

HIGH  
SCHOOL  
ATHLETIC  
HANDBOOK

# Table of Contents

<b>FOREWORD</b> .....	<b>1</b>
<b>SPORTS OFFERED</b> .....	<b>2</b>
<b>ELIGIBILITY RULES</b> .....	<b>3-4</b>
<b>TEAM SELECTION &amp; ADMINISTRATIVE RULES</b> .....	<b>4</b>
<b>CCS TRANSFER POLICY/HARDSHIPS</b> .....	<b>5</b>
<b>REQUIREMENTS FOR PARTICIPATION</b> .....	<b>6</b>
<b>PHOTOGRAPHIC/VIDEOTAPING PERMISSION</b> .....	<b>6</b>
<b>ATHLETIC CODE OF CONDUCT</b> .....	<b>6-9</b>
<b>DRUGS AND ALCOHOL</b> .....	<b>7</b>
<b>TOBACCO USE</b> .....	<b>8</b>
<b>CRIMINAL CHARGES</b> .....	<b>8-9</b>
<b>DIVERSION PROGRAM</b> .....	<b>8</b>
<b>REVIEW PROCEDURE</b> .....	<b>8-9</b>
<b>SCHOOL SUSPENSIONS</b> .....	<b>9</b>
<b>INAPPROPRIATE BEHAVIOR</b> .....	<b>9</b>
<b>APPEALS</b> .....	<b>9</b>
<b>SPORTSMANSHIP</b> .....	<b>9</b>
<b>COLLEGE RECRUITMENT POLICY</b> .....	<b>10</b>
<b>NCAA ELIGIBILITY INFORMATION</b> .....	<b>10</b>
<b>CORE COURSES</b> .....	<b>10</b>
<b>TEST SCORES</b> .....	<b>10</b>
<b>GRADE POINT AVERAGE</b> .....	<b>10</b>
<b>COURSE REQUIREMENTS</b> .....	<b>10</b>
<b>ATHLETIC LETTERING</b> .....	<b>11</b>
<b>IMPORTANT WEBSITES</b> .....	<b>11</b>
<b>CUMBERLAND COUNTY HIGH SCHOOLS</b> .....	<b>12</b>

## FOREWORD

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate. The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide for successful experiences for students and the efficient operation of the athletic program. Cumberland County Athletes must act with pride and dignity at all times. The purpose of this handbook is to establish regulations and procedures to deal with violations that occur ON OR OFF SCHOOL GROUNDS THROUGHOUT THE ENTIRE CALENDAR YEAR. The handbook is designed to encourage athletes to make choices that ensure their health and safety, and provide appropriate consequences for students who violate the rules. You, the student athlete, are accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add.

Cumberland County Schools believes good sportsmanship is an integral component of interscholastic competition. In order for good sportsmanship to prevail, coaches, student-athletes, and fans must display respect, fairness, civility, honesty and responsibility before, during and after all athletic contests. We encourage fans to enthusiastically support their team, recognize outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

Vernon Aldridge  
Director of Student  
Activities Cumberland  
County Schools

## **SPORTS OFFERED**

**The following list provides prospective student-athletes with a list of sports offered during each season. Students who are interested in participating in high school athletics should contact the coach of each sport and/or the athletic director in each school for specific tryout and preseason workout dates. The North Carolina High School Athletic Association (NCHSAA) allows athletic teams to have a maximum number of athletes for participation in off-season skill development. For further information, contact your school's athletic director.**

### **Fall Sports**

Cheerleading  
Cross Country (Men & Women)  
Football  
Golf - Women  
Soccer - Men  
Tennis – Women  
Volleyball – Women

### **Winter Sports**

Basketball (Men & Women)  
Bowling (Men & Women)  
Cheerleading  
Swimming (Men & Women)  
Track — Indoor (Men & Women)  
Wrestling

### **Spring Sports**

Baseball  
Golf - Men  
Soccer - Women  
Softball - Women  
Tennis - Men  
Track - Outdoor (Men & Women)  
Lacrosse (Men & Women) *Club Sport Currently at Jack Britt HS, Terry Sanford HS & Cape Fear HS*

## **ELIGIBILITY RULES (taken from NCHSAA Handbook)**

### **A student who wishes to participate in athletics in Cumberland County:**

- Must have been in **attendance for at least 85%** (cannot miss more than 54 class periods per semester) of the previous semester at an approved school. (CCS Policy)
- Must not have exceeded eight consecutive semesters of attendance or have participated more than four seasons in any sport since first entering grade 9.
- Must not have graduated from high school.
- AGE (cannot become 19 years of age before August 31 of current school year)
- Must **live with your parents or legal custodian** within the school administrative unit (exceptions must be approved by Cumberland County Schools and/or the NCHSAA). A student is eligible if he/she has attended school within that unit the previous two semesters (if eligible in all other respects).
- **Must not falsify any official eligibility information such as residency/address. Penalty for such acts will result in loss of eligibility for 365 days. If residence changes during the school year you must notify the school immediately of this change or risk loss of eligibility for 365 days.**
- Must have **passed a minimum academic load** during the previous semester, and meet local promotion standards. Students in a "**block schedule**" **must pass three of four courses per semester** and meet local promotion standards; students in the "**traditional schedule**" **must pass at least five courses** and meet local promotion standards. Office or Teacher Assistant classes will not count towards meeting this requirement. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester.
- Must have a weighted 2.0 GPA or a 70 average for the previous semester. Second semester 9<sup>th</sup> graders – 12<sup>th</sup> grade.
- A student upon first entering grade 9 is academically eligible for competition on high school teams for the fall semester.
- Must have a current **medical examination** by a duly licensed physician, nurse practitioner, or physician's assistant; physical must carry student-athlete completely through the sport season in which the student-athlete is participating (Physical can't expire during the sport season) If you miss five or more days of practice due to illness or injury, you must receive a medical release before practicing or playing.
- Must have a current concussion form on file in the Athletic Office.(Concussion forms are good for the current school year only.)
- Voluntary transfer students cannot participate in

interscholastic sports for 365 days from the first approved transfer date.

- On the day of an athletic contest students must be in attendance 51% of the school day to participate.
- Must not have been convicted of a felony or offense that would be a felony if committed by an adult.
- Must not accept **prizes, merchandise, money** or anything exceeding \$250.00 in value per season that can be exchanged for money as a result of athletic participation. **THIS INCLUDES BEING ON A FREE LIST OR LOAN LIST FOR EQUIPMENT, ETC.**
- Must not have signed a **professional contract**, have played on a junior college team or be regularly enrolled in college.
- Must not participate in **unsanctioned all-star or bowl games**.
- May not play, practice or assemble as a team with your coach on **Sundays**.
- May not **dress for a contest or practice** if you are not eligible to participate.
- Must not play more than three contests in one sport per week (exception baseball, softball, tennis and volleyball) and no more than one contest per day (exception baseball, softball and volleyball).

**For additional eligibility information, please refer to the NCHSAA website or handbook.**

### **TEAM SELECTION & ADMINISTRATIVE RULES**

- Teams will be determined by tryouts open to all eligible students.
- The decision on the selection of team members by the coach is final.
- Coaches reserve the right to close tryouts and/or practices to parents and the general public.
- Student Athletes must ride the team activity bus to and from all contests unless excused in writing by a school administrator only.
- Junior Varsity teams are made up of 9<sup>th</sup> & 10<sup>th</sup> graders only. (This includes school & club teams)
- Varsity teams are made up of 9<sup>th</sup> – 12<sup>th</sup> grade students.
- Student-Athletes that quit or are removed from a sport may not participate in out of season sport skill development or practice until the current season of the sport they quit or are removed from is completely over.
- A student-athlete that quits a sport may not join another team during the same season.
- A student-athlete must tryout for a sport during the initial tryout period unless the student-athlete has a medical issue or student transfers in the school out of the tryout period.

## **CUMBERLAND COUNTY SCHOOLS TRANSFER POLICY**

Pursuant to the NCHSAA Transfer Policy which states: “A student transferring from one member school to another school within the same LEA must sit out 365 days for athletic participation. The LEA may create **criteria** for immediate athletic eligibility for transfer within the LEA”.

Cumberland County Schools has created the following criteria to govern transfers within the LEA:

A student must sit out 365 days for athletic participation without a bona fide move if:

- (1) A student entering an academy out of their attendance area after 9<sup>th</sup> or 10<sup>th</sup> grade entry at their attendance area school.
- (2) A student assigned to an out of attendance area school due to parent request (Voluntary Transfer).
- (3) A student transferring from one out of attendance area school to another out of attendance area school.

Students who leave Cumberland County Schools for private schools are allowed to return one time and not lose athletic eligibility. Upon a second return will be required to sit 365 days

Students who early exit and return to their home school will be ineligible for athletics that school year. They will be reinstated after the one year academy commitment is up.

### **HARDSHIPS**

- There is no appealing NCHSAA rules for eligibility.
- The NCHSAA does allow for claims of hardships.
- 50% of the absences must be due to the hardship for an Attendance Hardship to be filed.
- Student-athletes with disciplinary suspensions aren't able to file for a hardship based on an attendance hardship.
- All hardships must be initiated by the school.

## **REQUIREMENTS FOR PARTICIPATION**

Remember that as an athlete you are not eligible to participate in or try-out for any sport until the following items have been completed:

- (1)** Physical examination downloaded and concussion forms completed on the provided Parent Online Pre-Participation Athletic Registration.
- (2)** Proof of all eligibility requirements relative to residence, age, attendance and academics.
- (3)** Student-Athlete Eligibility and permission form completed.

## **PHOTOGRAPHIC/VIDEOTAPING PERMISSION**

Cumberland County Schools Uses Photographs, Slides, Videos, Or Illustrations Of Students For Many Purposes Such Photographs, Videos, Or Other Illustrating Material Which May Be Used In Newsletters Or Publications Produced By The School System, In Slide Presentations And/Or Videos About The Schools, By The News Media In School-Related News Coverage, In Video Productions Aired On Television Produced By The School System Or In Other Similar Forms Of Communication. Parents and legal guardians have the option of granting permission for their child's picture to be used in this manner. See the Cumberland County High Schools Student-Athlete Eligibility and Permission Form for details.

## **ATHLETIC CODE OF CONDUCT**

Participation in any athletic activity is an important part of the educational experience in the Cumberland County Schools. A primary goal of such activities is to teach students character and self-discipline skills that will enable them to develop to their highest potential. As role models for their peers and younger students, students who participate in athletic activities ("participating students") are held accountable for their actions at a higher standard than other students. Because of the public nature of the athletic programs sponsored by the Cumberland County Schools, participating students are expected to conduct themselves in a manner that will reflect the high standards and ideals of their school and community. The participating student athlete becomes subject to this Code of Conduct upon the student's signature and date on his/her Cumberland County High Schools Student-Athlete Eligibility and Permission Form and continues until graduation from high school. Participating student athletes are subject to this code at all times during the calendar year, including summer months, whether on or off campus. For summer month violations, any discipline or punishment imposed would go into effect at the next scheduled athletic activity by the student athlete. This Code of Conduct is, in addition to, any specific team/activity rules or regulations established by the individual programs.



## **\*1. DRUGS AND ALCOHOL**

The possession, use, distribution and/or sale of illegal or counterfeit drugs/alcohol, including possession of paraphernalia for ingestion of such substances by participating students is not acceptable and prohibited. If school officials receive credible evidence, such as a police report or criminal charges related to a drug or alcohol offense, or have a reasonable suspicion that a violation under this section has occurred, the school officials will investigate. If after investigation of the charges, school officials determine that the participating student committed the violation, he/she shall be subject to disciplinary action as outlined below.

Every effort will be made by the school and individual activity programs to make participating students aware of the detrimental effects of drugs and alcohol. Students and/or parents of students suspended under this section will receive information regarding counseling. Any participating student found in violation of this offense at any time while on any school premises, including activity buses or other school-approved transportation, will be subject to disciplinary action in accordance with the CCS Student Code of Conduct & the below consequences. All offenses occurring off campus will be determined as specified below:

**First Offense:** The principal will suspend the student athlete for a minimum of 20% of the next consecutive athletic/extra-curricular contests, not to include scrimmages. The suspension may require being served over two seasons if the incident occurs near the end of the first season. At the discretion of the principal in consultation with the athletic director and/or coach, the student athlete may practice with the team during this suspended time frame and/or be allowed to travel with the team, as well as on the sideline or bench with the team in *appropriate attire*.

With the first violation, the student athlete must be evaluated by a drug/alcohol counselor as recommended by the school, must comply with all recommendations and treatment programs, and must furnish a negative drug test (at the student athlete's cost) prior to resuming participation.

Additionally, the student athlete must agree to be drug tested for a period of 365 calendar days following the violation of the drug and alcohol policy.

He/she must agree to pay for any random drug tests selected by the school representatives.

**Second Offense:** The student athlete will be suspended from all athletic activities for a period of 365 calendar days from the first day of the offense. To be allowed to participate again, the student athlete must have completed an approved county counseling program on substance abuse.

**Third Offense:** The student athlete will be excluded from all athletic activities for the *remainder of his/her high school career* in the Cumberland County Schools.

**\*2. TOBACCO USE (Principal's decision is final)** Participating students found to have used tobacco while subject to this Code will be suspended from participation as outlined:

**First Offense:** The student athlete will be suspended for a minimum of **10% of the next consecutive athletic contests, not including scrimmages.** The suspension may require being served over two seasons if the incident occurs near the end of the first season. At the discretion of the head coach, the student athlete may practice with the team during this suspended time frame and be allowed to travel with the team. Also, at the head coach's discretion, the student athlete may be on the sideline or bench with the team *in appropriate attire.*

**Second Offense:** The student athlete will be suspended for a minimum of **20 % of the next consecutive sports season games/contests, not including scrimmages.** The suspension may require being served over two seasons if the incident occurs near the end of the first season. At the discretion of the head coach, the student athlete may practice with the team during the suspended time frame and be allowed to travel with the team. Also, at the head coach's discretion, the student athlete may be on the sideline or bench with the team *in appropriate attire.*

**Third Offense:**

The principal will suspend the student athlete from all interscholastic activities for 45 days or the remainder of the season whichever comes first.

**\*NOTE: These rules are meant as minimum consequences. The principal, athletic director or coach has the discretion to increase the consequences as he/she feels is most beneficial to his/her athletic program or team.**

**3. CRIMINAL CHARGES**

A participating student athlete charged with a criminal offense, misdemeanor or felony, other than a minor traffic offense, will be suspended from athletic participation until further review by the principal and director of student activities. A student convicted of a felony offense will be immediately suspended from all athletic participation according to the NCHSAA policy. The participating student athlete must inform his or her coach or appropriate staff of any criminal charges against them as soon as practicable, but no later than the student's next participation in any athletic event, to include practices, rehearsals, etc. Failure to do so may result in further disciplinary action.

**3b. DIVERSION PROGRAM**

Students charged with a criminal offense and referred to the Diversion Program & do not successfully complete the program shall be suspended in accordance with the Athletic Code of Conduct.

**4. REVIEW PROCEDURE**

- i. A participating student may request a review of the disciplinary action involving items 1, 2, & 3 by providing written notice to the Superintendent or his designee within two (2) school days of the date of the Principal's notification to the student and/or parent. The notice shall state the reason for the review.
- ii. The Superintendent, or his designee, will review the record of the disciplinary action and issue a decision within five (5) school days of receipt of the request for review. The Superintendent or his designee will inform the student and parent of the decision of whether to uphold, modify, or overturn the disciplinary action. The decision of the Superintendent shall be final.
- iii. Any disciplinary action, including suspension from participation, will

- remain in effect during the review process.
- iv. Failure by the participating student to adhere to appeal content requirements and timelines as set forth will result in immediate dismissal of the appeal.

## **5. SCHOOL SUSPENSIONS**

- A. **In-School (full day or days) or (out of school) short-term (10 days or less)** – ineligible to participate in any athletic activity on the day(s) the student is serving suspension to include practice.
- B. **Out of School Long-Term (11 days or greater)** – ineligible to participate in any athletic activity for the remainder of semester or suspension period (whichever is greater).
- C. **Disciplinary assignment to alternative school or character academy** – ineligible to participate in any athletic activity for the remainder of semester or completion of assignment (whichever is greater).

## **6. INAPPROPRIATE BEHAVIOR**

A participating student athlete who engages in any conduct or behavior, which is inconsistent with the student's position as a role model or representative of the Cumberland County Schools, is subject to disciplinary action, including suspension as determined by the Principal. Coaches or school officials may also establish additional training regulations and rules of conduct. Inappropriate social media behavior falls within this category.

## **7. APPEALS**

The decision of the school principal is final for items 5 & 6 as it relates to athletic participation.

## **SPORTSMANSHIP**

As students and spectators, you represent your school and have an obligation to encourage the practice of good sportsmanship. Remember that the primary purpose of High School Athletics is to promote physical, mental, moral, social and emotional well-being of the players through the medium of contest. Be modest in victory and gracious in defeat. Students ejected must serve their suspension in their very next contest even if it extends into the next academic year.

**Any parent(s) or spectator removed from the site of a contest due to poor sportsmanship or disruptive behavior can:**

1. Receive a letter of warning & must take and complete the Positive Sports Parenting course on the National Federation of High Schools website. The certificate received from the Positive Sports Parenting course should be submitted prior to returning to an athletic event to the Athletic Director of the school.
2. Not allowed to attend any additional school contests.
3. Banned from attending any Cumberland County Schools Athletic Events.

## **COLLEGE RECRUITMENT POLICY**

In the event an athlete should be contacted personally by a college recruiter, he or she has an obligation to work through his or her high school coach and athletic department. Inform your coach of such contact as soon as possible. In addition, it would be beneficial to the athlete to notify his/her school's guidance counselor to ensure proper academic eligibility requirements have been met.

### **Academic Standards for Initial-Eligibility**

#### **Academic Standards**

**The NCAA Eligibility Center verifies the academic and amateur status of all student-athletes who wish to compete in Division I or II athletics.**

**College-bound student-athletes who want to practice, compete and receive athletically related financial aid during their first year at a Division I or II school need to meet the following requirements:**

- **Graduate from high school.**
- **Complete a minimum of 16 core courses for Division I or II.**
- **Earn a minimum required grade-point average in core courses.**
- **Earn a qualifying test score on either the ACT or SAT.**
- **Request final amateurism certification from the NCAA Eligibility Center.**

**For Division I student-athletes who will enroll in August 1, 2016 and later, the requirements to compete in the first year will change. In addition to the above standards, students must:**

- **Earn at least a 2.3 grade-point average in core courses.**
- **Meet an increased sliding-scale standard (for example, an SAT score of 820 requires a 2.5 high school core course GPA)**
- **Successfully complete 10 of the 16 total required core courses before the start of their seventh semester in high school. Seven of the 10 courses must be successfully completed in English, math and science.**

**Students that earn at least a 2.0 GPA but not a 2.3 GPA and meet the current sliding scale standard (for example, an SAT score of 1,010 requires a 2.025 high school core course GPA) will be eligible for practice in the first term and athletically related financial aid the entire year, but not competition. Freshmen who are academically successful in the first term will earn the ability to continue to practice for the remainder of the year.**

**Division III colleges and universities set their own admission standards. The NCAA does not set initial eligibility requirements in Division III.**

**For more detail about academic requirements visit the [Eligibility Center](#).**

## **Athletic Lettering**

Lettering will be determined by the school athletic department.

### **Important Websites:**

#### **Cumberland County High Schools Athletics:**

[www.ncprepsports.net](http://www.ncprepsports.net)

- Game Scores
- Team Statistics
- Individual Statistics
- Conference Standings

#### **Cumberland County Schools: [www.ccs.k12.nc.us](http://www.ccs.k12.nc.us)**

- General school information
- Links to all Cumberland County School websites
- Parent Module (check student grades)

#### **North Carolina High School Athletic Association:**

[www.nchsaa.org](http://www.nchsaa.org)

- NCHSAA general information
- Rules and regulations for eligibility
- Rules and regulations for individual sports

#### **National Collegiate Athletic Association (NCAA)**

##### **Eligibility Center:**

[http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)

- College athletic eligibility information

## CUMBERLAND COUNTY HIGH SCHOOLS

Jack Britt High  
7403 Rockfish Road  
Fayetteville, NC 28306  
[www.jbhs.ccs.k12.nc.us](http://www.jbhs.ccs.k12.nc.us)  
429-2800 /429-2810(FAX)  
Michael Lindsay, Athletic Director

Douglas Byrd High  
1624 Ireland Drive  
Fayetteville, NC 28304  
[www.dbhs.ccs.k12.nc.us](http://www.dbhs.ccs.k12.nc.us)  
484-8121 /323-4127(FAX)  
Leslie Neal, Athletic Director

Cape Fear High  
4762 Clinton Road  
Fayetteville, NC 28312  
[www.cfhs.ccs.k12.nc.us](http://www.cfhs.ccs.k12.nc.us)  
483-0191 /483-1679(FAX)  
  
Reginald Fields, Athletic Director

Gray's Creek High  
5301 Celebration Drive  
Hope Mills, NC 28348  
[www.gchs.ccs.k12.nc.us](http://www.gchs.ccs.k12.nc.us)  
424-8589 /424-7411(FAX)  
424-8665 (Athletics)  
Troy Lindsey, Athletic Director

Pine Forest High  
525 Andrews Road  
Fayetteville, NC 28311  
[www.pfhs.ccs.k12.nc.us](http://www.pfhs.ccs.k12.nc.us)  
488-2384 /488-0790(FAX)

Terry Sanford High  
2301 Fort Bragg Road  
Fayetteville, NC 28303  
[www.tshs.ccs.k12.nc.us](http://www.tshs.ccs.k12.nc.us)  
484-1151 /484-7203(FAX)  
Royvell Godblt, Athletic Director

Seventy First High  
6764 Raeford Road  
Fayetteville, NC 28304  
[www.sfhs.ccs.k12.nc.us](http://www.sfhs.ccs.k12.nc.us)  
867-3116 /867-6381(FAX)  
Qusheba Collins, Athletic Director

E. E. Smith High  
1800 Seabrook Road  
Fayetteville, NC 28301  
[www.eeshs.ccs.k12.nc.us](http://www.eeshs.ccs.k12.nc.us)  
483-0153 /483-7696(FAX)  
323-4072 (Athletics)  
Lawrence Smalls, Athletic Director

South View High  
4184 Elk Road  
Hope Mills, NC 28348  
[www.svhs.ccs.k12.nc.us](http://www.svhs.ccs.k12.nc.us)  
425-8181 /425-2962(FAX)  
  
James Blue, Athletic Director

Westover High  
277 Bonanza Drive  
Fayetteville, NC 28303  
[www.wohs.ccs.k12.nc.us](http://www.wohs.ccs.k12.nc.us)  
864-0190 /864-5924(FAX)  
Vernon Tucker, Athletic Director

# NOTES

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