFORM RULES – The competitor’s uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:
 - 1. Each competitor shall wear a uniform bearing the school name and colors.
 - 2. Any visible garment underneath the uniform top and/or bottom must be single solid color. If more than one visible garment is worn underneath, it must be the same color.
 - 3. The waistband of a competitor’s bottom shall be worn above the hips.

j. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

k. MEDICAL COVERAGE

- i. Athletic Health Care personnel must be present for all track meets. It is the responsibility of the person organizing the

meet to ensure appropriate medical coverage is present.

l. TEAM RESPONSIBILITY

- i. Team Responsibility–
 - 1. It is the responsibility of the team to provide volunteers to assist the team with preparation and keep track of athletes prior to the start of the race.
 - 2. It is the responsibility of the team to have and keep track of the “Emergency Treatment Sheet” for each athlete competing.

m. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Football Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

n. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

7. OUTDOOR TRACK AND FIELD

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA rules govern Cross Country meets. Only equipment that meets the dimensions and specifications in the NFHS sports rules shall be used in interscholastic competition.
- ii. Competition Site - Outdoor competition venue has a standard 400-meter track. When feasible, there will be a coaches’ box designated by meet management.
- iii. Order of Events – Indoor competition shall consist of the following order of events unless changed by the meet director:

One Session Meet	
High School Running Events	Field Events (4 Attempts)
4x800m Relay	Discus Throw
100m HH (33in / 110m HH 39in)	High Jump
100m Dash	Long Jump
4x200m Relay	Shot Put
1600m Run	Triple Jump
4x100m Relay	
400m Dash	
300m LH (30in / 300m IH 36in)	
800m Run	
200m Dash	
3200m Run	
4x400m Relay	
<i>(The above refers to when there are no preliminary flights or heats required)</i>	

Two Session Meet	
High School Running Events	Field Events (4 Attempts)
4x800 m Relay (Final)	High Jump
100m HH (33in / 110m HH 39in) (Prelim)	Discus
100m Dash (Prelim)	Long Jump
400m Dash (Prelim)	Shot Put
100m HH (33in / 110m HH 39in) (Final)	Triple Jump
100m Dash Final	
4x200m Relay (Final)	
1600m Run (Final)	
4x100m Relay (Final)	
400m Dash (Final)	
300m LH (30in / 300m IH 36in) (Prelim)	
200m Dash (Prelim)	
800m Run (Final)	
300m LH (30in / 300m IH 36in) (Final)	
200m Dash (Final)	
3200m Run (Final)	
4x400m Relay (Final)	
<i>(The above refers to when there are preliminary flights or heats required)</i>	

Middle School Running Events	Field Events (4 Attempts)
100m Lh/HH or 75m HH	Long Jump
4x100m Relay	Discus
1600m Run	High Jump
100m Dash	Shot Put (4kg)
4x200m Relay	
400m Dash	
800m Run	
200m Dash	
1600m Run	

d. SCHEDULING – A member school may not participate in a sponsored meet that is in direct conflict with any DCSAA sponsored meet.

e. ATHLETE PARTICIPATION

i. Middle School

1. A middle school student-athlete shall only compete in a maximum of four (4) events.
2. A middle school student-athlete shall participate in at least one meet prior to competing in a DCSAA championship meet.
3. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
4. The student-athlete must report to the field judge prior to competition.

ii. High School

1. A high school student-athlete shall not compete in more than four (4) events, including relays.
2. A high school student-athlete shall not be entered in more than four (4) events, excluding relays, meet management reserves the right to scratch the athlete from excess events.
3. A high school student-athlete who participates in more events than allowed, shall forfeit all individual places and points and shall be disqualified from the competition in that particular meet.
4. The student-athlete entry and participation limitations do not apply to multi-event competition.

5. A high school student-athlete shall compete in two (2) outdoor meets prior to competing in a DCSAA championship meet.
6. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
7. The student-athlete must report to the field judge prior to competition.

Dual Meets	5,3,1	Relays 5
Tri Meets	5,3,2,1	Relays 5,3
Quad Meets	6,4,3,2,	Relay 6,4,2
DCSAA Championship Meet	10,8,6,5,4,3,2,1	Relays 10,8,6,5,4,3,2,1

f. TEAM PARTICIPATION / RELAYS

i. Middle School

1. Any team with less than four (4) entrants will not be considered a team for competition.
2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
4. No team shall enter more than one (1) relay team in any race.

ii. High School

1. Any team with less than four (4) entrants will not be considered a team for competition.
2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
4. No team shall enter more than one (1) relay team in any race.

- g. SCORING – For scoring purposes, a team is made up of one or more competitors representing a single school. The top eight (8) qualifying times will be scored in the high school and middle school levels if more than eight (8) participants check in prior to the closing of an event. Once an event has been closed, it will not be reopened to accommodate late check-ins. The number of places to be scored for each event, unless otherwise changed by meet management shall go according to the following:

- i. SCORING FOR TIES – In the event of a tie, the points for the tie shall be added together and divided by the number of competitors who are involved in the tie.

- h. JURY OF APPEALS - A Jury of Appeals if appointed, consists of five (5) coaches from five (5) participating schools and shall be appointed by the meet manager. The Jury of Appeals shall serve as the final board of appeals, if any. Situations that deem a protest or appeal are as follows:

1. Coach protests to the referee, if the coach feels the rules have been misapplied or misinterpreted.
2. Misapplication or misinterpretation of the rules.
3. Correcting and error in team scoring, which has up to forty eight (48) hours after the end of the meet to be appealed and corrected.
4. Correction of meet results involving an ineligible participant (this can be made any time discovered).
5. Failure of meet management to follow a procedure contained in the terms and conditions outlined in the Cross Country DCSAA Bulletin.
6. Any discrepancies involving violations or alleged violators of any rules.
7. A decision made by a finishing judge, referee or timer.
8. An illegal or unfair start.

i. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those athletes that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Track Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the

form. The form must be submitted for all games played. A copy of the “Individual Track Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

j. **UNIFORM RULES** – The competitor’s uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear a uniform bearing the school name and colors.
2. Any visible garment underneath the uniform top and/or bottom must be single solid color. If more than one visible garment is worn underneath, it must be the same color.
3. The waistband of a competitor’s bottom shall be worn above the hips.

k. **OFFICIALS**

- i. **Official Assignment** – All game/contest officials must be certified by the DCSAA.
- ii. **Cost of Official Due to Forfeit** – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

l. **MEDICAL COVERAGE**

- i. **Athletic Health Care personnel** must be present for all track meets. It is the responsibility of the person organizing the meet to ensure appropriate medical coverage is present.

m. **TEAM RESPONSIBILITY**

- i. **Team Responsibility**–
 1. It is the responsibility of the team to provide volunteers to assist the team with preparation and keep track of athletes prior to the start of the race.
 2. It is the responsibility of the team to have and keep track of the “Emergency Treatment Sheet” for each athlete competing.

n. **STATE CHAMPIONSHIPS**

- i. **Bulletin** – For playoff information, please refer to the Outdoor Track Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

o. **AWARDS**

- i. **Awards** - DCSAA will provide awards for state tournaments and championships.

8. SOCCER

a. **DECLARATION OF A TEAM**

- i. **Request to Field a Team** – Schools wishing to field a team must submit a request to the overseeing sports league and the DCSAA 39 days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season.
- ii. **Requirements for Game Play** – A game shall not be started with fewer than seven (7) properly uniformed players on each team.
- iii. **Squad Limits** – The game shall be played by two (2) teams, each consisting of not more than 11 players, one of whom shall be the goalkeeper.

b. **PRACTICE**

- i. **Start Date** – DCSAA sets the start date for fall practice.
- ii. **Heat Acclimatization** – Players should be provided five (5) days of conditioning to become acclimated to heat.
- iii. **Practice – Weather Conditions (HEAT & HUMIDITY)**
 1. No outdoor practice can be held between 11:00am and 3:00pm.
 2. If the heat index warrants, a mandated light practice will be called by DCSAA. Under these conditions, only shorts, t-shirts and helmets may be worn.
 3. Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practices.
 4. A mandatory ten (10) minute water break must be conducted three (3) times during a two (2) hour practice. This mandate is for any practice held under heat related restrictions.
 5. Practice schedules shall be kept on file and available upon request.
 6. **Mandatory Water Breaks Games:** The game official must call an uncharged, one (1) minute timeout at the clock stoppage nearest the half-way point of each quarter. Coaches may meet with their players during this timeout. This rule must be enforced in all games where the heat index warrants.

c. ATHLETIC COMPETITION

i. Rules of Competition – NFHS and adopted DCSAA soccer rules are the official playing rules for all games. The DCSAA will adhere to the NFHS Soccer rules, as has been modified for all soccer games and competitions. The following are the official rules for soccer games:

1. The official time shall be kept by the head referee during regular season.
2. A regular season soccer game that has competed one-half or more of play is an official game.
3. A game that has been called due to inclement weather, prior to the first half being completed is a suspended game.
4. High school contests will be played in two (2) 40-minute halves.
5. There shall be a five (5) minute intermission prior to the start of the overtime.

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEITS

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.

f. UNIFORM RULES

i. Uniform Rule – Bicycle/spandex shorts may be worn under the uniform in accordance with

the NFHS rule; however, they are not to be worn as the uniform bottom.

1. Uniforms must be numbered in accordance with NFHS recommendations.
2. The home team shall wear the lighter jersey and the visiting team shall wear the dark jerseys (with the agreement of the coaches involved) exceptions to this rule may be made due to uniform order issues.

g. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

h. STATE CHAMPIONSHIPS

i. Bulletin – For playoff information, please refer to the Soccer Bulletin, located online at www.dcsaasports.org under your sport specific tab.

i. AWARDS

i. Awards – DCSAA will provide awards for state tournaments and championships

j: SUMMER LEAGUE

Seven (7) days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. No player may participate on more than two (2) school sponsored summer league teams. Players for a school sponsored team must be officially registered at the school. Each school will determine if he/she is registered. Players must be eligible under DCSAA rules to participate on a school based summer league team. Summer League play must be completed by the first weekend in August. The school may register under the school name but school issued uniforms are prohibited. Schools must register their team and league participation with DCSAA prior to the beginning of play. Violation of any of these requirements may disqualify the school team from participating in any DCSAA championship event.

9. SOFTBALL

a. DECLARATION OF A TEAM

- i. Requirements for Fielding a Team – In order to field a team, 10 athletes must be eligible for participation.
- ii. Requirements for Game Play – To play

- a contest, nine (9) student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.
- b. PRACTICE
- i. Start Date – DCSAA will determine the official start date for Softball.
 - ii. Pitchers and Catchers – Pitchers and catchers may start two weeks prior.
 - iii. Practice Dates Before Competition – No scrimmages or games can be conducted until a team has completed five (5) official practices.
- c. ATHLETIC COMPETITION
- i. Rules for Competition – NFHS and adopted DCSAA Softball rules are the official playing rules for all games.
 - ii. Competition Time Limit Restrictions
 1. There is a two hour time limit for all regular season games.
 2. The two hour time limit shall apply whether the 5th inning is finished or not.
 3. If a game does not reach five(5) innings within the two (2) hour time limit, the game will be treated as a suspended game. The overseeing sports league, shall have the authority to determine if the game shall resume at a later date.
 4. A new inning cannot start after one hour and forty-five minutes, except when necessary to break a tie score.
 5. If the game is tied at the two (2) hour time limit, teams may continue to play for an additional 15 minutes to break the tie.
 6. If the game remains tied at the completion of that inning or after 15 minutes have elapsed, the game will be treated as a suspended game. The overseeing sports league, shall have the authority to determine if the game shall resume at a later date.
 7. There is no two (2) hour time limit in the championship game.
 - iii. Mercy Rule
 1. Ten Run Rule – The ten (10) run rule is in effect after the fifth (5th) inning. The game is officially over after playing five (5) innings if the losing team is down by ten (10) or more runs and has finished at bat.
 2. Fifteen Run Rule – The game is officially over if a team is down by fifteen (15) or more runs after three (3) innings and an hour and a half has elapsed.
 - iv. Complete Game – Seven (7) innings will constitute a complete game, except where other rules apply.
 1. Two (2) hour time limit and five (5) innings constitute a complete game.
 2. The ten (10) run mercy rule is in effect after the fifth (5th) inning. The game is officially over after playing 5 innings if the losing team is down by ten (10) or more runs and has finished at bat.
 3. The game is officially over if a team is down by 15 or more runs after 3 innings and an hour and a half has elapsed.
 4. Upon agreement, coaches can call a game at any time.
 - v. Game Protest – Coaches must immediately declare any and all game protests at the time of the incident to the umpire and opposing coach. Official written notification must be submitted to the DCSAA within twenty four (24) hours of the incident by the Principal or LEA Athletic Director.
- d. SCHEDULING
- i. Scheduling – High School
 1. Maximum number of twenty (20) games and four (4) scrimmages.
 2. A maximum of four (4) tournaments are permitted with each counting as one (1) game.
 - ii. Scheduling – Middle School
 1. Maximum number of fifteen (15) games and four (4) scrimmages are permitted.
- e. FIELD DIMENSIONS
- i. Field Dimensions -
 1. Base Path – Bases shall be 60 feet apart.
 2. Pitching Distance – The pitchers plate shall be 43 feet from the rear tip of home plate.
- f. PITCH LIMIT
- i. Pitch Limit -
 1. Weekly Limit – A pitcher may not pitch more than 14 innings in a week (Monday through Saturday). This count is to be

- kept by the coach and recorded in the scoring book.
 - 2. Inning Limit – A pitcher may pitch a maximum of 10 innings within two (2) consecutive days and may not pitch more than 10 innings in a single day. This count is to be kept by the coach and recorded in the scoring book.
- g. PARTICIPATION RECORD
 - i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
 - ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).
- h. FORFEIT
 - i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
 - ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
 - iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.
- i. UNIFORM RULES
 - i. Uniform Rule – Coaches and players must comply with NFHS rules, which designate that coaches wear the uniform of their team. Coaches will be restricted to the dugout if they are not in compliance and subject to further actions from the DCSAA.
- j. MEDICAL COVERAGE
 - i. Medical Coverage – Per the DCSAA and the DCMR, an Athletic Trainer or Certified EMT approved by the DCSAA is required for all contests.
- k. OFFICIALS
 - i. Official Assignment – All game/contest officials must be certified by the DCSAA
 - ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.
- l. TEAM RESPONSIBILITY
 - i. Game Balls & Book:
 - 1. Each team furnishes two top grade game balls.
 - 2. Additional game balls will be furnished simultaneously by both teams at the request of the umpire.
 - 3. At the end of the game remaining balls will be divided equally between the participating teams, with the home team receiving the odd number.
 - 4. The home team is responsible for official game book.
 - 5. If the home team does not have a game book, the visiting team’s score is official.
- m. STATE CHAMPIONSHIPS
 - i. Bulletin – For playoff information, please refer to the Football Bulletin. Located online at www.dcsaasports.org under your sport specific tab.
- n. AWARDS
 - i. Awards - DCSAA will provide awards for state tournaments and championships.
- o: Summer League

Seven (7) days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. No player may participate on more than two (2) school sponsored summer league teams. Players for a school sponsored team must be officially registered at the school. Each school will determine if he/she is registered. Players must be eligible under DCSAA rules to participate on a school based summer league team. Summer League play must be completed by the first weekend in August. The school may register under the school name but school issued uniforms are prohibited. Schools must register their team and league participation with DCSAA prior to the beginning of play. Violation of any of these requirements may disqualify the school team from participating in any DCSAA championship event.

10. TENNIS

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – DCSAA will adhere to the United States Tennis Association (USTA) Amateur Tennis Rules. Rules and regulations shall be found in the Friends at Court book on www.nfhs.com.
- ii. Participation and Entry Limits – Matches shall consist of the following:

1. Three (3) Boys Singles – One (1) point per match
2. Three (3) Girls Singles – One (1) point per match
3. One (1) Doubles – One (1) point per match (either all boys, all girls, mixed).
4. Doubles players can't participate in a singles match
5. Each Player can participate in only one (1) singles match
6. Each school must enter its players in matches according to their established rank and position on the team. Stacking is not permitted.
- iii. Scoring – A player or doubles team will score one (1) point for his/her/their team for each match he/she/they win in the tournament.
 1. Ten (10) game professional set; twelve (12) point tie breaker at 9-9.
 2. Four (4) team points win a match when seven (7) points are played.
 3. For a legal match victory, four (4) certified players must be present at the match.
 4. The highest number of points wins when less than seven (7) points are played. Example – Five (5) matches are played – Team A Wins 3; Team B Wins 2 = Team A Wins 3-2.

iv. Forfeited Points

1. Teams will forfeit one (1) point per match if the opposing team does not produce an opponent.
2. Player must get on the court, call service and serve one (1) ball in order to forfeit the point.

d. PARTICIPATION RECORD

- i. Data Collection – All coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to the LEA Athletic Director within one (1) week after each interscholastic athletic contest. The forms shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all league and non-league interscholastic athletic contests in which student-athletes participate.

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA sponsored events are not permitted. The DCSAA and/or the LEA Athletic Director shall have the authority to forfeit games due to concerns for the safety of the student-athletes.
- ii. Season Cancelled – Any team or individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can't finish the season.

f. UNIFORM RULES

- i. All members of a team shall begin their respective matches dressed in shirts (collared tennis shirts, t-shirts, etc.), or one (1) piece outfits for girls, which are similar in color and style. Boys are permitted to wear sleeveless style tennis shirts. Players may change shirts between games and at the end of a match; otherwise, shirts must be worn at all times while at the match site.
- ii. Caps, hats, or visors may be worn. Headbands made of cloth, elastic fiber or rubber are also permissible provided they are unadorned and no wider than two (2) inches. Bandannas worn as head coverings are not permitted.

- iii. Spandex shorts are prohibited as a uniform bottom. Tank tops for boys and shirts which leave the midriff exposed, along with any item of clothing, including head wear on which profane or otherwise vulgar slogans or artwork is displayed are also prohibited.
- iv. A player whose attire is in violation of these provisions will cause his/her school to be assessed a penalty by either the league or DCSAA office or both.
- g. **TEAM RESPONSIBILITIES**
 - i. It is the responsibility of each team to bring water and hydration products to the game/matches
 - ii. Each team shall furnish top grade balls for play.
- h. **STATE CHAMPIONSHIPS**
 - i. Bulletin – For playoff information, please refer to the Tennis Bulletin. Located online at www.dcsaasports.org under your sport specific tab.
- i. **AWARDS**
 - i. Awards - DCSAA will provide awards for state tournaments and championships.

11. VOLLEYBALL

- a. **DECLARATION OF TEAM**
 - i. Request to Field a Team – Schools wishing to field a team must submit a request to the overseeing sports league and the DCSAA 30 days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season.
 - ii. Requirements for Fielding a Team – In order to field a team six (6) athletes must be eligible for participation.
 - iii. Requirements for Game Play – To play a contest, six (6) athletes for high school and five (5) athletes for middle school must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.
- b. **PRACTICE**
 - i. Start Date – DCSAA sets the start date for fall practice.
- c. **ATHLETIC COMPETITION**
 - i. Rules for Competition – NFHS and adopted DCSAA Volleyball rules are the official playing rules for all games.
 - ii. Official Ball – The official ball used for competition is white leather covered Spalding volleyball with the National Federation logo indicating that it is an approved ball. No rubber balls can be used for competition.
 - iii. Scoring – All matches shall utilize rally scoring. Rally scoring is as follows:
 1. Varsity matches (regular season and championships), best two (2) out of three (3) set. A complete set will have 25 points with a 2-point separation or the first team to reach a score of 28.
 2. On the middle school level, a match may begin with 5 players. If you have a Libero player, you must use her as the 6th player on the team. No team can use the Libero player unless they have at least six (6) players on the court.
 3. The championship match will be player as the best three (3) out of five (5) set. All sets will be played to 25 points with a 2-point separation with a 28 point cap. The 5th set in the championship match is played to 15 points with 2-point separation. There is no camp in the 5th set.
- d. **PARTICIPATION RECORD**
 - i. Data Collection – All coaches must keep a record of those players that participate or are in uniform for all contests.
 - ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic

Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
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- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can't finish the season.

f. UNIFORM RULE

- i. Uniform Rule – Coaches and players must comply with NFHS rules, which designate that Coaches wear the uniform of their team.

g. OFFICIALS

- i. Official Assignment – All game/contests officials must be certified by the DCSAA.
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

h. TEAM RESPONSIBILITIES

- i. Game Clock
 - 1. The home team shall be responsible for providing a responsible person to operate the game clock.
 - 2. The clock operator shall wear the official shirt during the game.

ii. Game Book

- 1. The home team is responsible for the official game book.
- 2. If the home team does not have a game book, the visiting team's score is official.

i. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Volleyball Bulletin, located online at www.dcsaasports.org under your sport specific tab.

j. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships.

k: Summer League

Seven (7) days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. No player may participate on more than two (2) school sponsored summer league teams. Players for a school sponsored team must be officially registered at the school. Each school will determine if he/she is registered. Players must be eligible under DCSAA rules to participate on a school based summer league team. Summer League play must be completed by the first weekend in August. The school may register under the school name but school issued uniforms are prohibited. Schools must register their team and league participation with DCSAA prior to the beginning of play. Violation of any of these requirements may disqualify the school team from participating in any DCSAA championship event.

