

2023-24 RICE ATHLETIC HANDBOOK

The purpose of this policy booklet is to outline the Rice I.S.D. athletic program provided for the entire student body of our Junior High and High School. Our school will participate in these activities: football, volleyball, cross-country, basketball, powerlifting, track, baseball, softball, and tennis. Those students who wish to participate in any of these U.I.L. activities and be a part of the athletic program should realize that it is a privilege. These are certain guidelines that must be followed to attain that privilege.

- A) Fall under the eligibility rules set up by the University Interscholastic League.
- B) Mandatory enrollment in boys or girls' athletic period during the school day all year around (Exceptions: 1) tennis 2) cross country 3) unable because of necessary credits in other subjects to stay eligible or 5) honor course conflicts where no other choice is available)
- C) Abide by all School District and Athletic Department policies and each individual sport's team rules.
- D) A willingness by each individual athlete to:
 - 1) take pride and have self-discipline to be the best student (first) and athlete possible,
 - 2) show respect for himself/herself, his/her teammates, his/her coaches, the school's equipment and facilities, and
 - 3) be a proper representation of his/her school, parents and community at all times on and off the field.

1. To be a part of Athletics at Rice I.S.D., all athletes signed up for any sport other than cross country or tennis must be enrolled in the Athletic Class Period for both Fall and Spring Semesters and **must fully participate in at least TWO Team sports per year.**

- a. Fall Sports are: Cross Country, Football, Volleyball, Basketball, Cheer
- b. Spring Sports are: Baseball, Powerlifting, Softball, Track, Tennis, Cheer
- c. Jr. High athletes will participate in all three seasons of sports:
 - i. Football/volleyball and/or Cross Country, Cheer
 - ii. Basketball and/or Weightlifting, Cheer
 - iii. Track

Note: Per UIL, athletes can be required to participate in more than one sport to be part of the athletic program. All athletes that are not in their 2nd sport before track season have chosen track as their 2nd sport.

- 2. An athlete that is allowed to join a team after the season begins will be required to do make-ups for practices missed up to that point.
- 3. Should a student decide to enter Athletics after the first 3 weeks of school, they may be assigned to run 25 miles before they are allowed to practice. The coach does not have to allow that athlete to join late unless they are a new enrollee in the school district.
- 4. MALE AND FEMALE ATHLETE OF THE YEAR: This award will go to a deserving Athlete. The criteria to receive this award is based on the following (in no particular order):
 - i. the total number of sports you have participated in and completed that year
 - ii. Your attitude/character
 - iii. Full body of work since entering high school
 - iv. Advancement into the playoffs/ awards received
 - v. Academic standing throughout the year. (NOT CLASS RANKING OR G.P.A.)

Disqualification from consideration for this award would be a failed drug test or quitting a sport.

5. GRADES: UIL policy is No Pass, No Play. Grades will be checked every week program wide. The student will be responsible for picking up a grade sheet, filling it out, and following classroom procedures as to how the teacher would like to handle it in their classroom.
 - i. Failing grades will have REMINDERS
 - ii. Negative comments will have REMINDERS
 - iii. Athletes will be directed to get with the teacher and make a plan before school, at lunch, during Advisory or afterschool before practice. Should they miss practice due to failing grades, they will have a REMINDER. They have multiple opportunities to take care of business.
 - iv. Official Dates to become ineligible are after the 1st 6 weeks, 1st 9 weeks and then each 9 weeks thereafter. Should you fail, you are ineligible for 3 weeks minimum and then must be passing EVERYTHING to regain eligibility. If you are failing at the 3 weeks mark, then you will again be ineligible for a minimum of 3 more weeks. The process continues until you are passing at a grade check point.
 - v. Even if failing, Athletes are eligible for participation in contests, during week long school holidays. Thanksgiving, Christmas and Spring Break, and would return to the ineligible list upon the conclusion of the holiday. This does not guarantee that they will play during breaks.
6. MAKE UPS vs. REMINDERS
 - i. MAKE UPS are for excused absences or tardies. The coach must also be made aware before the fact.
 - ii. REMINDERS are for unexcused absences or tardies, as well as, discipline issues.
(note) Make Ups or Reminders will be assigned for missing practice due to tutorials. Should they need to see a teacher, they can see them before school, at lunch, during advisory, or after school before practice.
7. ABSENCES: A missed practice will be made up just as it is in the classroom. The extent of the make-up is based on Excused or Unexcused.
8. TEAM DISCIPLINE: when the TEAM (all of athletics or as a specific team within the team) has a messy locker room, fails to pick up the weight room, doesn't clean up the bus after a trip will result in REMINDERS
9. GROOMING: All Male Athletes will be asked to adhere to a certain appearance.
 - i. Hair length will be kept at a length as not to take away from the program. This includes keeping it a length that does not cover the eyes when straightened or below the collar. School policy says no longer than collar length.
 - ii. Boys will not be allowed facial hair. We typically check on a Monday. REMINDERS will be assigned as a result of not shaving. I have disposable razors in the field house should they "forget". They are plastic and are not of the best quality. We do not provide shaving cream
 - iii. Towels are provided for them to take showers. It is highly encouraged!!!
10. CHARACTER: speak with respect to teachers, coaches, adults, and peers. We will encourage the use of Sir and Ma'am as correct responses. Should we receive notices of disrespect from the teachers, the athlete will be faced with the consequence of a REMINDER and possibly suspension.
11. JEWELRY: No male athletes will wear earrings when representing Rice at Games, Practices or attending school events.
12. **NO PHONES IN LOCKER ROOMS/RESTROOMS.** State Law, Student Code of Conduct and Rice I.S.D. policy prohibit videoing in a locker room/restroom facility. Students will face severe penalties for violation of this law, code, and policy.

13. Facilities: Coaches Office: Always knock. Could be on phone or in a meeting.
Weight Room: Rack all weights when finished, no food or drink (exception is water)
Training Room: NO Athlete should be in training room without permission.
Equipment Room: NO Athlete should be in equipment room without permission
Locker Rooms: NO Horseplay, Keep it in order...take care of it. Locker Code!
14. Team Travel: All Athletes are expected to ride to and from the contest with the team. However, coaches may decide it is appropriate for student-athletes to ride home with their parents on certain rare occasions. In such instances, students will only be released to their parents to ride home when not riding home with the team. It is our responsibility to get each child home from contests.
Note: The coach may or may not decide to stop the bus for food. This is based on the situation.
15. Uniforms: Students will wear the uniform provided in accordance with the team rules. You must have the okay of the coach before wearing gear other than what is issued by the school. Football: Helmet shields can only be CLEAR per UIL rules: We do not advise wearing a shield...they get dirty with mud and grass, fog up, and restrict air flow through the helmet. Gloves, shoes, and such need to be school colors.
16. Tickets to games. Student Athletes must show an ID with the appropriate sticker to get in HOME games free. Otherwise you will be charged as a student at District set prices.

QUITTING - Quitting a sport is discouraged. If an athlete quits a sport, he/she will not be allowed to participate in his/her next sport until the previous sport has completed their season. If you begin a sport, and realize it is not for you, you need to have a meeting with the head coach of that sport to discuss your plans. The head coach of that sport can release you without penalty if you end on good terms, and come to an understanding with one another. If you quit showing up to scheduled practices, then you have quit on bad terms (or been kicked off of the team), and may not be allowed to participate in upcoming sports.

If concessions are made to allow an athlete into a sport and they quit on bad terms, they may not be allowed to participate in anything for the remainder of the school year.

As in life after high school, you make choices that have consequences. **Quitting = Running 25 miles in 5 days, or you will be removed from athletics.**

SENIOR PLAN

All Seniors that do not play basketball or a Spring Sport will be removed from Athletics at the end of the first semester.

Note: They will only be allowed to participate in Tennis should they get out of Athletics at the end of the first Semester.

**THE FOLLOWING URL IS THE ADDRESS AT WHICH THE U.I.L. HAS PLACED
THE PARENT INFORMATION MANUAL FOR 2023-2024**

PLEASE GO TO THIS ADDRESS AND READ. THERE ARE MANY TOPICS COVERED SUCH AS:
Eligibility, Residency Rules, Parent Code of Conduct and the Safety and Health Information.

https://www.uil texas.org/athletics/manuals/pdf/parent_information.pdf

Alcohol/Drug/Misdemeanor “3 Strike Policy”

Those involved in Extra-Curricular activities have agreed to random drug testing. Because of the nature of Athletics, alcohol and drug use can alter student-athlete performance and in turn, put them or others in danger. Should they test positive for drugs through the school random drug testing policy, the following “3 Strike Policy” would kick in.

Again, this policy is to encourage student athletes to make solid decisions towards alcohol and drug use. It also provides an “out” for these young athletes by being able to tell those around them that they do not want to jeopardize their eligibility by drinking or doing drugs.

Random tests will be conducted on as many as 12 dates throughout the school year. No less than 25 and no more than 50 of the students participating in the program will be randomly selected for each random test date. THE DRUG-TESTING LABORATORY WILL USE A RANDOM SELECTION METHOD TO IDENTIFY STUDENTS CHOSEN FOR RANDOM TESTING. Students will not receive prior notice of the testing date or time.

A student who refuses to be tested when selected or who is determined to have tampered with a sample will be deemed to have a positive test result and will be subject to the appropriate consequences depending on previous positive test results. If a student is absent, they will automatically be placed on the list for the next testing date.

We do not test for alcohol, however, should the school district be informed of alcohol use by any of the following methods, then they will be subject to the “3 Strike Policy”.

1. Law enforcement informs the school district that citations have been given, or
2. Pictures or videos surface that show the athlete was present at a party where alcohol and or drugs were being used or,
3. The athlete’s parent comes to us with knowledge of their OWN child using alcohol.

Should an athlete be guilty of HOSTING a party at their house, they are subject to removal from athletics for a year.

NOTE: *Should you test positive, you will be automatically placed on the testing list for the remainder of the school year.*

1st Strike Upon a first offense of receiving a confirmed positive drug test, a student will be suspended from any extracurricular activity *and* the student’s parking permit will be suspended, for **10 school days** following the date the student and parent are notified of the test results.

During the period of suspension, the student must participate in practices but not in any competitive activities or performances. During the time of suspension, the student shall not travel with the team nor sit on the bench during competitions.

1. **25 miles in 10 school days.** 25 miles must be run within 10 school days. All running will take place before or after school. Not to be done during practice unless agreed to by the coach.
2. **Automatic 10 school days suspension from competition**
3. **Practices are mandatory.**

Should a practice be missed without **prior** notification given to the Athletic Director, the student *can* automatically be placed on the 2nd offense. Every excused practice missed during this suspension period will add 5 miles to the total, and the time will be extended one day per missed practice. Once 50 miles is assigned, the athlete is automatically placed on the level of 2nd offense and will then be assigned the consequences of a 2nd offense, beginning from that point forward.

4. **No longer eligible for Male/Female Athlete of the Year/MVP award at the Sports Banquet**

Example 1: John Q Athlete is suspended for two weeks, and he misses 3 days. He will be assigned an additional 15 miles and 3 days to finish the mileage. He will also continue to be suspended until the distance is completed.

Example 2: John Q. Athlete is suspended for two weeks, and he misses 5 days. He will then be placed on the 2nd offense, and will have an additional 50 miles and 5 weeks added to his suspension.

Alcohol/Drug/Misdemeanor “3 Strike Policy” (continued)

2nd Strike

Upon a second offense of receiving a confirmed positive drug test, a student will be suspended from any extracurricular activity *and* the student’s parking permit will be suspended, for **25 school days** following the date the student and parent are notified of the test results.

During the period of suspension, the student must participate in practices but not in any competitive activities or performances. During the time of suspension, the student shall not travel with the team nor sit on the bench during competitions.

1. **50 miles in 25 school days.**

50 miles must be run within 25 school days. All running will take place before or after school. Not to be done during practice unless agreed to by the coach

2. **Automatic 25 school days suspension from competition.**

3. **Practices are mandatory.**

Should a practice be missed without prior notification given to the Athletic Director, the student can automatically be removed from the athletic program for an entire year. Every excused practice missed during this suspension period will add 5 miles to the total, and the time will be extended one day per missed practice. Should the athlete miss practice more than 3 times, during this suspension, he will be removed from the program for an entire year from that point forward.

Example 3: John Q. Athlete is suspended for 5 weeks, and he misses 4 days. He will then be removed from the program for an entire year from that point forward.

3rd Strike

Upon a third offense of receiving a confirmed positive drug test, the student will be **suspended** from participation in any extracurricular activity and the student’s parking permit will be suspended, for **365 calendar days** following the date the student and parent are notified of the test results. In addition, they will be **removed from Athletics** for the duration of the 365 calendar days. At the conclusion of the year, the student may be readmitted to Athletics by the approval of all three of the following: 1) Athletic Director 2) Campus Principal 3) Superintendent

2023-24 RICE ATHLETIC HANDBOOK

We hereby acknowledge receipt of the 2023-24 Rice Athletic Handbook and agree to follow its policies. Should we not agree, we forfeit our right to be involved in Rice Athletics.

Print Students Name: _____

Student Signature _____ date _____

Parent/Guardian Signature _____ date _____