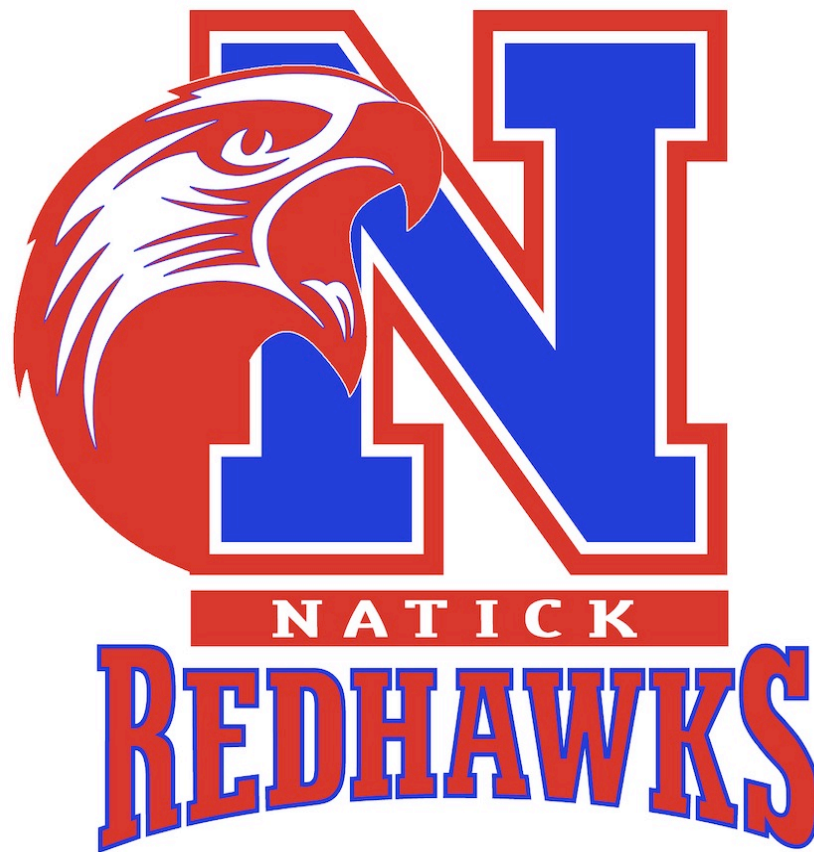


**NATICK HIGH SCHOOL  
ATHLETIC DEPARTMENT  
REFERENCE GUIDE**



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## **WELCOME TO NATICK HIGH SCHOOL ATHLETICS**

We believe the following information will help answer many of your questions regarding interscholastic athletics at Natick High School. This handbook contains information regarding policies, practices, and regulations that govern the athletic program at Natick High School. All students at Natick High School are subject to the rules and regulations of the Natick High School Student Handbook. The Athletic Reference Guide is a supplement to the NHS Student Handbook.

Keep this handbook and refer to it whenever you have a question or a concern regarding your student's athletic experience. If you feel that your questions or concerns are not answered in this booklet, contact your student's coach or call the Athletic Director's office at 508-647-6607. Please do not let your questions go unanswered.

### **PHILOSOPHY**

The Interscholastic Athletic Program at Natick High School supports the mission of Natick High School, which is to enable all students to reach their academic, physical, and social potential. The NHS Athletic Program strives to promote personal responsibility, respect, integrity, and honesty in all participants.

Natick High School looks at a competitive athletic program and rigorous academic program as mutually re-enforcing. Our Athletic programs are an extension of the academic day where our coaching staff embraces the responsibility of challenging and developing players, both technically and emotionally, in a positive manner, using both praise and constructive feedback. Coaches are encouraged to make praise personal and criticism impersonal. Athletic participation is an extension of the student learning experience, and provides a unique opportunity for both physical and moral development.

As members of the Natick High School Athletic program, students and coaches are expected to demonstrate proper respect for each other, other teams, coaches, teammates, officials, spectators and equipment. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing field, as they are, at all times, representatives of their team, school and community. While winning is a natural goal in the pursuit of excellence and athleticism, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of contests.

## **GOVERNING BODIES**

ALL INFORMATION REGARDING ATHLETIC EVENTS AT NATICK HIGH SCHOOL CAN BE VIEWED ON THE ATHLETIC PORTION OF THE HIGH SCHOOL WEBSITE UNDER ANNOUNCEMENTS, SCHEDULES, ETC.

**[WWW.NATICKPS.ORG](http://WWW.NATICKPS.ORG)**

DAILY SCHEDULE INFORMATION CAN ALSO BE OBTAINED ON THE NHS WEBSITE/ATHLETICS/SCHEDULES.

**Information pertaining to the MIAA (Massachusetts Interscholastic Athletic Association) can be found at [www.miaa.net](http://www.miaa.net)**

Information pertaining to the Bay State Conference and its Constitution can be found on the NHS WEBSITE/ATHLETICS/BSC CONSTITUTION

### **THE MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION (M.I.A.A.)**

Natick High School is a member in good standing of the M.I.A.A. With membership, the Principal and all members of our coaching staff agree to abide by all rules and regulations of the M.I.A.A.

One of the primary functions of the M.I.A.A. is to sponsor and to conduct post-season tournaments leading to the determination of geographical district and state champions. When varsity teams qualify for and enter such tournaments, we are subject to specific rules and regulations that govern each tournament, as set by the M.I.A.A.

The M.I.A.A. does not sponsor or sanction any sub-varsity tournament competition.

Under M.I.A.A. guidelines, local communities are allowed to set additional policies, rules and/or regulations as long as they are more restrictive than those stipulated by the M.I.A.A.

### **THE BAY STATE CONFERENCE**

Natick High School is very proud to be a member of the Bay State Conference. The Bay State Conference is governed by the M.I.A.A. and its own Constitution. The Principal of each member school agrees that his/her school will abide by all Conference rules and regulations. The BSC Constitution includes the sport specific rules that govern the sports offered at Natick High School.

## SPORTS AT NATICK HIGH SCHOOL

Natick High School is a member of the Bay State Conference which is comprised of eleven (11) schools: Braintree, Brookline, Framingham, Milton, Natick, Needham, Newton North, Norwood, Walpole, Wellesley, and Weymouth. The conference is divided into two divisions based upon enrollment.

- A. Herget Division consists of five (5) of the smallest conference schools, grades 9-12, consisting of Milton, Natick, Norwood, Walpole, and Wellesley.
- B. Carey Division consists of six (6) of the largest conference schools, grade 9-12, consisting of Braintree, Brookline, Framingham, Needham, Newton North and Weymouth.

The Athletic Program at Natick High School offers a very diversified choice of sports to each student for his or her participation.

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
<i><b>Fall</b></i>	Cross Country Football Golf (Co-ed) * Soccer *	Cheerleading * Cross Country Field Hockey Soccer * Swim/Dive Volleyball *
<i><b>Winter</b></i>	Alpine Skiing Basketball * Ice Hockey * Indoor Track Nordic Ski Swimming Wrestling	Alpine Skiing Basketball * Cheerleading * Gymnastics Nordic Ski Ice Hockey Indoor Track
<i><b>Spring</b></i>	Baseball * Lacrosse* Outdoor Track Tennis * Volleyball * Sailing	Lacrosse* Softball * Outdoor Track Tennis * Sailing

\* All sports with roster limits to varsity, junior varsity, and freshmen are designated as cut sports. Cutting is dependent on the number of athletes that try out. The cutting process will be done by the head coach and his/her staff after a thorough evaluation of a candidate's talents and potential during the tryout period. We expect our coaches to be thorough and fair in their

judgment of skills. We understand that style of play, potential for improvement; attitude and determination play a role in making a team as well as talent.

## **COMMITMENT**

When trying out for a team, and being selected to be a member of a team, Natick High School students are expected to attend all practices and games of that team. Practices will average approximately two hours in duration. Students should expect to practice every weekday. Weekend practice sessions vary by sport and should be expected.

Interscholastic athletics demand more of a commitment than a club or recreational activity. Students should be aware of the time commitment prior to trying out for the team.

### **DAILY**

During tryouts and after team selection, the head coach will distribute and explain expectations related to practice times, locations, and game schedules. Students are expected to make at least a six-day, two to three hour daily commitment to the team each week.

At the freshmen and junior varsity levels, most teams do not practice or play on weekends. At the Varsity level, weekend and/or evening practices and games are more commonplace, and students should expect regular involvement during these times. Because our teams share facilities and some teams use facilities off campus, practice and game hours may vary considerably.

At all levels, in all sports, students are expected to provide their own transportation to and from practices.

### **SCHOOL/FAMILY VACATIONS, EXTENDED ABSENCES, CONFLICTS**

Every team member is expected to be present for all team practices and games.

Many of our teams practice/play during scheduled school vacations and holidays. Although extended absences are discouraged, the athletic department recognizes that certain circumstances do require them.

Students who anticipate being absent from team activities for an extended period of time due to family vacation plans, religious obligations, school sanctioned activities, or college visitations, are expected to contact their coach to discuss their absence before making plans.

Although practices may be conducted on religious or school holidays, athletic practices are not mandatory on religious holidays. There will be no penalty for missing practice on a religious holiday. Coaches should be notified in advance if a student will not be at a practice or a game.

If the student, parent and coach cannot reach a satisfactory agreement concerning extended absences, please refer to the section on Conflict Resolution for guidance.

## **SQUAD SELECTION**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Natick High School, we encourage coaches to keep as many students as possible without having a negative impact on the integrity of their sport. Obviously time, space, facilities, equipment and other factors may place limitations on the possible size for some sports. However, when developing policy in this regard, we strive to maximize the opportunities for our students without diluting the quality of the program.

## **TRYOUTS**

Tryouts for programs are open to all students providing they meet the standards of academic and behavioral eligibility, parental permission, and basic physical/health qualifications.

Participation in athletics is a privilege; students try out voluntarily and, for some of our teams, risk being cut. During the tryout period the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that he/she can meet these expectations. *No student is guaranteed a place on the team simply because of his or her grade or past participation.* Students cut from a team are encouraged to try out for another team if there is space on that team and the final cuts have not been made. Students who are cut from a team will be informed as to the reason for the cut. Decisions made by the coaches will be explained to students at an appropriate time and in an appropriate setting, usually in a personal meeting with the student-athlete.

## **CUTTING POLICY**

Students tryout voluntarily and, for some of our teams, risk being cut. When cuts become a necessity, the following guidelines are suggested under normal circumstances. Each candidate should:

1. have competed in a minimum of 3 to 5 practice sessions.
2. have performed in at least one inter-squad game, match, etc.
3. be personally informed of the cut by the varsity coach and appropriate staff or given the opportunity to meet at another time and the reason for the action.

## **PLAYING TIME**

One of the most emotional issues surrounding a student-athlete's involvement in high school athletics is playing time. There are many factors that determine playing time, such as practice attendance, attitude, commitment, effort and athletic ability.

There are many decisions made on a regular basis by the coaching staff. It is the coach's responsibility to decide which athletes should start a contest, which should play what position, and how long each athlete should play. These decisions, often difficult to make, are made only

by the coaching staff and are approached very seriously after having observed the student athlete in practice sessions, scrimmages and, at times, games.

### **SUB VARSITY TEAMS**

At the sub-varsity levels (junior varsity and freshman), the coaching staff will make a strong effort to play all team members for as much time as is practical. At this level, the coaching staff is teaching the offensive and defensive philosophy of the program along with the skills necessary to move along to the next level.

### **VARSITY TEAMS**

The emphasis at the varsity level shifts towards fielding competitive teams. Our teams will compete against opponents at the highest level of execution and the goal is to win as many games as possible while constantly emphasizing fair play and sportsmanship. This emphasis may result in the major burden of the contest being carried by the most competitive, skilled team members and uneven playing time among the athletes, with some students not playing in every game. Once again, it is the coach who makes the decision on who starts, plays and for how long.

However, teams cannot be successful without committed substitutes. These players should be ready at all times to step up and take on the burden of competition when called upon. It is the hard work in practice each day that prepares the *whole team* for the upcoming games.

## **TEAM CAPTAINS**

Each individual varsity coach will decide how varsity team captains are selected. Captains may be elected by the team or appointed by the coach prior to the first regular season contest. When captains will be elected or appointed for a full season, those positions will be announced at the end of the regular season under normal circumstances. The Athletic Director must approve any exceptions to this procedure of announcing/electing captains at the end of the season.

The position of captain is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school. Any student who has a discipline record of concern, or is found to be involved with drugs, alcohol, weapons, or crimes outside of school will lose the ability to serve as captain or to be appointed or elected to the position of captain for the period of one calendar year. Before the electing/voting of varsity team captains occurs, the varsity coach will submit a list of potential captain candidates to the Athletic Department. The Athletic Director will submit this list of candidates to the NHS Captains' Eligibility Committee for review.

It is expected that team captains be leaders of their team and should be ready to assume duties assigned by their coach. They are expected to be more aware of the team rules and student athlete responsibilities. Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Athletic Director during the school year to discuss the athletic program. Both parents of



captains and captains will sign off on their understanding of the “Team Captains” section of the Athletic Reference Guide.

Any decision to remove a captain will be a joint decision of the coach and the Athletic Director, and must be approved by the Principal.

## **SPORTSMANSHIP**

Natick High School expects all parties at a contest to display the highest possible level of sportsmanship. Players, coaches, parents and spectators should treat opponents, game officials and visiting spectators with respect. Cheer for your team, never against the opponent.

The MIAA reserves the right to “warn, censure, place on probation, or suspend for up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship”.

Natick High School, in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, home or away.

During the 1994/1995 School Year the Bay State Conference voted unanimously to amend the Massachusetts Interscholastic Athletic Association’s Rule 63.8. This MIAA rule states “any student in any sport (in the opinion of the game official) who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall not participate in that sport season for one year from the date of the incident. (Fighting does not apply to this section unless warranted in the judgment of the game official)”.

The Bay State Conference Rule which replaces rule 63.8 states “any student in any sport (in the opinion of the game official) who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall not participate in *any sport season* for one year from the date of the incident. Upon completion of the hearing, the BSC chairperson will indicate that the review will be taken under advisement and that the Principal will be notified in writing of the results.”

## **REQUIREMENTS FOR PARTICIPATION IN ATHLETICS**

### **PHYSICAL ELIGIBILITY**

1. Each candidate for an athletic team shall present to the school’s Athletic Department a signed parent’s permission form to participate in the sports program at Natick High School. This “Parent Permission Form” is valid for all sports for the calendar year, July 1<sup>st</sup> – June 30<sup>th</sup>. **THE PARENT ASSUMES THE RESPONSIBILITY IN CASE OF INJURY.** (Natick High School does not insure members of any athletic teams.)
2. As a prerequisite for participation in interscholastic sports, a student is required to submit a doctor’s physical examination report. Under state rules, a current physical means it

must be dated within THIRTEEN MONTHS of the date of practice or play. If a student's physical has expired and another appointment is scheduled for the near future, that student may continue to participate if the doctor gives written permission for that student to participate until the date of the new physical.

3. A doctor's note allowing a student to return to athletic participation and competition is required for all student athletes who have been out of practice/competition, due to an injury and/or illness that requires a doctor's care.
4. The school will take every precaution for the safety of the student-athletes, but the student athletes must abide by the rules of the sports and not intentionally use techniques which are illegal and which may cause serious injury. All student athletes participate in athletics voluntarily with the permission of their parent(s) or guardian(s).
5. All student athletes should be covered by their own health/accident insurance.
6. Concussion Policy: The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to MA General Law Chapter 166. Please see Natick's Approved Concussion Management Guidelines and corresponding courses, forms, and resources at NHS Website/Athletics/Concussion Management.

### **ATHLETIC ELIGIBILITY**

Athletic Eligibility is governed by the rules of the Massachusetts Interscholastic Athletic Association (MIAA) and Natick High School, as supplemented herein:

1. Natick HS requires that students earn at least a minimum passing grade of D- at the close of a **term or a semester (end of each marking quarter)** prior to the beginning of a season and during said season. See below for academic eligibility requirements for athletic participation term end by term end.

*1<sup>st</sup> Term* - *All 10<sup>th</sup> – 12<sup>th</sup> graders* must pass all classes.

- *All 9<sup>th</sup> graders* must pass a minimum of 4 classes to equal a minimum of 10 credits for 1<sup>st</sup> Term. *\*All 9<sup>th</sup> grade students (for the 1<sup>st</sup> Term only) will be required to meet the MIAA Minimum Academic Standard for Athletic Eligibility (students must pass a minimum of 4 classes to equal a minimum of 10 credits for 1<sup>st</sup> Term). This has been done to allow incoming 9<sup>th</sup> grade students the 1<sup>st</sup> Term to acclimate to the academic expectations of Natick High School.*

**2<sup>nd</sup> Term – all students** must earn credit for all classes taken in semester 1. AND each student must also pass the equivalent of four traditional year-long major English courses in Q2 as stated in MIAA rule 58.1.

**3<sup>rd</sup> Term – all students** must pass all classes.

**4<sup>th</sup> Term – all students** must earn credit for all classes taken in semester 2. Students may take summer school classes to earn semester 2 credits.

\*Natick HS has a higher academic eligibility requirement than the MIAA. During Term 2 and Term 4, Natick High School’s academic eligibility rule states that all credits have to be earned for the semester. In addition **MIAA Rule 58 – Student Eligibility: Academic Requirements** applies and is the minimum academic standard that must be adhered to as explained below from the MIAA Handbook:

*58.1* A student must secure during the last marking period preceding the contest (e.g. second quarter marks and not semester grades determine third quarter eligibility) a passing grade, and full credit, in the equivalent of four traditional year long major English courses. A transfer student may not gain academic eligibility if he/she was not, or would not be, eligible at the sending school, unless transfer was necessitated by a move of parents and then eligibility would be determined by receiving schools eligibility standards. (see Rule 57.7.1)

2. Students will have twelve (12) sport seasons of participation and will not be eligible for an interscholastic sport should his/her 19<sup>th</sup> birthday fall before the first of September of a given school year.
3. Any Natick resident who is attending one of our partner public schools (Keefe Regional Technical School and Norfolk Agricultural School) or who is home-schooled or out-placed by the district to another school, may participate in athletics at NHS only if that sport is not offered at his/her school. In all of these cases, the student needs to try out like all other student-athletes and abide by the same rules of behavior, attendance and academic eligibility that apply to NHS students. **A Natick resident who elects to attend private school or school-choices to another comprehensive public school may not participate in athletics at NHS.** Other circumstances, outside of what is described in this procedure, will be evaluated by the Natick Public School Administration.
4. Students involved in sports activities (in season and outside high school jurisdiction) should check with the Athletic Director concerning eligibility status.

## INTERSCHOLASTIC ATHLETIC FEES:

It shall be the policy of the Natick School Committee to charge an Athletic Fee per sports season for each participant who becomes a member of a Natick High School Sports Team. This shall include all teams: Freshmen, Junior Varsity, Varsity and Cheerleaders.

The fee shall be set each year by the School Committee in conjunction with action on the Athletic Department budget. Fees will be collected from each athlete at the time of registration. The user fee will be refunded in the event the athlete does not make a team. Uniforms are usually issued the day before the first game. **If financial assistance is needed, a separate Natick Public Schools Financial Assistance form for all activities must be completed.** This form is available on our website. If more than (1) member of a family participates in athletics, no family will exceed total payments of 3 sports (including Middle School sports).

### **There shall be no refund of the fee under the following circumstances:**

1. An athlete is dismissed from a team due to disciplinary problems.
2. An athlete is dismissed from a team due to scholastic problems.
3. An athlete quits a team.

If an athlete is injured before the season is half over and cannot participate for the remainder of the season, the athlete's fee shall be refunded.

The payment of the athletic fee allows the student-athlete the privilege of participating on a Natick High School Athletic Team. *It does not guarantee that the student-athlete will play in each contest.*

## ATTENDANCE REQUIREMENT

The Board of Control (MIAA) recommends that each school establish an attendance requirement for participation of an athlete in games and practices. The following is the attendance requirement for Natick High School: Rules and Regulations Governing Athletics M.I.A.A. (Selected Recommendation and Policies).

### Section A (Absence/Illness)

1. Students absent from school on any given day because of illness may not participate in a game or practice scheduled for that day (12:01 a.m. – 12:00 midnight). Should the next day fall on a weekend day, permission to practice or play in a game must be sought through the procedures outlined in Section C.

2. Students absent from school for three or more consecutive days must present a note to the nurse, signed by the parent, indicating that the student is well enough to continue his/her participation in an athletic program.
3. A student who is dismissed early from school due to illness may not participate in practice or games that day.

#### Section B (Absence/Extenuating Factors)

1. Students absent from school for personal reasons (other than illness) must seek permission to practice or play in a game through the procedure outlined in Section C.
2. Students truant from school on a given day will not be eligible to practice or play in a game for that day, and if the day of truancy is a day before a weekend, that student may not practice or play that day or any weekend day.
3. A student who is dismissed early from school or arrives late to school, for reasons other than illness must seek permission, through the procedure outlined in Section C, to participate in practice or play on the day of the late arrival/early dismissal. Permission must be obtained *prior* to the day of late arrival or early dismissal. Students who arrive at school later than 10:54 a.m. or who are dismissed before 10:54 a.m. will not be eligible to practice or play in a game for that day without prior approval.
4. Students who have been suspended from school for disciplinary infractions will not be eligible to play in a game or practice for the duration of the number of days of suspension. Day – 12:01AM -12:00 Midnight. Ineligibility begins when suspension takes effect.

#### Section C (Procedure for consideration to play/practice)

1. Parent of student must contact the Principal/Vice Principal concerning the matter no later than 12:00 Noon of the day in which a game or practice is scheduled. If the game/practice falls on a weekend day, parent contact must be made by 3:00 p.m. Friday.
2. Under no circumstances can a student who is absent from school as described in Section A #1 (second sentence), #2 and Section B participate in a practice or a game without the approval of the Principal or Vice Principal and Athletic Director.

### **NATICK HIGH SCHOOL ATHLETIC DRESS CODE**

1. The school dress code, as stated in the NHS Student Handbook, also applies to all sports banquets.

## NATICK HIGH SCHOOL ATHLETIC DISCIPLINE CODE

1. Eligibility for student participation in the athletic program will be governed by the MIAA Blue Book entitled “Rules & Regulations Governing Athletics” and particularly its Part IV as supplemented by this code.
2. All athletes are subject to the rules and regulations of the NHS Student Handbook and are therefore subject to disciplinary action for violation(s) therein. In addition the following violations are also subject to the Athletic Program Discipline Code:
  - A. Inappropriate behavior will result in action taken at the discretion of the individual coach after conferring with the Athletic Director and the School Administration. This action may range from a warning, loss of eligibility for the contest immediately following the violation, or immediate suspension from the team depending on the severity of the violation.
  - B. Any student-athlete charged with a felony will be immediately removed from their athletic team. The criminal charges will be confirmed by the Athletic Director and School Administration with the Natick Police Department (in conjunction with the arresting Police Department if the charges were not executed by the Natick PD). The Natick PD and the Natick School Department have a Memorandum of Understanding and the confirmation of a felony would be consistent with this agreement. The suspension from athletic participation will be effective immediately and will last at minimum one calendar year. The Athletic Director will inform the student-athlete, the student-athlete’s coach, and the student-athlete’s family of the suspension.
  - C. **MIAA Rule 62 Chemical Health:** During the season of practice or play, a student shall not, regardless of quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. *This policy includes products such as “NA or near beer”*. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

This MIAA statewide minimum standard is not intended to render “guilt by association”; e.g. many student athletes might be present at a party where only a few violate this standard.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again.

### Minimum Penalties

**First Violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the

violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

**Second and Subsequent Violations:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

If the penalty is not completed during the season of violation or if the violation occurs during the off season, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year. Penalties shall be cumulative each academic year.

#### First Offense

# of Events/Season	# of Events/Penalty
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5

#### Second Offense

# of Events/Season	# of Events/Penalty
1-3	1
4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7

14	8
15-16	9
17-18	10
19	11
20 or over	12

**Second Offense with Dependency Program**

# of Events/Season	# of Events/Penalty
1-4	1
5-7	2
8-9	3
10-12	4
13-14	5
15-17	6
18-19	7
20 or over	8

**Captains' Rule:** If a captain of a team is involved in a violation of the above rule, the captaincy will be revoked as well.

3. Pursuant to the provisions of MIAA Rule 19, a student may appeal any disciplinary action taken against him/her for infractions of Sections 1 and 2 above to the Principal. The Athletic Director will be present at this Appeal Hearing to advise the Principal.
4. Coaches' sanctions will be in addition to the school administration sanctions and will be published at the start of the season.

**BONA FIDE TEAM RULE**

MIAA Rule 45 Loyalty to the High School Team: Bona Fide Team Members

A bona fide member of the school team is a student who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with an out-of-school team. Any student who violates this standard is ineligible for 25% of the season immediately upon confirmation of the violation. (See rule 97.2.1 of M.I.A.A. handbook for additional tournament penalty.)



# HAZING

Hazing of any form is prohibited by law. Please see the language of Chapter 536 as follows. Each principal or director is required to receive a signed receipt for this handbook containing the provisions of Chapter 536. Such receipts will be kept on file in the office of the principal or director.

## CHAPTER 536

### THE COMMONWEALTH OF MASSACHUSETTS

In the Year One Thousand Nine Hundred and Eight-five

#### AN ACT PROHIBITING THE PRACTICE OF HAZING

Be it enacted by the Senate and House of Representatives in General Court assembled and by the authority of the same, as follows:

Chapter 269 of the General Laws is hereby amended by adding the following three sections:

*Section 17.* Whoever is a principle organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than one thousand dollars or by imprisonment in a House of Correction for not more than one hundred days, or by both such fine and imprisonment.

The term “hazing” as used in this section and on sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person, to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

*Section 18.* Whoever knows that another person is the victim of hazing as defined in Section 17 and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than five hundred dollars.

*Section 19.* Each secondary school and each public and private school or college shall issue to every group or organization under its authority or operating on or in conjunction with its campus or school, and to every member, plebe, pledge or applicant for membership in such group or organization, a copy of this section and sections seventeen and eighteen. An officer of each such group or organization,

and each individual receiving a copy of said sections seventeen and eighteen shall sign an acknowledgement stating that such group, organization or individual has received a copy of said sections seventeen and eighteen.

Each secondary school and each public or private school or college shall file, at least annually, a report with the regents of higher education and in the case of secondary schools, the board of education, certifying that such institution has complied with the provisions of this section and also certifying that said school has adopted a disciplinary policy with regards to the organizers and participants of hazing. The board of regents and in the case of secondary school, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution that fails to make such report.

Signed by the Governor,  
Michael Dukakis

## **MIAA Rule 48 TAUNTING**

1. Taunting includes any actions or 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, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters.

Examples of taunting include but are not limited to: “trash talk”, defined as verbal communication of 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 and standing over/straddling a tackled or fallen player.

2. In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to existing MIAA expulsion rules. A warning shall be given to both teams by game officials prior to the contest.
3. At all MIAA contest sites and tournament venues, appropriate management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators are subject to ejection.

### **COMMENT:**

All MIAA endorsed rulebooks give officials/umpires/judges authority to penalize what is generally considered taunting. The purpose of the MIAA’s action is to be more specific in the definition, and more emphatic in the penalty of disqualification, and more uniform in the application of the definition and enforcement from sport to sport.

## **Natick Public Schools Student Responsible Use Policy**

### **Purpose**

The purpose of the Natick Public Schools (NPS) Student Responsible Use Policy (RUP) is to prevent unauthorized access and other unlawful activities by users online, prevent unauthorized disclosure of or access to sensitive information, and to comply with legislation including, but not limited to, the Children's Internet Protection Act (CIPA), Children's Online Privacy Protection Act (COPPA) and Family Educational Rights and Privacy Act (FERPA). Furthermore, the RUP clarifies the educational purpose of district technology.

NPS uses technology protection measures to block or filter access, as much as reasonably possible, to visual and written depictions that are obscene, pornographic, or harmful to minors over the network. The District can and will monitor students online activities and access, review, copy, and store or delete any communications or files and share them with adults as necessary. Students should have no expectation of privacy regarding their use of NPS equipment, network, and/or Internet access or files, including email.

Email accounts are provided to all students in our 1:1 program, grades 7-12, to encourage student and teacher collaboration. Email accounts issued to students are archived to ensure student safety.

NPS will take all necessary measures to secure the network against potential cyber security threats. This may include blocking access to websites, applications, including, but not limited to, email, data management and reporting tools, and other web applications.

### **Summary**

Natick Public Schools believes in a Digital Citizenship model for supporting safe and responsible use of all **Online and Digital Technologies (ODT)** in teaching and learning. An important part of this is that we are able to show others what that responsible use looks like.

Because we know this is important for us all, we ask everyone, the staff, students and volunteers working at our schools to agree to use the internet and other ODT technologies in a safe and responsible way. NPS utilizes resources from [Common Sense Education](#) for our Digital Citizenship curriculum.

All students are responsible for practicing positive Digital Citizenship. Positive Digital Citizenship includes appropriate behavior and contributions on websites, social media, discussion boards, media sharing sites and all other electronic communications, including new technology. It is important to be honest in all digital communications without disclosing sensitive personal information. Students should also reference the student handbook for

additional policies and guidelines.

### **Jurisdiction**

This policy is in effect:

- When NPS-provided equipment (laptops, tablets, etc.) is used on or off school property;
- When non-NPS devices access the district network or district resources; or,
- at home, or other locations, if the improper use creates a hostile environment at school for any student/employee and/or cause disruption or disorder within the school.

## **Student Responsible Use Guidelines**

When using NPS Online and Digital technologies (ODT); I will always be a good digital citizen. By signing this policy, I acknowledge that I understand the following:

### **I am responsible for practicing positive digital citizenship.**

- I will practice positive digital citizenship, including appropriate behavior and contributions on websites, social media, discussion boards, media sharing sites, and all other electronic communications, including new technology.
- I will be honest in all digital communication.
- I understand that what I do and post online must not disrupt school activities or compromise school safety and security.

### **I am responsible for keeping personal information private.**

- I will not share personal information about myself or others including, but not limited to, names, home addresses, telephone numbers, birth dates, or visuals such as pictures, videos, and drawings.
- I will not meet anyone in person that I have met only on the Internet.
- I will be aware of privacy settings on websites that I visit.
- I will abide by all laws, this Responsible Use Policy and all District security policies.

### **I am responsible for my passwords and my actions when using District accounts.**

- I will not share any school or district usernames and passwords with anyone.
- I will not access the account information of others.
- I will log out of unattended equipment and accounts in order to maintain privacy and security.

### **I am responsible for my verbal, written, and artistic expression.**

- I will use school appropriate language in all electronic communications, including email, social media posts, audio recordings, video conferencing, and artistic works.

### **I am responsible for treating others with respect and dignity.**

- I will not send and/or distribute hateful, discriminatory, or harassing digital

communications, or engage in sexting.

- I understand that bullying in any form, including cyber bullying, is unacceptable.

**I am responsible for accessing only educational content when using NPS technology.**

- I will not seek out, display, or circulate material that is hate speech, sexually explicit, or violent. I understand that any exceptions must be approved by a teacher or administrator as part of a school assignment.
- I understand that the use of the District network for illegal, political, or commercial purposes is strictly forbidden.

**I am responsible for respecting and maintaining the security of NPS digital resources and networks.**

- I will not try to get around security settings and filters, including through the use of proxy servers to access websites blocked by the district.
- I will not install or use illegal software or files, including copyright protected materials, unauthorized software, or apps on any NPS computers, tablets, smartphones, or other internet devices.
- I know that I am not to use the Internet using a personal data plan at school, including personal mobile hotspots that enable access on NPS equipment.
- I will not use the NPS network or equipment to obtain unauthorized information, attempt to access information protected by privacy laws, or impersonate other users.

**I am responsible for taking all reasonable care when handling NPS equipment.**

- I understand that vandalism in any form is prohibited.
- I will report any known or suspected acts of vandalism to the appropriate authority.
- I will respect my and others' use and access to NPS equipment.
- I am responsible for respecting the works of others.
- I will follow all [copyright guidelines](#).
- I will not copy the work of another person and represent it as my own and I will properly cite all sources.
- I will not download illegally obtained music, software, apps, and other works.
- I understand all NPS trademarks, logos and symbols are for school district use only.

**I am responsible for the data I create and for protecting it.**

- I understand the school district provides me with a Google account to save and store all my data and files.
- I understand it is my responsibility to backup and protect any data or files that I create.
- I understand I should not save or store personal data or files on any device.
- I understand that the school district may re-image any computer at anytime to maintain the equipment in good working order.

### **Consequences for Irresponsible Use**

Misuse of NPS online and digital technologies (ODT) may result in restricted access. Failure to uphold the responsibilities listed above is misuse. Such misuse may also lead to disciplinary and/or legal action against students, including suspension, expulsion, or criminal prosecution by government authorities. The District will tailor any disciplinary action to the specific issues related to each violation.

Disciplinary action may also be taken when a student intentionally directs at the school online speech that is understood by school officials to threaten, harass and intimate a staff member or fellow student, even when such online action originated, and was disseminated, off-campus without the use of school resources.

Students are welcome to take and post pictures online in their uniforms and/or with the school logo, recognizing that those images should display appropriate decorum and not conduct unbecoming of the team/school. Disciplinary action may also be taken if students post pictures online in their uniforms and/or with the school logo, that display conduct unbecoming of the team/school and/or that disrupts the operation of the school.

### **Disclaimer**

NPS makes no guarantees about the quality of the services provided and is not liable for any claims, losses, damages, costs, or other obligations arising from use of the network or district accounts.

NPS also denies any liability for the accuracy or quality of the information obtained through user access. Any statement accessible online is understood to be the author's individual point of view and not that of the district, its affiliates, or employees. Students under the age of 18 should only access NPS network accounts outside of school if a parent or legal guardian supervises their usage at all times. The student's parent or guardian is responsible for monitoring the minor's use outside of school.

Adopted by the Natick School Committee: June 19, 2017

## WHAT TO EXPECT FROM A COACH

Time spent with coaches should be educational, positive and worthwhile; the influence that a coach may have with each individual team member is quite powerful.

Student athletes should expect to be treated fairly and with respect by their coaches. The coaches are professionals who are aware of and committed to upholding and following the policies and regulations of the MIAA, The Bay State Conference, and Natick High School. Rules and regulations must be uniformly and fairly enforced at all times.

Athletes and their families can expect the following from members of the Natick Coaching Staff:

**Pre-season Meeting** – Varsity coaches will host a pre-season meeting for all interested students and parents. The meeting will help provide a clear channel of communication between the coaching staff and candidates for the team. The meeting will include but not be limited to discussion of the following: the expectations for students making the team, cutting policy, schedules, MIAA, BSC, and NHS Rules...

**Time Commitment** – practice and game schedules and other time commitments, consistent with the guidelines mentioned previously in this reference guide, will be made known to all team members.

**Team Rules** – Coaches will establish expectations for their team members with the Athletic Director's prior approval. The coach will present these expectations to all team members in writing as soon as possible prior to the first contest of the season.

**Team Spirit** – The coach will promote team spirit and cohesiveness.

**Athletic Performance** – At the appropriate time, the coach will provide constructive feedback of the individual performance of an athlete. Each athlete will be encouraged to work toward his/her potential and to develop a positive self-image.

**Skill Development** – Each athlete will be taught the rules and skills of the game with the goal of developing maximum proficiency in the specific sport area.

**Approachability** – The coach will be available to all of his/her athletes. Team members are encouraged to approach the coach about any topic that they wish. If a matter is of a personal nature, students should make every effort to approach the coach privately and when there is sufficient time for worthwhile discussion.

**Competitiveness** – Natick coaches will play to win and will prepare students to succeed rather than merely to win games. Win or lose, students should learn lessons of a lasting and positive nature.

**Healthy Decisions** – Coaches will inform their teams of the importance of making healthy decisions and refraining from destructive decisions. Coaches will discourage the use of and discuss the consequences of using alcohol, tobacco, drugs, performance enhancing drugs etc...

## **CONFLICT RESOLUTION**

Athletics involvement is highly emotional and very time consuming. There is no doubt that dealing constructively with these emotions can be an excellent learning experience. Sometimes conflicts arise between students, coaches, and occasionally parents. When conflicts or issues arise, it is important that they be addressed after a 24 hour cooling off period, and as directly as possible, so that it can be resolved promptly.

Students and their parents should use the following process as a guideline when seeking resolution to conflicts or issues between an athlete and coach:

### **FIRST STEP: CONTACTING THE COACH**

The athlete should present the conflict/issue to the coach as soon as possible. If personal contact is not practical, a student may ask his/her team captain to approach the coach. If the personal or captain route is not possible, contact may be made by the athlete's parent at an appropriate time. In order for the contact to be as productive as possible, times that should be avoided are

- prior to, during or immediately following a contest.
- during an active practice session.
- when other students or parents are present or when it would be readily visible to others that the discussion is taking place.
- when it is apparent that there is not sufficient time to allow for a complete discussion. This includes the time immediately before leaving for an away contest.

Perhaps the best solution is to ask the coach, either over the phone or in person, if an appointment could be made to discuss the issue. A parent or student may also leave a note for the coach in the athletic office or send an email.

### **SECOND STEP: CONTACTING THE ATHLETIC DIRECTOR**

If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution.

Since athletic seasons are relatively short, there should be no delay in airing any and all concerns. It is important for all students and their parents to know that any comments, concerns or issues raised to the Athletic Director will be addressed and communicated to the coach.



Parents and students may also expect to hear from the Athletic Director as to the disposition of their concerns.

Although there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

### **THIRD STEP: CONTACTING THE PRINCIPAL**

If there is still not a satisfactory resolution, the student or parent may contact the high school Principal. The Athletic Director should be informed that this contact is going to be made.

### **RETRIBUTION**

The Athletic Director and coaches are committed to ensuring that there be no retribution in any form, within the Athletic Department at Natick High School, for raising a concern or issue (of course, students who violate team, department, or school rules will continue to face consequences in accordance with the guidelines and policies in this handbook).

Using the aforementioned process to voice a concern is strongly encouraged. If at any time, a student or his/her parents' suspect that some form of retribution is surfacing as a result of voicing a concern, the Athletic Director should be informed immediately and the Athletic Director will work with the Principal to investigate and remedy if warranted.

## **SUPPORT SERVICES**

### **ATHLETIC TRAINER AND TRAINING ROOM**

Natick High School is fortunate to have a highly qualified part-time licensed athletic trainer on staff. During the sports seasons, the trainer will provide coverage from approximately 2:30 p.m. until practices/games are over. During weekends, or on days when school is not in session, the trainer is required to be on site only for contests and for some scheduled scrimmages. Every team will have a medical training supplies kit assigned to them by our Athletic Trainer. Our coaches have been trained by the Athletic Director and Athletic Trainer on how to handle medical emergencies, accidents, head injuries, injuries etc... Our medical emergency plan and concussion guidelines and procedures can be found on the NHS Athletics Website.

### **STUDENT SUPPORT SERVICES**

Natick High School's Prevention Specialist  
Natick Together for Youth

### **FUNDRAISING**

The community of Natick supports the Natick Athletic Department through the School Department Operating and Revolving Accounts. At times there is a need for Natick Athletic

Programs to fundraise additional monies to cover the costs and needs of the program. Please see the Natick Athletics Website for Natick Public Schools fundraising guidelines and procedures.

### **TRANSPORTATION TO AND FROM CONTESTS**

The school provides bus transportation, or a suitable substitute, to most away contests. All team members are expected to travel to these contests using the school-provided transportation for student safety reason.

Exceptions to this policy must be requested in writing to the Athletic Director, by a student's parent *prior* to the contest.

### **FITNESS AND WELLNESS CENTER**

The Natick High School Fitness Center is available to all students whenever it is supervised by a member of the staff. Students are not allowed in the Fitness Center without supervision. The NHS Strength and Conditioning Coaches in the afternoon hours may schedule the Fitness Center for instruction with NHS Athletic Teams. For this reason, there may be limited or no usage during specific times for the general student body and staff. The Director of the Fitness Center for reasons of safety and supervision is the arbiter of all usage of the NHS Fitness Center. The published schedule for the open weight room will be made available to all students.

### **POSTPONED CONTESTS**

Many contests throughout the school year are postponed due to factors such as inclement weather. In most instances it is the "home" school that calls for a postponement. By Bay State Conference rules, games are to be made up on the next available open date on both schools' schedules, including weekends, whenever practical.

Decisions on postponements are made as late in the day as is practical for proper notification of all interested parties. On school days, the most common time is about 1:30 p.m. for afternoon contests. If there are any questions as to the status of a contest, calls can be made to the athletic office or by going to the NHS Athletics website, but please wait until after 2 p.m. On non-school days and for evening contests, postponements are made approximately two to three hours prior to the contest. Please delay calls until two hours before the scheduled contest.

Due to scheduling conflicts, it is sometimes necessary to cancel rather than postpone sub-varsity contests. Because of league standings and/or tournament qualification regulations, cancellations of varsity contests are extremely rare.