

## **HINGHAM VOLLEYBALL**

A student-athlete represents his/her/their team, school and community. Participation in interscholastic athletics at Hingham High School is an honor and privilege.

### **CODE OF CONDUCT FOR ATHLETES**

The student athlete has a responsibility to maintain a proper attitude and to respect his/her/their teammates and others. It is essential that the student athlete subscribes to the rules of sportsmanship and applies these principles through word and deed.

A student athlete must agree to the following principles:

1. Maintain an adherence to rules, standards and policies. These rules are found in the MIAA Handbook, Patriot League Handbook, HHS Student Handbook, and the Hingham Public Schools Code of Discipline. All are available on the website:

<http://hinghamschools.org/hingham-high-school/athletics/>

2. Take pride in setting good examples in appearance, conduct, language, and sportsmanship.
3. Demonstrate the ideals of sportsmanship and fair play in all competitive situations.
4. Respect every coach, official, teammate, opponent, and others.
5. Exhibit the ability to accept victory or defeat in a proper manner.
6. Compete within the spirit of the game and follow appropriate rules and regulations.
7. Demonstrate concern, courtesy and compassion.
8. Provide an example of good sportsmanship and encourage spectators to display good sportsmanship.
9. Be a positive influence for teammates and others.

### **ATHLETIC PARTICIPATION REGULATIONS**

#### Physical Examination

All student athletes trying out for and/or playing interscholastic sports are required to have a physical examination. Physical examinations are valid for 13 months to the date. Any student athlete requiring medication (e.g., EPI pen, inhalers, etc.) must provide written parent/guardian permission, physician order, and the medication in order to participate.

**\*\*If your athlete is due for a physical examination during the season please plan around practices and matches. An athlete should not miss practice or game time for appointments that can be made outside of practices or matches.\*\***

#### Insurance

All student athletes participating in interscholastic sports are covered by a prepaid insurance plan carried by the school system. The insurance is a secondary policy that picks up where the family's primary policy leaves off. Any injury must be reported to the coach and the school nurse. Insurance claims must be filed promptly. Insurance claim forms are available from the Director of Athletics

## **Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco**

From the earliest fall practice date to the conclusion of the academic year or final athletic event (whichever is latest) and on any school-sponsored summer events, a student shall not, regardless of the quantity, use, consume, possess (possession includes group possession, e.g., at parties, in automobiles, etc.), buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again. If a student who is not already on a team violates the Chemical Health Rule after the season has started, he or she may not join a team for that season.

First violation: Students shall lose eligibility for the next consecutive interscholastic contests which total 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 made for a student who becomes a participant in a treatment program. Athletes may participate in tryouts and/or practices during this time period.

Second offense: Students shall lose eligibility for the next consecutive interscholastic contests which total 60% of all interscholastic contests in that sport. For the student these penalties will be determined by the season the violation occurs. If this offense occurs while the athlete is in season, he or she will be removed from the team for the rest of that season.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, 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.

### **Patriot League Chemical Health Rules**

1. A student may not join a sport after the first of practice/tryouts if they have an existing chemical health violation.
2. A student who has a chemical health violation is ineligible to be elected or serve as a captain for one full calendar year from the date of the violation. A student who is ineligible on day one of a season to serve as captain due to a chemical health violation will remain ineligible to serve in that capacity for the entire season.
3. Any player suspended for violating the MIAA chemical health rule during the season is not eligible for All-Star status for that season.

## **Loyalty to the High School Team: Bona Fide Team Members Rule**

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. First Offense: Student athlete is suspended for 25% of the season. Second Offense: Student athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation. Student athletes may request a waiver providing that the request is supported by his/her coach, athletic director, principal and parents.

## **PARENT/COACH COMMUNICATION GUIDELINES**

While your child is involved in interscholastic athletics, he or she will experience many moments that are rewarding and inspiring but others that are disappointing. Encourage your child to first speak to his or her coach directly regarding the latter situations. Dealing with difficult situations is a vital part of the development that young people must go through to be successful later in life. If the student-athlete to coach conversation has not resolved the concerns, we would then encourage you to speak directly to the coach.

### **Appropriate concerns for discussions with coaches:**

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

### **Inappropriate concerns for discussion with coaches:**

- Playing time
- Team strategy
- Play calling
- Other student-athletes
- Activity Fees and payment of such

Please, do not confront a coach before, after or during a practice or game. This interaction, at times that may be emotional for both the parent and the coach, does not promote objective analysis or resolution.

Athletics support the academic mission. They are an integral part of a good educational program. Students who participate in athletic programs tend to develop good time management skills, self-discipline, self-confidence and the ability to handle competition. Experience in athletics teaches life skills through valuable lessons in teamwork, sportsmanship, winning and losing, and hard work. Participation in high school athletics is often a predictor of later success – at college, in a career and as a community member. As the Patriot League motto states: Let the players play, let the coaches coach, let the officials officiate – and let the parents positively cheer for their son(s)/daughter(s) during the game.

## **TRANSPORTATION**

1. A coach must accompany his/her squad on the bus to and from all events.
2. All athletes must ride the bus to and from away games.
3. Athletes may be released to a parent or guardian only when the parent personally makes such a request to the coach.
4. No athlete is to be released to anyone other than his/her parent or guardian unless a written request is submitted to and approved by the Principal in advance.
5. No spectators will be allowed on the team bus.

**\*\*A parent request must be made in writing via email or a note in advance. Athletes are still required to stay for all FR/JV/Varsity matches before being released to a parent or guardian.\*\***

**\*\*Parents or guardians are responsible for making sure their athlete has a ride home shortly after the ending of a home match, practice, and the return of the away bus. Please plan accordingly and respect the coaches' time.\*\***

## **ATHLETIC VIOLATIONS**

The following offenses may result in action taken by the individual coach under the direction of the Athletic Director. The penalty may result in up to a one-week suspension from the team, including all games and practices:

1. Use of profanity or obscene gestures or other unsportsmanlike conduct
2. Fighting
3. Failure to comply with a legitimate direction from the coach
4. Taunting opponents or game officials
5. Unruly conduct
6. Unexcused absence from a game
7. Unexcused absence from practice
8. Disrespect
9. Any other inappropriate conduct as determined by the coach or Athletic Director

The following offenses may result in up to a three-month suspension from athletics:

1. Theft
2. Vandalism
3. Gross unsportsmanlike conduct, gross inappropriate behavior
4. Second violation of 1 – 9 above.

**\*\*Even if an athlete is excused from a practice or a match (including doctor's notes), that athlete still missed preparation for the next contest. Therefore having an excused absence for a practice before a game will result in that athlete sitting out during the next match unless there was prior approval from the coach. Having an excused absence from a match can result in that athlete sitting out the next match especially if there are no practices in between. If there are multiple practices between matches and an athlete has an excused absence from one of the earlier practices, it will be the coach's discretion on playing time.\*\***

## **SCHOOL ATTENDANCE**

Unless excused by the principal or assistant principal, students may not participate in after-school activities (e.g., games, concerts, club meetings, etc.) if they have been late (non-exempt) for more than one hour of that school day.

**\*\*It is the athlete's responsibility to bring in notes to excuse any school tardies, absences, or dismissals before a practice or match. These should be brought to the attendance office or coach if the office is closed.\*\***

## **ACADEMICS**

Two F's (failure), two I's (incomplete), two N's (no credit), two WF's or any combination thereof in all subjects will prevent a student from participating in an activity. In the case of incompletes, this rule applies until incomplete grades are made up to a passing average. Ineligibility lists are based on the previous year's final grades for the fall term and on the term grades for each successive term of the school year. Students who receive one F will be placed on academic probation for that quarter. They may continue to participate in extracurricular activities; however, they must meet with the principal or his/her designee to review their academic progress.

## **HAZING**

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment. The term "hazing" as used in this section 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.

Whoever knows that another person is the victim of hazing 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 one thousand dollars.

## **BULLYING AND HARASSMENT**

Teachers, coaches, and students are to maintain an environment free of bullying and harassment of any kind including but not limited to bullying and harassment based on race, color, religion, national origin, age, sex, sexual orientation, gender, identity, or disability. Teachers and students are to treat one another with courtesy and respect at all times. Bullying is defined as the repeated use by one or more students of a written, verbal, or electronic expression or a physical act or gesture or any combination thereof, directed at a target that: (i) causes physical or emotional harm to the target or damage to the target's property; (ii) places the target in reasonable fear of harm to himself or of damage to his property; (iii) creates a hostile environment at school for the target; (iv) infringes on the rights of the target at school; or (v) materially and substantially disrupts the education process or the orderly operation of a school. Bullying shall include cyber-bullying. Any student who knowingly makes a false accusation of bullying shall be subject to disciplinary action. Retaliation against a person who reports bullying, provides information during an investigation of bullying, or witnesses or has reliable information about bullying is prohibited.

Harassment includes but is not limited to such things as threats, unsolicited remarks, gestures, physical contact, or the display or circulation of written materials or pictures derogatory to gender, racial, ethnic, religious, age or handicap groups.

**\*\*Hazing, bullying, and harassment will not be tolerated. If a player is found guilty of hazing, bullying, or harassment they will no longer be a member of our program. If a player is found to demonstrate mean behavior they may also lose their position within the program.\*\***

## **HINGHAM VOLLEYBALL PROGRAM EXPECTATIONS**

### **Practices**

Players will be dressed and ready to warm-up starting at 3:02pm unless they are staying after with a teacher and bring a pass from such teacher. Practices are 3:02 pm - 5:02 pm.

### **Games**

Players for any team are required to stay for all matches (FR/JV/V) to help support HHS volleyball. Unless otherwise noted, JV/Freshman play around 4:00pm and Varsity follows around 5:15pm. During the FR and JV matches Varsity members are expected to cheer on the FR and JV teams and vice versa. Players are allowed to work on homework while in the stands.

FR and JV are responsible for setting up their court by 3:15pm. This includes the net system, pads, antennas, ball cart, chairs (behind 10ft line), and flip-score for FR/ref stand for JV. If possible, Varsity will set up their net system and are responsible for directing the visiting team on where to put their belongings. Varsity may also score and ref during the FR match.

Once the FR and JV conclude their matches they are responsible for putting away their net system and moving the chairs and ref stand to the varsity court. During the varsity warm-ups, FR and JV players help shag balls. After warm-ups, JV is responsible for collecting, counting, and returning the balls to the locker room. After the varsity match all teams are required to help put away chairs, take down the varsity net, and pick up trash around the gym.

### **General**

Once an athlete has been added to the roster of a team, they are committing their time and effort to the volleyball program. Players are expected to be dedicated to their team (FR, JV, or V) out of respect for the coaches, their teammates, and those who are not granted the opportunity to play for Hingham High School.

Players shall attend all practices and matches. Typically matches are Monday, Wednesday, and Friday, and practices on Tuesdays and Thursdays. If there is no scheduled match there is a practice. Players should expect to be playing or practicing Monday-Friday unless otherwise noted. Varsity may have a weekend practice in preparation for an upcoming match.

FR and JV season ends one practice after the last regular season match in order to return uniforms. This is typically during the last week of October. Varsity will play until they are no longer in the tournament then meet one more time to return uniforms and vote for captains for the following season. If the varsity qualifies for tournament FR and JV players are expected to attend any home matches during the tournament however away games are optional. There will be an end-of-the-season banquet around mid-to-late November.

In order to be a part of the Hingham Volleyball Program, players and a parent/guardian will sign below acknowledging that: **I have read, understand, and agree to follow the rules and expectations outlined in this document.**

**Player Name:** \_\_\_\_\_

**Player Signature:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_