

District of Columbia Interscholastic Athletic Association Athletics Handbook

District of Columbia Public Schools (DCPS)

District of Columbia Interscholastic Athletic Association (DCIAA)

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Article 1: Organization and Purpose

1.1 Name

The name of this Association shall be the District of Columbia Interscholastic Athletic Association, Inc. (DCIAA)

1.2 Purpose

The DCIAA is committed to having a sound interscholastic athletic association. DCPS will: (1) reinforce the concept that interscholastic athletics is a vital, integral part of the total school educational program; (2) emphasize standards of scholarship, sportsmanship, ethical conduct and amateurism; (3) promote and develop educational leadership, physical fitness, athletic excellence and sports participation; (4) initiate, stimulate, and conduct interscholastic athletic programs for student- athletes, and strive to promote equal opportunity to diverse populations and abilities interested in participating in the athletics programs.

1.3 Membership

All public high schools, middle schools, and elementary schools which are accredited by the District of Columbia Public Schools (DCPS) shall be eligible for membership in DCIAA. To be a DCIAA member school, you must sponsor at least one athletic team.

1.4 Organization

The District of Columbia Interscholastic Athletic Association (DCIAA) is a component of the District of Columbia Public Schools. The DCIAA is composed of an Executive Director, Deputy Director, Assistant Directors, Middle School Analysts, Data System Specialist, Program Coordinator, Program Assistant, Lead Athletic Trainer, and a staff of Certified Athletic Trainers. The Executive Director of Athletics governs all of the DCPS Interscholastic Athletic Programs.

DCPS has memberships within the District of Columbia State Athletic Association (DCSAA), and the National Federation of State High School Associations (NFHS). In 1991, to be consistent with other state associations, the District of Columbia Interscholastic Athletic Association (DCIAA) was created as a component of the District of Columbia Public Schools' Department of Athletics. The DCIAA provides a comprehensive athletic program for students enrolled in grades 4 through 12. It coordinates scheduling of athletic events with security, transportation, and proper game officials. It includes athletic health care services for participating students and schools. It endeavors to provide proper and safe athletic equipment and supplies to schools. It supports the professional development of coaches by providing information on sports clinics and coordinating the presentation of workshops to refine their coaching skills and techniques. The programs offered by the DCIAA exist mainly for the value of students and not for the benefit of sponsoring institutions. The activities and contests involved shall be psychologically sound by being tailored to the physical, mental, and emotional maturity levels of the students participating in them. Participation in interscholastic athletics is a privilege granted to students who meet the minimum standards of eligibility.

1.5 Responsibilities

1.5.1 Responsibilities of the Executive Director of Athletics

- a. Enforces, implements, and interprets the rules of the DCPS Athletic Handbook, the DC Municipal Regulations (DCMR), District of Columbia State Athletic Association (DCSAA), and directives of the DCPS Chancellor.

- b. Investigates matters affecting interscholastic athletic programs that are not specifically covered in the DCMR.
- c. Establishes schedules for interscholastic athletic contests and supervises the operation of these contests.
- d. Approves schedules developed by principals and coaches for interscholastic athletic contests with non-league schools outside of DCIAA and makes changes in such schedules as deemed necessary and/or advisable.
- e. Investigates and renders decisions on challenges of eligibility and protests and conducts investigations on any phase of the interscholastic athletic program.
- f. Maintains complete and adequate records of the interscholastic athletic program.
- g. Participates in the development of the annual budget for the interscholastic athletic program.
- h. Allocates equipment, cleaning, and repair funds among the schools.
- i. Procures, distributes, and accounts for tickets used in all interscholastic athletic contests.
- j. Authorizes payments for all expenditures incurred by the Department in the administration of the interscholastic athletic program.
- k. Makes final decision on whether to continue, suspend, terminate, cancel, or forfeit play-offs, championships, and city-wide contests where conditions warrant such actions to ensure the safety and/or security of participants and spectators.
- l. Participates as a voting member of the District of Columbia State Athletic Commission (“DCSAC”).

1.5.2 Responsibilities of the Deputy Director of Athletics

- a. Enforces, implements, and interprets the rules of the DCPS Athletic Handbook, the DCMR, District of Columbia State Athletic Association (DCSAA), and directives of the Chancellor of Schools governing interscholastic athletics.
- b. In the absence of the Director, authorizes payments for all expenditures incurred by the Department in the administration of the interscholastic athletic program.
- c. In conjunction with the Executive Director of Athletics, makes a final decision on whether to continue or to suspend, terminate, cancel or forfeit play-offs, championships and city-wide contests where conditions warrant such actions to ensure the safety and/or security of participants and spectators.
- d. Plans and provides for continued training of coaches and other program personnel associated with coaching.
- e. Issues student sanctions, including suspension from participation in one or more athletic contests, practices, and/or scrimmages, in accordance with Article 11 of this Handbook.

1.5.3 Responsibilities of the Assistant Athletic Directors

- a. Designs and coordinates the schedules of all athletic activities for DCPS.
- b. Develops guidelines for athletic activities within the criteria established by the Interscholastic Athletic Handbook.
- c. Coordinates with the Executive Director of Athletics in the oversight and implementation of the athletic program.
- d. Assists with the preparation of the budget for the DCIAA
- e. Monitors, reviews, and evaluates the athletic program to determine its quality and effectiveness and ensures compliance with the rules and standards of this handbook.
- f. Maintains program data and submits reports and information as required.
- g. In conjunction with the Executive Director of Athletics or designee, makes a final decision on whether to continue or to suspend, terminate, cancel or forfeit play-offs, championships, and city-wide contests where conditions warrant such actions to ensure the safety and/or security of participants and spectators.
- h. Issues student sanctions, including suspension from participation in one or more athletic contest,

practices, and/or scrimmages, in accordance with Article 11 of this handbook.

1.5.4 Responsibilities of the Lead Athletic Trainer

- a. Works with the Executive Director of Athletics to develop all major aspects of the DCIAA Sports Medicine for DCPS.
- b. Monitors, reviews, and evaluates the DCIAA Sports Medicine to determine its quality and effectiveness.
- c. Develops procedures and working guidelines for the DCIAA Sports Medicine Athletic Trainers and the DCIAA Sports Medicine Program for consideration by the Director.
- d. Coordinates the purchase and replacement of equipment and supplies for all Athletic Health Care facilities within DCPS.
- e. Coordinates and assigns part-time athletic health care providers (i.e., EMTs and nurses) to provide first aid coverage at athletic events as needed.
- f. Interacts and coordinates with outside agencies to obtain physician coverage of athletic events as mandated by District of Columbia law.
- g. Coordinates the distribution of new materials and information from clinics, conventions, and professional journals to the DCIAA Sports Medicine athletic trainers.
- h. Coordinates and supplies athletic health care information to coaches within DCPS.
- i. Maintains program data and provides information as requested to the Director of Athletics.
- j. Renders an immediate decision, in the absence of a physician, regarding the playing status of a student-athlete.
- k. Reviews and maintains copies of physical examination records of all student-athletes.

Article 2: Members and Sanctioned Sports

2.1 Members of the DCIAA

2.1.1 High Schools

| | |
|-----------------------------------|------------------------|
| Anacostia HS | Eastern HS |
| Ballou HS | H.D. Woodson HS |
| Bard HS | Jackson-Reed HS |
| Benjamin Banneker | MacArthur HS |
| Cardozo EC | McKinley Technology HS |
| Columbia Heights EC | Phelps ACE HS |
| Coolidge HS | Ron Brown HS |
| Duke Ellington School of the Arts | Roosevelt HS |
| Dunbar HS | School Without Walls |

2.1.2 Middle Schools

| | |
|---|---|
| Brookland MS | Kelly Miller MS |
| Browne EC | Kramer MS |
| Capitol Hill Montessori School EC @ Logan | Leckie EC |
| Cardozo EC | MacFarland MS |
| Columbia Heights EC | McKinley MS |
| Deal MS | Oyster-Adams Bilingual School (EC) |
| Eliot-Hine MS | River Terrace |
| Excel Academy EC | School Without Walls @ Francis Stevens (EC) |
| Hardy MS | Sousa MS |
| Hart MS | Stuart-Hobson MS |
| Ida B. Wells MS | Walker-Jones EC |
| Jefferson MS | Wheatley EC |
| Johnson MS | |

2.1.3 Elementary Schools

| | |
|---|------------------------------------|
| Amidon-Bowen ES | Malcolm X ES |
| Bancroft ES | Mann ES |
| Barnard ES | Marie Reed ES |
| Beers ES | Maury ES |
| Brent ES | Miner ES |
| Brightwood ES | Moten ES |
| Browne EC | Murch ES |
| Bruce-Monroe ES @ Park View | Nalle ES |
| Bunker Hill ES | Noyes ES |
| Burroughs ES | Oyster-Adams Bilingual School (EC) |
| Burrville ES | Patterson ES |
| C.W. Harris | Payne ES |
| Capitol Hill Montessori School @ Logan (EC) | Plummer ES |
| Cleveland ES | Powell ES |

Dorothy I. Height ES
 Drew ES
 Eaton ES
 Excel Academy (EC)
 Garfield ES
 Garrison ES
 H.D. Cooke ES
 Hearst ES
 Hendley ES
 Houston ES
 Hyde-Addison ES
 J.O. Wilson ES
 Janney ES
 John Lewis ES
 Ketcham ES
 Key ES
 Kimball ES
 King ES
 Lafayette ES
 Langdon ES
 Langley ES
 LaSalle-Backus ES
 Lawrence E. Boone ES
 Leckie EC
 Lorraine H. Whitlock ES
 Ludlow-Taylor ES

Randle Highlands ES
 Raymond ES
 River Terrace EC
 Ross ES
 Savoy ES
 School Without Walls @ Francis Stevens (EC)
 School-Within-School @ Goding
 Seaton ES
 Shepherd ES
 Simon ES
 Smothers ES
 Stanton ES
 Stoddert ES
 Takoma ES
 Thomas ES
 Thomson ES
 Truesdell ES
 Tubman ES
 Turner ES
 Tyler ES
 Van Ness ES
 Walker-Jones EC
 Watkins ES
 Wheatley EC
 Whittier ES

2.1.4 Opportunity League Academies

Ballou Stay
 Luke C. Moore

Roosevelt Stay

2.2 SANCTIONED SPORTS

Sanctioned sports are offered by the schools in an effort to promote and develop the skills of their members in a particular sport. Sanctioned sports are instructional and competitive for student-athletes. The teams compete against other schools at the local, state, national, and international levels. Some of the sanctioned sports are individually-oriented while others are team-oriented. Sanctioned sports also offer medical insurance coverage and are eligible for league championships.

2.2.1 Multiple Teams at Same Level of Competition. No school shall have more than one of the same sports teams participating at the same level of competition (example: No school is entitled to have an A and B varsity basketball team).

2.2.2 Starting new sports. DCIAA is committed to providing schools the opportunity to form new sanctioned sports. The DCIAA will evaluate the interest and ability of students to determine the appropriateness of adding a sport through the DCIAA New Team Request Process. The school Athletic Director may contact the DCIAA regarding upgrading club or non-sanctioned sports.

2.2.3 HS Sanctioned Sports

| | |
|---------------------------------|--------------------------------|
| HS Boys Varsity Baseball | HS Boys Varsity Indoor Track |
| HS Boys JV Basketball | HS Girls Varsity Indoor Track |
| HS Boys Varsity Basketball | HS Boys Varsity Outdoor Track |
| HS Girls Varsity Basketball | HS Girls Varsity Outdoor Track |
| HS Girls Varsity Bowling | HS Boys Varsity Soccer |
| HS Co-Ed Varsity Cheer (Fall) | HS Girls Varsity Soccer |
| HS Co-ed Varsity Cheer (Winter) | HS Girls Varsity Softball |
| HS Boys Varsity Cross Country | HS Girls Varsity Stunt |
| HS Girls Varsity Cross Country | HS Boys Varsity Swimming |
| HS Girls Varsity Flag Football | HS Girls Varsity Swimming |
| HS Boys JV Football | HS Co-Ed Varsity Tennis |
| HS Boys Varsity Football | HS Girls Varsity Volleyball |
| HS Co-Ed Varsity Golf | HS Co-Ed Varsity Wrestling |

2.2.4 MS Sanctioned Sports

| | |
|---------------------------------|-------------------------------------|
| MS Co-Ed Varsity Archery | MS Boys Varsity Lacrosse |
| MS Boys Varsity Baseball | MS Girls Varsity Lacrosse |
| MS Boys Varsity Basketball | MS Boys Varsity Outdoor Track |
| MS Girls Varsity Basketball | MS Girls Varsity Outdoor Track |
| MS Girls Varsity Bowling | MS Boys Varsity Soccer |
| MS Co-ed Varsity Cheer (Fall) | MS Girls Varsity Soccer |
| MS Co-ed Varsity Cheer (Winter) | MS Girls Varsity Softball |
| MS Boys Varsity Cross Country | MS Boys Varsity Swimming |
| MS Girls Varsity Cross Country | MS Girls Varsity Swimming |
| MS Boys Varsity Football | MS Co-Ed Varsity Unified Basketball |
| MS Co-Ed Varsity Golf | MS Co-Ed Varsity Unified Bowling |

MS Boys Varsity Indoor Track
MS Girls Varsity Indoor Track

MS Girls Varsity Volleyball
MS Co-Ed Varsity Wrestling

2.2.5 ES Sanctioned Sports

ES Boys Varsity Basketball
ES Girls Varsity Basketball
ES Co-Ed Varsity Cheer
ES Boys Varsity Cross Country
ES Girls Varsity Cross Country
ES Co-Ed Varsity Flag Football

ES Boys Varsity Indoor Track
ES Girls Varsity Indoor Track
ES Boys Varsity Outdoor Track
ES Girls Varsity Outdoor Track
ES Co-Ed Varsity Soccer

2.2.6 Opportunity League Sanctioned Sports

OL Boys Varsity Basketball
OL Girls Varsity Basketball
OL Co-Ed Varsity Bowling

OL Boys Varsity Outdoor Track
OL Girls Varsity Outdoor Track

2.3 NON-SANCTIONED SPORTS (CLUB SPORTS)

Non-Sanctioned or Club Sports are offered at the school level and not by the DCIAA. Club sports are to promote and develop the interests and/or skills of their members in a particular sport. Club sports differ from Interscholastic Athletics, and do not offer benefits in medical or insurance coverage and are not eligible for league championships. The participation packet for club sports differs from the DCIAA participation packet.

Article 3: Conduct and Responsibilities of Principals, Athletic Directors, Coaches and Other Athletics Officials

3.1 CODE OF ETHICS

The function of an athletic administrator or coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

- a. Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- b. Uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, all DCIAA employees (paid or non-paid coaches, athletic directors, DCIAA staff, officials, athletic trainers etc.) shall strive to set an example of the highest ethical and moral conduct.
- c. Take an active role in the prevention of drug, alcohol and tobacco abuse.
- d. Avoid the use of alcohol, drug, and tobacco products when in contact with players.
- e. Promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- f. Master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- g. Exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- h. Respect and support contest officials. All DCIAA employees shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- i. Meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- j. Do not exert pressure on faculty members to give student special consideration.
- k. Do not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

3.2 RESPONSIBILITIES AND DELEGATION FOR PRINCIPALS

3.2.1 General Responsibilities. The general responsibilities of the Principal include:

- a. Oversees and implements an interscholastic athletic program.
- b. Certifies the eligibility of student-athletes to participate in such programs in accordance with the rules of DCPS/DCIAA and Chapter 1 Athletics (DCMR).

- c. Certifies to the Director of Athletics the date that each student initially entered the 4th, 6th, or 9th grades to ensure that student-athletes participate in no more than the appropriate number of sports seasons. This information shall be accurately entered into Aspen.
- d. Certifies to the Director of Athletics within one week after each contest the names and other identifying information regarding DCPS students who participated in such contests on the “Individual Athletic Participation Record” in the Athletic QuickBase Tracking System
- e. Supervises their students in all interscholastic athletic contests in which their students participate. In the case of away contests, principals shall provide personnel to supervise students from their schools.
- f. Ensures all volunteers or coaches have been properly certified. All volunteers and paid coaches must have completed the following certifications and that said certifications have been received by the Athletics Department prior to any contact with students.
 - DCPS Coaching Agreement
 - Concussion Training
 - CPR/AED Certification
 - DCIAA Coaches Test
 - Heat Acclimatization Training
 - DCPS Coach ID Badge (and Fingerprint Clearance)
- g. Submits the names of paid coaches and volunteers at least two (2) weeks prior to the start of each season by entering this information in the Athletic Tracking Database. Principals shall also be responsible for keeping this information up-to-date throughout and after the season.
- h. Determines whether or not a formal protest shall be made relative to incidents occurring during the playing of a game. Complies with procedures for reporting protests set forth in this handbook.
- i. Provides written notice to the parent/guardian of the student or the student if the student has reached the age of 18 years of any student sanction issued by the Deputy Director of Athletics or the Assistant Athletic Director in accordance with Article 11 of this Handbook. Principals shall also provide the sanctioning DCIAA official with documented proof of the sanction’s communication to the parent/guardian or student, including the date on which such notification was communicated.
- j. Appoints one staff member to be responsible for receiving, storing, distributing, and maintaining a complete and accurate inventory of athletic equipment and supplies via the Athletic Equipment Tracker. The designer's name and contact information must be reported to the Director of Athletics no later than two (2) weeks prior to the opening of each school year.
- k. Reports to School Operations any maintenance requirements related to athletic facilities.
- l. Annually submits required Title IX reports as requested by the Director of Athletics.
- m. Ensures that all responsibilities of an Athletic Director and Coach, as specified in sections 3.3 and 3.4 respectively, are faithfully completed. This applies even when a school does not designate an athletic director

3.2.2 Hiring New Coaches. All new coaches, whether paid or volunteer, must complete an online application, and be approved electronically by the school principal through the Principals Dashboard. Principals shall be responsible for instructing paid and volunteer coaches to report to the Fingerprinting Office immediately after hire to be cleared.

3.2.2.1 Verifying Coach Clearance. Principals are responsible for ensuring that all adults have been cleared through the Division of School Security. If coaches do not present a DCPS Athletic ID, the principal must contact the school-based Athletic Director to verify clearance PRIOR to any contact with students.

3.2.2.2 Failure to Comply. Principals who fail to verify coach clearance and/or permit adults who are not properly cleared to interact with students shall face disciplinary action and their

coaches will not be compensated.

3.2.3 Ability to Pay Coaches. The Department of Athletics shall provide each school a list of paid coaching jobs based on the number and types of teams competing each season. This information will be assigned on the team roster in the Athletic Tracking Database. Principals must indicate the name of the coach filling that job in the Athletics Tracking Database. DCPS will only pay individuals who have been designated in this way for allocated jobs. Principals may not promise payment to anyone for any job that has not been allocated to the school.

3.2.4 Process for Paying Coaches. Schools should carefully read and follow the DCPS Extra-Duty Pay Guide to ensure coaches are paid accurately and promptly. Principals must ensure that the necessary paperwork has been submitted for each coaching job by the deadline below. The Department of Athletics will not accept any paperwork received after the submission deadlines.

| Athletic Season | Deadline for coaches to be designated in the database | Certifications due for all Coaches | Begin submitting payment forms | Deadline to submit payment forms |
|-----------------|---|------------------------------------|--------------------------------|----------------------------------|
| Fall | August 1 | August 1 | November 1 | December 15 |
| Winter | November 1 | November 1 | February 1 | March 15 |
| Spring | February 1 | February 1 | May 1 | June 15 |

Paid coaches need to submit the following forms to receive payment. All forms must be submitted *for each job that the coach is receiving payment*. For more details, please consult the Extra-Duty Pay Guide.

| DCPS Salaried Employees | Non-DCPS Employees |
|---|---|
| <ul style="list-style-type: none"> • Extra-Duty Assignment Authorization • Participants Roster • Payroll Registration Form | <ul style="list-style-type: none"> • Extra-Duty Assignment Authorization • Participants Roster • W-9 • Non-DCPS Athletic Form A • Non-DCPS Athletic Form B |

3.2.5 Delegation of Responsibilities. Principals may delegate his/her duties, responsibilities, and authority to a staff member. The principal shall be responsible for monitoring the progress on delegated tasks and responsibilities and shall also remain responsible for all actions taken by the person they delegated authority to act. A delegation of authority does not relieve the principal of ensuring that rules and policies are adhered to.

3.3 RESPONSIBILITIES OF THE ATHLETIC DIRECTOR

3.3.1 Responsibilities. The general responsibilities of the Athletic Director include:

- a. Verifies that all information submitted to the DCIAA by their coaches and staff is accurate and complete.
- b. Ensures all head coaches are informed of the most up-to-date student-athlete eligibility information prior to all workouts, practices, and contests.
- c. Ensures the DCIAA has all materials necessary to determine a student’s eligibility status. Submits to the DCIAA the following: athletic participation lists, parental consent forms, medical forms and master certification lists for the purpose of eligibility through the athletic tracking database system.

- d. Submits to the DCIAA, at the end of the year, reports and program information relative to the school athletic program through the Athletic Tracking Database.
- e. For every contest, submits to the DCIAA the final score and the names of players who dressed and played in said contest. This information must be shared in the manner prescribed by the Director of Athletics.
- f. Submits reports and program information relative to the school athletic program as needed for Title IX and other reporting purposes.
- g. Completes a roster and identifies paid and volunteer coaches for all teams at least two weeks prior to the beginning of the season. This information must be entered in the Athletics Tracking Database.
- h. Maintains a complete and accurate inventory of athletic equipment and supplies.
- i. Properly stores equipment at the end of each season.
- j. Understands, upholds, and effectively implements the rules and policies of DCPS, NFHS, and the DCMR.
- k. Participates in a reasonable number of professional development and in-service meetings.
- l. Submits to the principal and the DCIAA the schedule of all non-league contests and activities in cooperation with the coach of each sport.
- m. Submits to the athletic trainer a copy of the parental consent form, emergency treatment form, and universal health certificate form for all student-athletes competing on the school's teams.
- n. Verifies that coaches have met all DCIAA Coaching Requirements and are visibly displaying a DCPS Coach ID badge while working with students.
- o. Maintains professional relationships and rapport with the athletic coaching staff, game officials, and supervisory personnel in the DCIAA.
- p. Maintains self-control, poise, and rational conduct in all areas related to athletic responsibilities.
- q. Develops the respect of staff associated and student-athletes by personal example in appearance, manners, behavior, language, and interest of others.
- r. Informs DCIAA, principals, and other administrative officers concerning necessary updates of athletic programs.
- s. Submits a notice to the DCIAA Executive Director and Sports Coordinator within 24 hours of any incident occurring at their home event.
- t. Informs the DCIAA of any concerns related to athletic facilities that may impact scheduling athletic contests.
- u. Ensures that a Building Use Agreement Form has been submitted for any non-league athletic contest or event 20 days prior to the event.
- v. Attends mandatory monthly District Athletic Director meetings.
- w. Creates Emergency Action Plan and Spectator Policy for each athletic venue.
- x. Visible and available at all home events. If the Athletic Director cannot attend, they must designate an equivalent secondary attendee.
- y. Report DCIAA rule violations to the Executive Director of the DCIAA.
- z. Ensures any game announcers follow guidelines set forth in Article 13 of this handbook.
- aa. Collect signed DCIAA Coaching Agreement and Declare All Coaches in the Athletic QuickBase Tracking System before the first day of practice.
- bb. Ensures all facility setup is completed as early as possible, no later than one (1) hour prior to the start of the event including:
 - i. Stadium and Field setup completed.
 - ii. Gameday personnel at their duty stations.
 - iii. Security at their duty stations.
 - iv. Visiting Team Accommodations. (See Sports Specific Guidelines)

v. Officials Accommodations. (See Sports Specific Guidelines)

3.3.2 Timeliness and Forfeitures. Athletic Directors shall make every effort for their teams to be on time for scheduled contests and shall make every effort to ensure a full squad is in attendance at school by 12pm or at least two (2) hours prior to the scheduled bus pick-up time. Three (3) forfeits shall cancel the team's season.

3.3.2.1 Late Forfeiture. The Executive Director shall issue a letter of reprimand to the superintendent, principal, and Athletic Director for failure to notify the athletic office by 12pm of forfeiture on the day of the contest.

3.3.2.2 Cancelled Season. If a school forfeits their season or has their season cancelled due to three (3) game forfeits, they must re-apply for permission to offer that sport again the following school year.

3.3.3 Patient Transport - Life or Limb Threatening Injuries/Illnesses. If an injury or illness occurs in the absence of an AT and it is considered to be life or limb threatening or it requires that the athlete is transported to a hospital by ambulance you should:

- a. Call 911 immediately
- b. Give EMS your exact location
- c. Provide appropriate emergency care to the injured athlete
- d. Contact and inform the athlete's parent or guardian
- e. Contact your assigned AT or the DCIAA Lead Athletic Trainer
- f. Inform School/Site Administration
- g. Have a member of your staff accompany the athlete to the hospital (and give that staff member a copy of the athlete's Emergency Treatment Form to give to EMS when they arrive)

3.3.4 Patient Transport - Non-Life or Limb Threatening Injuries/Illnesses. If an injury or illness occurs in the absence of an AT and it is not considered to be life or limb threatening, but it requires that the athlete's condition is followed up you should:

- a. Remove athlete from participation
- b. Contact and inform the athlete's parent or guardian
- c. Have the parent/guardian come and pick up the athlete
- d. Contact your Athletic Trainer or the DCIAA Lead Athletic Trainer

3.3.5 Automated External Defibrillator (AED) Responsibilities. Athletic Directors shall:

- a. Serve as the Site Administrator for the assigned AED.
- b. Shall be responsible for performing and documenting Monthly Maintenance Checks of the AED.
- c. Shall ensure that the AED, if housed in a wall, mounted cabinet that the height of the cabinet is no higher than ADA guidelines specify which is 48 in/4 ft.
- d. Shall mount the AED wall cabinet in a common athletic area that is readily accessible and visible.
- e. Shall maintain an archive Sign Out and Return sheets, documenting each time the AED is released to a coach.
- f. If the AED is lost, the AD must report the loss immediately in writing to the Executive Director of Athletics. The AD will be responsible for informing the principal of the school's responsibility of replacing the lost AED.
- g. If the AED is stolen, the AD must report the theft immediately in writing to the Executive Director of Athletics. The AD will be responsible for contact the police and obtain a police report of the theft. The AD must provide this report to the Executive Director of Athletics in order to receive a replacement AED.

3.3.6 Certification of Eligibility. The Athletic Director must ensure the DCIAA has all materials necessary to determine a student's eligibility status. Athletic Directors must provide these materials through

the Athletics QuickBase Tracking System.

3.3.7 Participation Forms. All students must complete and share the following forms with the DCIAA and an athletic trainer PRIOR to any participation in practice and/or contests. Note that this is not a complete list of all eligibility requirements.

- a. Parental Consent Form
- b. Emergency Treatment Form
- c. Universal Health Certificate
- d. Concussion Form
- e. IMPACT Consent Form (HS Only)

3.3.8 Individual Participation Record. Athletic Directors or their designees must submit participation records for every game. The participation record will state which students dressed for the game and participated in the game. participation record must be submitted on the same day as the event. The DCIAA Executive Director will determine the method by which these records are to be shared with the DCIAA.

3.3.7.1 Failure to Comply. Non-compliance with the submission of participation records shall subject the school to the penalty, which may include suspension from post-season play or contest in the upcoming season.

3.3.9 Game Scores. Athletic Directors will submit the scores of all contests to the DCIAA immediately after a game's conclusion and no later than midnight of the date that the game was played. Game scores must be submitted in the method established by the sport coordinator or the DCIAA Executive Director.

3.3.10 Non-League Scheduling. All Non-League contests and all scrimmages must be scheduled by the Athletic Director with approval from the principal. Non-league contests are defined as competitive athletic events outside of the DCIAA league schedule.

- a. **Approval of Contest.** The Athletic Director shall secure the approval of the Executive Director of Athletics prior to scheduling contests with institutions outside of DCPS, and prior to scheduling any scrimmages. All non-league contests and all scrimmages must be with sanctioned teams.
- b. **Submission of Non-League Schedules and Agreements.** The Athletic Director shall ensure a completed non-league schedule is submitted to the DCIAA via the "DCPS Non-League Schedule Form" (AT-8) at least four (4) weeks prior to the opening of the sports season. The school Athletic Director shall sign agreements for athletic contests with non-league schools and for all scrimmages detailing the date, time, and location of the contest/scrimmage and submit to the Executive Director of Athletics for review and determination on the "DCPS Athletics Contractual Form," (AT-7). If an Athletic Director is asked by a non-league opponent, tournament director, or any other entity to sign an agreement for a contest or scrimmage that includes terms and conditions beyond date, time, and location of the event, the Athletic Director must submit such agreement to the DCIAA so that it may be reviewed by the DCPS Office of the General Counsel. In addition, any scrimmage, non-league contest, or tournament involving a trip of greater than 50 miles from the school or an overnight stay must follow all procedures of the DCPS Field Trip Policy noted in Section 8.3.4 of this handbook.

3.3.11 Vendor Pre-Approval. The school athletic director shall ensure funds have been pre-approved in advance of working with vendors to provide services for non-league games through the student activity fund (SAF) or procurement process.

3.3.12 Failure to Comply. Non-Compliance with pre-approval of funds will result in a violation of district government regulations for anti-deficiency.

3.4 RESPONSIBILITIES OF COACHES

3.4.1 Responsibilities. The general responsibilities of the Coach include:

- a. Understands upholds and effectively implements the rules of DCPS, DCIAA, DCSAA, NFHS, and DCMR, as well as, general directives and procedures.
- b. Cooperates with the Athletic Director and Principal concerning the submission of rosters, game scores, participation reports, student eligibility forms, medical forms, year-end reports, and program information relative to their sport.
- c. Regularly monitors the eligibility status and injury status of their athletes and enforces participation restrictions as appropriate.
- d. Participates in a reasonable number of professional development and in-service meetings.
- e. Works cooperatively with the Athletic Director and Principal on budgets, contracts, and related matters.
- f. Effectively communicates team expectations to students and parents.
- g. Holds one parent meeting prior to the start of the season.
- h. Maintains individual student-athlete and team discipline and control throughout athletic contests.
- i. Develops and maintains professional integrity within the coaching staff and among fellow coaches.
- j. Follows the DCIAA Code of Ethics.
- k. Provides leadership and motivates wholesome attitudes within student-athletes throughout the school year. Displays meaningful interest in student-athletes including their academic welfare throughout the school year.
- l. Informs principals and other administrative officers concerning the scheduling of sports activities.
- m. Maintains effective care and control of equipment and uniforms; this includes issuing, fitting, collecting, and storing equipment and uniforms.
- n. Prepares the schedule of all non-league contests and scrimmages in cooperation with the Athletic Director.
- o. Immediately notifies the DCIAA office if a bus does not arrive by the scheduled pick-up time.
- p. Ensures that student-athletes have a certified coach accompanying them for transportation to all athletic contests and scrimmages.
- q. Certifies the eligibility of students to participate in interscholastic athletics pursuant to provisions contained in 5-A DCMR § 2703 and verifies that all eligibility information submitted to the Athletic Director on behalf of a student-athlete is accurate and complete.
- r. Provides the Athletic Director with a roster of all assistant coaches and student-athletes.
- s. Shall not permit students to participate without receiving final approved documentation from the DCIAA throughout the Athletic Tracking Database system.
- t. All coaches are required to complete the following **MANDATORY training prior to working with any students**. Coaches who do not complete the training or who do not recertify every two years **will not be permitted to coach** or receive payment for services.
 - i. First Aid, CPR, and AED Training
 - ii. Concussion Training
 - iii. Heat Acclimatization Training
 - iv. DCIAA Coaches Test
 - v. DCIAA Rules Meeting
 - vi. Signed DCIAA Coaching Agreement
- u. Upholds DCIAA and DCPS policy against bullying and harassment.
- v. Follows all provisions of the DCPS Transgender and Gender Non-Conforming Policy and the DC Human Rights Act, Title IX

3.4.2 How to Become a Coach. Coaches play a very important role in the lives of young people. To become a coach for DCPS, please follow the steps below

- a. Begin by speaking with the principal and securing a verbal offer to coach. The Principal should tell

you which coaching job you will be filling and your payment amount as outlined in the Athletic Extra Duty Pay Guide.

- b. Once you've been offered a job, you must apply to be fingerprinted and your principal must approve this application. Only then will you officially become a coach. You must reapply to be fingerprinted every school year and have your principal approve this application, even if your badge has not yet expired.

3.4.3 Coaches Responsibilities in the Absence of an On-Site Athletic Trainer (AT) The head coach for each team is responsible for carrying a physical copy of the AT-14/ Emergency Treatment Form (ETF) for each of his/her student-athletes at all times when the student-athletes are under his/her supervision. This includes at practices, scrimmages, games, and on transportation to/from events. The coach should ensure that all medications indicated are present and current (not expired). The coach must also ensure that the UHC (Physical) date at the bottom of the ETF is valid. UHCs are valid for one calendar year from the date of the exam.

3.4.3.1 Two Team Events. The head coach from each team is responsible for checking the opposing team's AT-14/ Emergency Treatment Forms (ETF) prior to the start of the contest.

3.4.3.2 Visually putting a face to a form. This will help ensure that all participants have their required ETF. The coach should check that each student-athlete participating that day has an ETF that:

- Is completed in ink
- Has at least 2 contact phone numbers
- Signed by parent/guardian/athlete if 18yrs or older
- Has an AT stamp
- Is not Expired

3.4.3.3 Electronic Copies are Not Acceptable. Coaches must carry physical paper copies of all forms.

3.4.3.4 Asthma. If asthma is indicated, the checking coach must visually inspect the student-athletes' inhaler for medication type (rescue inhaler) and expiration date.

- a. **Medication type** must be a RESCUE inhaler (refer to AT-22 Asthma Inhaler Chart). If the medication is not a rescue medication, then the student-athlete is medically disqualified until the athlete's rescue inhaler is made available. (No nebulizer machines will be permitted)
- b. **The expiration date** is located on the medication canister (either after or below the Lot#) by month and year. For example, medication with a 03/18 expiration date expires on 3/31/2018. So on 4/1/18 the medication is no longer valid for use and new medication must be presented for participation. If medication is found to be expired, then the student-athlete is medically disqualified until which time a valid RESCUE inhaler for him/her is made available.
- c. **Medication Sharing/Waiving.** Asthma inhalers or Epi-Pens are required and cannot be overruled or waived by the parent or guardian. Only a letter from their primary care physician stating that the student-athlete no longer uses an inhaler or Epi-Pen will be accepted. Under NO circumstances can inhalers/EpiPens be shared (not even between siblings).

3.4.3.5 Anaphylaxis. If "Allergies" are indicated and EpiPen Used is checked "Yes", then the checking coach must visually inspect the student-athletes' EpiPen to verify the expiration date is valid. For example, medication with a 03/18 expiration date expires on 3/31/2018. So, on 4/1/18 the medication is no longer valid for use and new medication must be presented for participation. All Epi-pens are required to be on-site, even for food allergies. If expired, the student-athlete is medically disqualified until which time his/her valid Epi-Pen is made available on-site.

3.4.3.6 Multiple Team Events. During a multi-team event, head coaches will be assigned an opposing team to exchange and check AT-14/Emergency Treatment Forms. Once both teams arrive, coaches must refer to the guidelines indicated above to check one another's forms. A random check may be performed by DCIAA staff as verification.

3.4.3.7 Life or Limb Threatening Injuries/Illnesses. If an injury or illness occurs in the absence of an AT and it is considered to be life or limb threatening or it requires that the athlete is transported to a hospital by ambulance you should:

- a. Call 911 immediately
- b. Give EMS your exact location
- c. Provide appropriate emergency care to the injured athlete
- d. Contact and inform the athlete's parent or guardian
- e. Contact your assigned AT or the DCIAA Lead Athletic Trainer
- f. Inform School/Site Administration
- g. Have a member of your staff accompany the athlete to the hospital (and give that staff member a copy of the athlete's ETF to give to EMS when they arrive)

3.4.3.8 Non-Life or Limb Threatening Injuries/Illnesses. If an injury or illness occurs in the absence of an AT and it is not considered to be life or limb threatening, but it requires that the athlete's condition is followed up you should:

- a. Remove athlete from participation
- b. Contact and inform the athlete's parent or guardian
- c. Have the parent/guardian come and pick up the athlete
- d. Contact your Athletic Trainer or the DCIAA Lead Athletic Trainer

3.4.4 Definition of "Coaching." Individuals working directly with student-athletes at practices, scrimmages, or games, and providing any form of teaching, demonstrating, and/or feedback shall be considered a coach and must follow all procedures in this handbook, including certification requirements. This requirement applies regardless of whether the individual considers themselves a parent, school staff member, or volunteer.

3.4.5 Coaching Certifications. Coaches must complete the following certifications prior to working with students and maintains valid certifications throughout the entire length of the season:

- CPR/AED Training
- Heat Acclimatization Training
- Concussion Training
- DCIAA Coaches Test
- DCIAA Coaching Agreement
- DCPS Coach ID Badge and DCPS Fingerprint Clearance

Ask your Athletic Director or visit thedciaa.com for instructions on how to complete these certifications. Coaches can monitor the status and expiration date of their certifications by visiting the Athletic Tracking Database.

3.4.6 DCIAA Coach Agreement. Coaches in the DCIAA may be paid or serve as volunteers. All coaches are required to sign a DCIAA Coach Agreement. All coaches must sign a new agreement every school year. By signing the agreement, a coach agrees to adhere to rules and regulations of this handbook and the DCMR.

3.4.7 Coach Certification Test. All head and assistant coaches will be required to pass the DCIAA Coach Certification test every two years. Coaches will be permitted to use the athletic handbook during the test.

3.4.8 Student Eligibility. Only eligible student-athletes may participate in team activities, including practice, scrimmages, and games. Coaches are expected to know the eligibility status of their students and ensure this rule is being followed. Eligibility information is available in the Athletics Tracking Database.

Eligibility statuses change frequently, even daily, and coaches are expected to regularly monitor the database to ensure they have the most up-to-date information.

- 3.4.9 Transportation.** Coaches will immediately notify the DCIAA if any bus does not show up by the designated pick-up time.
- 3.4.10 Professional Development.** A coach shall take advantage of opportunities for professional development and must attend at least one coaches clinic per sport. The DCIAA will offer sport specific clinics for all sports sanctioned by the DCIAA. Notification of all clinics approved by the DCIAA will be forwarded to principals and coaches. Any clinic not listed with the DCIAA can be added to the list of approved clinics upon receipt of documentation.
- 3.4.11 Behavior.** Coaches shall practice and promote good sportsmanship and ethics during practices, contests, and in the community. He/she shall maintain self-control, poise, and rational conduct in all areas related to coaching responsibilities. Coaches shall build and maintain professional relationships and rapport with other coaches and game officials. Use of profanity, abusive language, or any other behavior that a reasonable coach/AD or official would consider unprofessional is unacceptable and shall be subject to penalty by the principal and/or the DCPS athletic office.
- 3.4.12 Attire.** Professional attire shall be worn by all members of the coaching staff during contests. Team-related attire is expected in outdoor sports, or as specified in sport-specific guidelines. No jeans or sweats are permissible for indoor sports.
- 3.4.13 Smoking and Drinking.** Coaches shall not smoke, drink alcoholic beverages, or be under the influence of any illegal substance during any team-related activities or when representing DCPS or team in any capacity. Violation of the policy shall result in disciplinary action.
- 3.4.14 Player Emergency Treatment Forms.** It shall be the responsibility of each coach to provide the Athletic Trainer or opposing coach with a hard-copy, stamped emergency treatment forms for every athlete dressed to participate in the contest.
- 3.4.15 Falsification.** Coaches shall be responsible for submitting the correct form for each student-athlete. Coaches found to have used forms containing incorrect or altered information regarding a student-athlete, for the purpose of participation in a contest, shall be subject to disciplinary action.
- 3.4.16 Timeliness and Forfeitures.** Coaches shall make every effort to be on time for scheduled contests and shall make every effort to ensure a full squad is in attendance at school by 12pm or at least two (2) hours prior to the scheduled bus pick-up time. Three (3) forfeits shall cancel the team's season.
- 3.4.17 Late Forfeiture.** The Executive Director shall issue a letter of reprimand to the superintendent, principal, and Athletic Director for failure to notify the athletic office by 12pm of forfeiture on the day of the contest.
- 3.4.18 Cancelled Season.** If a school forfeits an entire season, they cannot apply for a new team for one (1) calendar year.
- 3.4.19 Participant Safety.** Coaches shall plan for and seek to effectively execute safety procedures and practices during training and contests. This shall include the use of proper safety equipment.
- 3.4.20 Corporal Punishment Prohibited.** Corporal Punishment is prohibited by any person associated with the team in any capacity. Corporal Punishment shall be considered as the deliberate use of physical force, including pushing, punching, slapping, shaking, hitting of any type with or without objects. Skill and/or conditioning drills designed to be abusive shall be prohibited and covered by this rule. Failure to comply may result in disciplinary action.
- 3.4.21 Hazing.** Hazing is prohibited by any person deputed with the team in any capacity. "Hazing," means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.
- 3.4.22 Bullying.** Bullying is prohibited by any person deputed with the team in any capacity. Bullying consists of severe, pervasive, or persistent acts/conduct, whether physical, electronic or verbal threats. (Refer

to DCPS Bullying Policy).

- 3.4.23 Sexual Harassment.** Sexual Harassment is prohibited by any person deputed with the team in any capacity. Title IX prohibits sex-based harassment by peers, employees, or third parties that is sufficiently serious to deny or limit a student’s ability to participate in or benefit from the recipient’s education programs and activities (i.e., creates a hostile environment).
- 3.4.24 Reporting Infractions.** Coaches shall immediately report any known rule violations or infractions to the school-based athletic director who will then report to DCPS Executive Director of Athletics.
- 3.4.25 Organization/Rule Interpretation Meetings.** All coaches, paid or volunteer, must attend the annual Rules Interpretation Meeting for each sport coached as well as any other meetings mandated by the sport coordinator, including league championship meetings and end-of-season meetings.
- 3.4.26 League Championship Meetings.** All head coaches of teams participating in the league playoffs are required to attend any and all tournament meetings.
- 3.4.27 Mascot and logo.** All new mascots and logos should be sent to the DCIAA Office in order to be approved by the Office of the General Counsel.

3.5 STUDENT-ATHLETE ABUSE PREVENTION

This section aims to reduce the risks of potential sexual misconduct and abuse, bullying, hazing, harassment, physical abuse, and emotional abuse of student athletes by establishing standards of appropriate conduct in the following situations:

- a. One-on-one interactions between student athletes and adult coaches, trainers, athletic administrators, and officials, including meetings and individual workout sessions
- b. Treatment of student athletes by DCPS Certified Athletic Trainers and other licensed sports medicine physicians
- c. Locker rooms and changing areas
- d. Non-athletics interactions

3.5.1 Application of Policies. These policies shall apply to the following groups of individuals who have regular contact with student athletes: athletic directors/athletic coordinators, coaches, athletic trainers, and officials (“Applicable Adults”).

3.5.2 One-On-One Interactions

Most incidents involving student athlete abuse take place in isolated, one-on-one situations. By reducing such interactions between students and adults, programs reduce the risk of abuse. However, one-on-one time with trusted adults is also healthy and valuable for a student athlete. Effective policies governing one-on-one interactions protect student athletes while allowing for these beneficial relationships.

3.5.2.1 Interactions Must Be Observable and Interruptible. One-on-one interactions between a student athlete and an Applicable Adult (who is not the student’s legal guardian) at a DCPS facility, including but not limited to a DCPS school building, athletic facility, locker room, or training facility, as well as at athletic training or competition facilities that are not fully under DCPS jurisdiction, are permitted only if they occur at an observable and interruptible distance by another adult, unless otherwise specified in this section. When one-on-one interactions between Applicable Adults and minor athletes occur at a DCPS facility, other Applicable Adults are expected to monitor these interactions. Monitoring includes knowing that the one-on-one interaction is occurring, the

approximate planned duration of the interaction, and randomly dropping in on the one-on-one interaction.

3.5.2.2 Meetings. Meetings between Applicable Adults and student athletes at a DCPS facility may occur only if the meeting can be easily observed and takes place at an interruptible distance from another adult, except under emergency circumstances. If a one-on-one meeting takes place in an office at a DCPS facility, the door to the office must remain unlocked and open. If available, the meeting must occur in an office that has windows, and the windows, blinds, and/or curtains shall remain open during the meeting.

3.5.2.3 Individual Workout Sessions. Individual workout sessions between Applicable Adults and student athletes are permitted at a DCPS facility, as well as at athletic training or competition facilities that are not fully under DCPS jurisdiction, if the workout session is observable and interruptible by another adult. Parents, guardians, and other caretakers must always be allowed to observe the session if requested.

3.5.2.4 Transportation to Athletics Events. Applicable Adults (who are not the student's parent/guardian) are prohibited from transporting student athletes to and from athletic practices, scrimmages, contests, and other events in their personal vehicles.

3.5.3 Medical Treatment of Student Athletes

Any medical treatment, including rehabilitation, icing, stretching, massaging, rubdowns, and any other athletic treatment performed by an applicable adult at a DCPS facility, or a training or competition venue must be conducted at an observable and interruptible distance by another adult. A Certified Athletic Trainer or other licensed sports medicine physician may, for privacy purposes, discuss treatment options with a student athlete or provide treatment to a student athlete in a closed door session, provided that: (1) the door remains unlocked; (2) another adult is present at the facility; and (3) the other adult is advised that a closed door meeting is occurring. Parents must always be permitted to be in the room as an observer, except where an adult student athlete does not give consent.

3.5.4 Locker Rooms and Changing Areas

3.5.4.1 Use of recording devices. All individuals, including student athletes and Applicable adults, are prohibited from making any video or audio recording with a cell phone, video or still camera or any other recording device in locker rooms, changing areas, or similar spaces at DCPS facilities and athletic training or competition venues that are not fully under DCPS jurisdiction. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved in advance by the DCIAA and at least two Applicable Adults are present.

3.5.4.2 Use of Locker Rooms. Applicable Adults shall not change their clothes in any locker room or changing area at the same time that student athletes are changing clothes in that locker room or changing area. If DCPS Athletics Teams are using a facility that only has a single locker room or changing area, Applicable Adults must change before or after the student athletes. Under no circumstances shall an Applicable Adult intentionally expose his or her breasts, buttocks, groin, or genitals to a student athlete.

3.5.4.3 One-on-one interactions. Applicable Adults are not permitted to be alone with a student athlete in a locker room or changing area, except under emergency circumstances.

3.5.4.4 Monitoring. DCPS Athletics personnel will occasionally and randomly monitor the use of locker rooms and changing areas at facilities under its jurisdiction to ensure compliance with these policies. At least one Applicable Adult must be stationed right outside the door of any locker room or changing area that is being used by student athletes.

3.5.5 Non-Athletics Interactions

Applicable Adults are prohibited from interacting one-on-one with unrelated student athletes in non-athletics settings, meaning settings unrelated to a practice, scrimmage, game, workout, or treatment, that are not observable and interruptible by another adult, unless written parental consent is provided for such interactions. Nonetheless, such arrangements are strongly discouraged.

3.5.6 Reporting Obligations

In addition to all requirements established by this section, all Applicable Adults must also comply with the District of Columbia’s mandatory reporting laws and their reporting obligations under Title IX of the Education Amendments Act of 1972.

Article 4: Media

Media

Only coaches are to communicate on behalf of their team with parents, game officials, and DCIAA officials. All inquiries from news media outlets must be directed to the DCPS Office of Communications and the Executive Director of Athletics.

3.4 PROFESSIONAL SOCIAL MEDIA USE

All professional social media use must be in compliance with DCPS policies and procedures, DC Municipal Regulations (DCMR) and any and all applicable state and federal laws, including, but not limited to, the Family Educational Rights and Privacy Act (FERPA). Any professional social media use that violates such laws and regulations, or any other applicable state and federal laws, may subject the user to disciplinary action.

- 3.4.1** Employees shall not use professional usernames and/or handles to engage in personal social media use.
- 3.4.2** Employees shall ensure that any professional social media use is conducted through a password-protected account.
- 3.4.3** Employees shall obtain their supervisor's approval in writing prior to establishing a professional username and/or handle in online communities. Employees shall provide supervisors with a list of their existing professional usernames and/or handles and the online communities in which they use those usernames within 30 days of the effective date of this policy. Following the effective date of this policy, employees shall notify their supervisor of any professional usernames and/or handles and the online communities in which they use those usernames within 30 days of establishing the account. Employees shall also provide their supervisors with their login information for these online communities. Failure to provide this information shall constitute a violation of this policy. Supervisors are responsible for maintaining a list of all professional usernames and/or handles and the online communities that each username and handle is used in by employees in his/her school or office.
- 3.4.4** Employees shall ensure that their professional social media use is appropriately "branded." For more information about branding policies and guidelines, please contact the DCPS Director of Communications.
- 3.4.5** In all communications with students in online communities, employees shall maintain a professional relationship and conduct themselves in the same manner as they would if interacting with the student in person.
- 3.4.6** Employee communications with students shall be school-related and within the scope of the employee's professional responsibilities, unless otherwise authorized by this policy (*See Section 2.3*).
- 3.4.7** It is each employee's individual responsibility to understand the rules and policies governing any online community in which they participate.
- 3.4.8** The posting or disclosure of confidential DCPS personnel or student information, or any other confidential DCPS information in an online community is strictly prohibited.
- 3.4.9** Using the login information provided by the employee, DCPS reserves the right to delete postings made using professional usernames and/or handles that contain the following content:
 - a. Vulgar language;
 - b. Personal attacks;
 - c. Content that promotes fosters, or perpetuates discrimination, particularly discrimination

- based on an individual's protected traits (i.e. – age, race, gender identity/expression, sexual orientation, etc.);
- d. Content that advocates illegal activity;
 - e. Promotion of particular services, products or political organizations;
 - f. Information that may compromise the safety, security or proceedings of public systems or any criminal or civil investigations; or
 - g. Any other content that DCPS reasonably determines is inconsistent with the employee's job duties or DCPS' mission.

4.2 PERSONAL SOCIAL MEDIA USE

Any personal social media use must be in compliance with DCPS policies and procedures, the DCMR, and any and all applicable state and federal laws, including, but not limited to, FERPA. Any personal social media use that violates such laws and regulations, or any other applicable state and federal laws, may subject the user to disciplinary action.

- 4.2.1** The DCPS and any other District government logo, including but not limited to all other DCPS or District government intellectual property, shall not be used for any personal social media use purpose. The DCPS name and the names of any DCPS entity or office shall not be used for personal social media use in such a way as to suggest that DCPS endorses an individual employee or any of an employee's personal social media use.
- 4.2.2** Employees shall limit communication with students who are currently enrolled in DCPS (regardless of the student's age) or with DCPS alumni who are under 18 years of age to online communities where the employee uses his/her professional username and/or handle. However, an employee may communicate with a student using his/her personal username and/or handle if the student:
 - a. Is a relative;
 - b. Is a member or participant in the same civic, social, recreational, athletic or religious organization;
 - c. Is involved in an emergency situation requiring such communication. In such cases, the employee shall notify his/her supervisor of the contact as soon as possible.
- 4.2.3** Employees shall take reasonable precautions to restrict students from viewing their engagement in personal social media use.
- 4.2.4** The posting or disclosure of confidential DCPS personnel or student information, or any other confidential DCPS information, on an online community is strictly prohibited. For further guidance, please refer to the DCPS Social Media Policy located at <https://dcps.dc.gov/page/dcps-policies>.

Article 5: Eligibility Rules

5.1 GENERAL PRINCIPLES

- 5.1.1. Participation in Athletics.** Only students enrolled in DCPS are eligible to participate in DCPS Athletic Programs. Students at all levels of competition are subject to various standards to promote their health, safety, and good academic standing. Standards are also in place to promote fair play.
- 5.1.2 Certification of Eligibility.** Principals shall be responsible for determining and certifying the eligibility of students to participate in interscholastic athletics in accordance with the DCMR. (5-A DCMR § 2703.2 (a)).
- 5.1.3 Certification of Eligibility Rosters.** Principals shall create rosters for every team in the Athletics Tracking Database
- 5.1.3.1 Initial Roster.** A complete roster shall be created no later than 14 calendar days prior to the first contest of each sports season. A team must have a minimum number of eligible players on the roster at this time to participate in the season. The minimum number of eligible players varies by sport and can be found those sections of the handbook or by contacting the relevant sport coordinator.
- 5.1.3.2 Additions to the Roster.** Students may be added to the roster up to the designated add-on date for each sport. At all times, only eligible students may participate in athletic practices, scrimmages and contest.
- 5.1.4 Athletic Office Verification.** All students must be deemed eligible by the Athletics Office to participate in games or practices. The Athletics Office verifies and communicates students' eligibility statuses through the Athletics Tracking Database. The Executive Director of Athletics shall have the authority to challenge and investigate the eligibility of students certified by principals who may not have fulfilled the eligibility requirements.
- 5.1.5 Basic Principle.** The verification process of DCPS is designed to encourage fair play and honesty by schools. If after the verification of presented documents, it is discovered the principal, athletic director, coach, or parent deliberately withheld or modified information a student shall become ineligible and appropriate sanctions will be administered.
- 5.1.6 Grade Change Process.** If at any time a student's grade has been changed to determine eligibility, the following process must occur. The Athletic Director shall email the sport coordinator, Deputy Director of Athletics, Executive Director of Athletics and cc the school Principal with notification that a grade has been changed for the student. The Athletic Director shall attach the students report card and identify the grade that changed.
- 5.1.7 Tryouts.** Every coach has the responsibility and authority for selecting his or her team. The criteria for selecting the team are developed by the coach. Before participation in tryouts, all student-athletes must meet all criteria for eligibility. Additionally, coaches will set clear tryout dates and inform student-athletes whether or not they were selected for the team and will be available to answer any student-athlete questions.

5.2 HIGH SCHOOL PARTICIPANTS

- 5.2.1 Application of Standards.** Any students wishing to participate on a high team must meet the following standards.
- 5.2.2 Parental Consent and Health Certification.** Students who are less than eighteen (18) years of age must submit to the principal, or designee, a signed and dated "DCPS Consent for Athletic Participation" form (AT-13) to participate in interscholastic athletics at a member school. The parent(s) or legal guardian(s) must indicate in writing what sports are **NOT** permissible for the student to participate in.

All minor students shall not participate in try-outs, practice, or interscholastic sports activity without parental consent.

5.2.2.1 Adult Students. Adult students, eighteen (18) years of age or older, must fully complete, sign, and return the “Consent for Participation in Athletics” form to the school before such students will be permitted to participate in any team try-out, practice or interscholastic sports activity.

5.2.2.2 Forgery of Documents. If upon inspection, the “Consent for Athletic Participation” form is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.2.3 Emergency Treatment Information. Each student participating in an athletic contest must provide a signed and dated “Emergency Treatment Information Sheet” (AT-14) to the coach. The coach must provide the stamped “Emergency Treatment Information Sheet” upon request at each contest that the student wishes to participate into the assigned Athletic Trainer or opposing coach if no athletic trainer is assigned. Emergency Treatment Information Sheets must be with the coach at all times when the students are in his/her presence, i.e., practices, during transportation to and from competitions, and all competitions including non-league and out-of-state contests and tournaments. Please see the appendix for “Emergency Treatment Information Sheet.”

5.2.3.1 Failure to have the “Emergency Information Treatment Sheet.” At any athletic event, failure to produce a current form will render each student for whom a form is unavailable ineligible. The student will become eligible again when a completed form, signed by a parent or guardian, is made available and cleared properly with the assigned Athletic Trainer. This could result in forfeiture of the contest if there are not enough eligible students to compete.

5.2.3.2 Adult Students. Adult students, eighteen (18) years of age or older, must fully complete, sign, and return the “Emergency Information Treatment Sheet” to the school before such students will be permitted to participate in any team try-out, practice, or interscholastic sports activity.

5.2.3.3 Forgery of Document. If upon inspection, the “Emergency Information Treatment Sheet” is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.2.4 Universal Health Certificate

5.2.4.1 Health Examination. Students must provide a physician’s certification that the student has been examined and is physically fit for the sport in which the student seeks to participate. A qualified practitioner shall complete the DC Department of Health Universal Health Certificate (AT-15). The UHC must be completed and signed by a qualified practitioner. The form must show proof of approval by the doctor’s office through a stamp or seal. The UHC is valid for one calendar year (365 days) after its signing by a qualified practitioner.

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

5.2.4.3 On-Site Health Examinations. A school must receive prior approval from the DCIAA for on-site physicals to occur. To secure approval, the name and a copy of the valid medical license of the qualified practitioner (MD, NP, or DO) must be submitted to the DCIAA at least one (1) week prior to the date of the scheduled on-site visit.

5.2.4.4 Forgery of Document. If upon inspection the Universal Health Certificate is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.2.5 Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet. Families or adult students must submit to the principal, or designee, a signed and dated “Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” form in order to participate in interscholastic athletics at a member school. All students are prohibited from participating in try-outs, practice, or interscholastic sports activity prior to submitting this form.

5.2.5.1 Forgery of Document. If upon inspection, the “Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” is found to be altered or forged, the student, coach and/or school official responsible is subject to disciplinary action.

5.2.5.2 Adult Students. Adult students, eighteen (18) years of age or older, must fully complete, sign, and return the “SWAY Consent Form” to the school before such students will be permitted to participate in any team try-out, practice, or interscholastic sports activity.

5.2.5.3 Forgery of Document. If upon inspection, the “SWAY Consent Form” is found to be altered or forged, the student, coach and/or school official responsible is subject to disciplinary action. Students must provide a signed and dated “Parent and Athlete Concussion Information Sheet”.

5.2.6 Application of Standards. Any students wishing to participate on a high team must meet the following standards.

5.2.7 Academic Requirements

5.2.7.1 Required for Participation in Interscholastic Athletics. A student in grade nine (9), ten (10), eleven (11), or twelve (12) shall have a grade point average of at least 2.0 (“C”) to participate in athletics (5-A DCMR § 2704.6(a)). The GPA shall be determined based on the most recent term GPA. Schools using a block schedule may use the term or final semester grades preceding the sports season in which the student wishes to participate. Only the official GPA as calculated by Central Office is valid. No hand calculations may be used as a substitute.

5.2.7.2 Fall Sport Eligibility - Full Year GPA. Students may use their most recent full-year GPA in lieu of a Term 4 GPA to determine academic eligibility. A 2.0 GPA on either the full-year or Term 4 GPA will meet the academic standard.

5.2.7.3 Summer School Courses. Summer school courses may result in a student obtaining a new full-year GPA. Summer school grades do not replace grades earned during the regular school year. They can only supplement them.

5.2.7.4 Length of Eligibility/Ineligibility. A student’s academic status shall remain fixed for a period of one term. Change in eligibility status shall occur on the day report cards are issued or the day that GPAs are run by Central Office, whichever occurs earlier. A student who becomes ineligible at the change of an advisory may no longer participate with the team regardless of the number of contests remaining in the season.

5.2.7.5 Exception - Students entering the 9th grade for the first time shall be academically eligible for the first term of high school attendance. The student must meet the academic requirements to be eligible for the next term.

5.2.8 Attendance

5.2.8.1 Enrollment Determination. A student shall be considered enrolled and attending a school if he/she is present in classes. For the purposes of interscholastic athletics, this shall be the school used to determine the student’s eligibility status.

5.2.8.2 Term Attendance. Students with more than 6 unexcused absences per term will be ineligible for the duration of that term. This roughly correlates with an 85% attendance rate.

5.2.8.3 Daily Attendance. Students must be present in school on the day of any athletic event to participate on that specific day. For excused absences on the day of competition, the DCIAA must receive an email notification by 11:00am from the school attendance counselor to regain eligibility. Email notification from the attendance counselor must be sent to the Opportunity League sports coordinator, Title IX and Student Affairs coordinator and Deputy Director of Athletics.

5.2.8.4 Attendance Records. Aspen is the system of record for all attendance data. Schools must correct a student’s records in Aspen to affect his eligibility. Except as specified elsewhere in

this handbook, no other method will be used to determine a student's compliance with the attendance rules.

- 5.2.9 Age.** A student who reaches nineteen (19) years old on or before August 1st of the school year in which he/she wishes to compete in grades nine (9) through twelve (12) is not eligible to participate (5-A DCMR § 2704.4 (a)).
- 5.2.10 Semesters.** A student is eligible to participate for a maximum of eight (8) semesters in grades nine (9) through twelve (12) (5-A DCMR § 2704.4 (a)).
- 5.2.10.1 Computation of Semesters.** Semesters will be counted beginning with the semester in which the student was enrolled for the first time any school in grade nine (9), and shall be counted continuously thereafter without regard to whether the student remains continuously enrolled in school (5-A DCMR § 2701.5(M)).

5.3 Transfer Students

- 5.3.1 Transfer Students.** A student must have been continuously enrolled at their school for one calendar year and must maintain continuous enrollment throughout the season.
- 5.3.1.1 Definition.** A student transfers when they move from a school where they had established residency and enroll in a public school in the District of Columbia. For the purposes of this Handbook, "public school" applies solely to DCPS.
- 5.3.1.2 Transfer Rule.** A student who transfers enrollment from any school, including a member school, to any member school in grades nine (9), ten (10), eleven (11), or twelve (12) is ineligible to participate in interscholastic athletics for one (1) calendar year, unless he or she meets one (1) of the following exceptions:
- 5.3.2 Transfer Exceptions**
- 5.3.2.1 Exception – 9th Grade.** A student in grade nine (9) may transfer one (1) time during that school year without loss of eligibility. However, a student shall not participate in a contest at the varsity level for two different schools in the same sport during the same school year. A student is considered a ninth (9th) grader until the first day of school of their tenth (10th) grade year.
- 5.3.2.2 Valid Change of Residence.** When a student moves from the residence where the enrolling parent(s) lived with the student and that has been vacated by the entire family for use as its residence, to a new residence with the enrolling parent(s). The transfer is due to a change in permanent address, as evidenced by any of the documents specified in D.C. Official Code § 38-309.
- 5.3.2.3 Court Order.** The transfer is caused by court action. Court action is defined as an order from a court of law affecting legally committed students. In the case of a transfer of guardianship or custody, the transfer shall be the result of a court order signed by a judge, commissioner, or master of a court of competent jurisdiction. A petition for the transfer of guardianship or custody, an affidavit, or a notarized statement signed by the affected parties shall not be sufficient to render the student eligible to participate in interscholastic athletics. For purposes of eligibility, a child placed within CFSA custody is eligible to participate in interscholastic athletics immediately at the school they attend.
- 5.3.2.4 Seat Opening at School Where Student Had Previously Applied.** If the student is in their second, third, or fourth year of eligibility and the transfer is a result of a seat opening in the

receiving school if the student had previously applied to the school and had been rejected due to a lack of capacity or a result of admission via the DC school-based lottery. For this exception to apply, the receiving school shall have appropriate documentation including a dated and school stamped student application from a previous school year; a letter in response to the application notifying the student that they were not accepted; and a letter dated after the start of the school year offering the student a seat in the receiving school or a notification of admission from the lottery school.

- 5.3.2.5 Terminal Point in Educational Program.** Transfer because of promotion or administrative assignment to the ninth (9th) grade from a school whose terminal point is the eighth (8th) grade, or to the tenth (10th) grade from a junior high school whose terminal point is the ninth (9th) grade, shall not constitute a transfer. Students so promoted or administratively assigned shall be eligible.
- 5.3.2.6 Athletic Program Closure.** The sending school discontinuing all of their interscholastic athletics programs.
- 5.3.2.7 School Closure.** The sending school is closing and ceasing academic operations.
- 5.3.2.8 Sports Discontinuation.** The sending school discontinuing a single sport at the varsity level.
- 5.3.2.9 Special Needs Transfer for Delivery of a Free Appropriate Public Education (FAPE).** The student has special needs, as identified by the Individualized Education Program (IEP) or Section 504 Plan and is transferred to another public school for the delivery of a free appropriate public education.
- 5.3.2.10 Student Transfers Due to Homelessness.** A transfer is the result of the student's being homeless as defined by OSSE, except if the student's homeless status is shown to have been created by the student or his/her family for the primary reason of eligibility in interscholastic athletics.
- 5.3.2.11 Student Transfers Because He or She Has Been the Victim of a Violent Crime or Persistently Dangerous School.** The transfer is a result of a student exercising transfer options (i.e., persistently dangerous schools 5-E DCMR § 3805 or victim of a violent crime, bullying, sexual harassment 5-E DCMR § 3809) mandated by DC law.
- 5.3.2.12 Foreign Exchange Student.** The student is a qualified foreign exchange student or an international student residing in the District with his or her parent(s) (5-A DCMR § 2707.1(m)). An international student participating in a foreign exchange program shall be considered immediately eligible for a maximum period of one (1) calendar year if the student meets the following conditions (5- A DCMR § 2705.1).
- Has not completed his or her home secondary school program;
 - Meets all other eligibility requirements of this section;
 - Has been randomly assigned to his or her host parents and school, and neither the school the student attends, nor any person associated with the school, has had input in the selection of the student and no member of the school's coaching staff, paid or voluntary, serves as the resident family of the student;
 - Possesses a current J-1 Visa issued by the U.S. State Department; and
 - Is attending school under a foreign exchange program on the current Advisory List of International Educational Travel and Exchange Programs published by the Council on Standards for International Education Travel and such program assigns students to schools by a method which ensures that no student, school, or another interested party may influence the assignment.
- 5.3.2.13 Student Did Not Previously Participate in a Sport.** A student who has not previously participated in the sport for which they are interested in competing; who is released by a proper school authority from a sending school; and has completed the registration process at

the receiving school shall be eligible 45 days after the date on the signed enrollment forms, provided they meet all other DCSAA eligibility requirements. The receiving school shall submit, to DCSAA, an electronic or signed statement from the athletic director of the sending school that states the student did not participate in the specific sport the preceding year in which they wish to participate.

- 5.3.3 Ordered to Transfer for Non-Athletic Purposes.** The student-athlete may submit a DCSAA Student-Athlete Transfer Release Form which shall be signed by the parent, the athletic director, and principal of the sending school and the athletic director and principal of the receiving school stating that the transfer is for non-athletic purposes in support of their transfer request. The DCSAA Student-Athlete Transfer Release Form must be submitted with a DCSAA Waiver Application.
- 5.3.4 Transfer Eligibility Requirements.** A student who transfers at any point after establishing residency and meets all general eligibility requirements, and at least one exception provided in this section must complete the following to receive approval from the DCIAA:
- A “Request for Eligibility Ruling” form (AT-12) must be submitted on behalf of the student to the DCIAA for approval;
 - The transfer must be approved in accordance with 5-A DCMR § 2707.1; and
 - If a student is transferring from an out-of-district school and meets all other transfer and eligibility requirements, the “DCPS Residency Verification” form (AT—11) with the “Certification of Eligibility” form (AT-4) must be submitted on behalf of the student.
- 5.3.5 Waiver Process.** Students who do not meet any of the exceptions above must apply for a DCSAA Waiver in order to satisfy the transfer eligibility component. Please work with the school Athletic Director to submit a completed waiver packet.
- 5.3.6 Period of Ineligibility.** A student who is ineligible to participate in interscholastic athletics is prohibited from playing during the period of such ineligibility.
- 5.3.6.1** A student who participates in interscholastic athletics and is found ineligible to participate is prohibited for one (1) calendar year from the date of the finding of ineligibility. Additionally, in order to be considered for eligibility when the calendar year has passed, the student shall show that all of the eligibility requirements are satisfied.
- 5.3.6.2** The period of ineligibility for students that transfer absent an exception shall be one (1) calendar year commencing with the first (1st) day of official attendance in the receiving school.
- 5.3.6.3** A student who is ineligible to participate in interscholastic athletics at the time of transfer from one (1) school to another, for any reason other than failing to meet the requirements of this chapter, shall not be considered for eligibility at the receiving school until one (1) full calendar year has passed from the date it was determined that the student was ineligible.
- 5.3.6.4 Out-of-District Transfers.** A student who seeks to participate in athletics after entering the 9th grade from an out-of-district school or transferring from an out-of-district school and who meets one of the requirements set forth in 5.1.2 (above), must submit a signed “DCPS Residency Verification” form with the “Certification of Eligibility” form signed by the school athletic director on behalf of the student.
- 5.3.7 Recruiting Rule**
- 5.3.7.1 Tampering and Recruiting.** LEA and school employees shall not engage in any activity that seeks to influence a student to transfer from one (1) LEA or school to another for the purpose of participating in athletics (5-A DCMR § 2702.12). School employees shall include non-DCPS employees who serve as contractors and are hired to work in athletics. This includes paid and non-paid positions.
- 5.3.7.2 “Tampering” Defined.** Any words or actions used in an attempt to influence high school student to transfer to a DCPS high school for the purposes of participating in athletics

constitutes tampering and is not permissible. Tampering includes but is not limited to: talking to parents of students at other schools, posting on social media, asking a student to move and offering the student tuition, and providing or offering students scholarships or gifts that are not offered to other students in return for their playing for one of the school's athletics teams.

5.3.7.3 Penalty for Recruiting. Any student who participates or attempts to participate on a school's athletic team after having been recruited to that school for purposes of participating in athletics shall be considered ineligible. Upon reason to believe the rule prohibiting recruiting has been violated, appropriate DCPS personnel will conduct a thorough investigation. Appropriate disciplinary action will be taken based upon the results of the investigation in accordance with Article 11 of this handbook, which addresses possible penalties to schools, school employees, and individual ineligible students.

5.3.7.4 Remedy Available. If the school, school employee, or individual student wishes to challenge a determination that they violated the rule prohibiting recruiting, they can appeal through the grievance procedures set forth in Article 11 of this handbook.

5.3.8 Limit of Eligibility

5.3.8.1 Semesters. A student is eligible to participate for a maximum of eight (8) semesters in grades nine (9) through twelve (12) (5-A DCMR § 2704.4 (a)).

5.3.8.2 Computation of Semesters. Semesters will be counted beginning with the semester in which the student was enrolled for the first time any school in grade nine (9), and shall be counted continuously thereafter without regard to whether the student remains continuously enrolled in school (5-A DCMR § 2701.5(M)).

5.3.8.3 Graduation. No student that has graduated from high school will be eligible to participate. However, an eligible student whose graduation exercises are held before the end of the school year may continue to participate until the end of that school year.

5.3.8.4 Students Close to Graduation. A student who needs fewer than two (2) credits to graduate from twelfth (12th) grade and who transferred to a high school within the preceding twelve (12) months is prohibited from participation athletics for the duration of the student's enrollment at that school.

5.3.8.5 Waivers. Pursuant to 5-A DCMR § 2709, a student may play during his or her 5th year of high school if he or she has been granted a hardship waiver by the DCSAA. The student may request a waiver through the DCSAA Waiver Process. The waiver application is first reviewed by DCPS for accuracy, then it's forwarded to the DCSAA for processing. Hardship waivers are granted if the student can prove that he or she was unable to participate in a given sport during a season due to a hardship.

5.3.9 Amateurism

5.3.9.1 Selected to Represent the United States in International Competition. A student in grade nine (9), ten (10), eleven (11), or twelve (12) shall not participate in the same individual or team sport outside of school, or with a team, an organized league, tournament meet, match or contest between the first and last scheduled contest of the school team during the season of the sport; provided that a student who is selected to represent the United States in international amateur competition shall not become ineligible in school competitions for participating in qualifying trials. The following sports shall be exempted from the restrictions of this paragraph (5-A DCMR § 2704.9(d)):

- a. Baseball
- b. Bowling
- c. Cheerleading
- d. Crew
- e. Cross-country
- f. Field Hockey
- g. Golf
- h. Gymnastics
- i. Lacrosse
- j. Rugby
- k. Soccer
- l. Softball
- m. Swimming
- n. Tennis
- o. Track and Field
- p. Volleyball
- q. Wrestling

5.3.10 All-Star Competitions.

5.3.11 Participation. A student who participates in a team sport may participate in an "all-star" competition for the sport that occurs outside the interscholastic season of the sport without jeopardy to his or her eligibility if the following conditions are met.

5.3.12 All-star competition is an activity sanctioned by the DCSAA or another National Federation of State High School Association ("NFHS") member;

5.3.13 The all-star competition is an activity sanctioned by the DCSAA or another National Federation of State High School Association ("NFHS") member;

5.3.14 All participants in the all-star competition are graduating seniors or students completing their athletic eligibility at the end of the school year or they have received a waiver from DCSAA to participate;

5.3.15 The student has played in no more than one (1) other all-star competition in his or her sport; or

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

5.4 Penalty for Participating in All-Star Competitions. A senior who fails to comply with the rules on all-star competitions may be subject to a penalty that may result in the loss of athletic eligibility for the balance of the school year. For all other students, the penalty may result in loss of eligibility for the next season in the sport in which the student participated in the all-star competition. The DCSAC may review any penalty decisions.

- 5.5 Participation in Summer Activities by Students Changing Schools.** A student may participate in summer athletic activities if the student has been enrolled at the receiving school.
- 5.6 8th Graders Participation Prior to Start of 9th Grade -** An 8th-grade DCPS student may participate in athletic activities affiliated with a school during the summer immediately preceding attendance at that school. The student must have successfully completed the 8th grade prior to participating and must also be enrolled for 9th grade at the receiving school.
- 5.7 Participation at Non-Enrolled School.** Students who attend schools in which a particular sport is not offered may request authorization to participate at any other DCPS high school offering that sport if the following conditions are met:
- Participation is allowed in the written policy of the LEA in which the student seeks to participate.
 - The student meets the eligibility requirements of the DCIAA.
 - A school is selected by the parent or guardian and agreed upon by the sending and receiving school. (5-A DCMR § 2706.1.)
- 5.7.1.1 Responsibility for Eligibility.** Both principals (Sending and receiving school) are dually responsible for ensuring the student is eligible to participate and complies with all other eligibility rules.
- 5.7.1.2 Non-Public School Students.** A non-public school student attends a school that is not within DCPS but is paid for by DCPS. The student shall appear in ASPEN as a “Tuition-Grant” student. These students are eligible to participate in DCIAA sports and must follow the provisions of this section. Additionally, non-public school students must submit the following items:
- Letter of good standing from the enrolled-school principal
 - Copy of report card at the enrolled school
- 5.8 Participation; Sport not Offered; Transfer.** Under this section, the student's selected school will serve as their school of choice for athletic participation in the specified sport, which is not offered at their school of enrollment. If the student seeks to participate in the specified sport at a different member school, they will be bound by the transfer provisions set forth in 5-A DCMR § 2707.
- 5.9 Request and Clearance for Participation.** The Principal or designee shall seek permission on behalf of the student from the home principal and DCIAA to participate. The receiving Principal or designee shall submit the following:
- The ruling of Eligibility Form (AT-4) signed by the home principal;
 - Certification of Eligibility Form signed by the home principal.
- 5.10 Non-Public School Students.** A non-public school student attends a school that is not within DCPS but is paid for by DCPS. The student shall appear in ASPEN as a “Tuition-Grant” student. These students are eligible to participate in DCIAA sports and must follow the provisions of this section. Additionally, non-public school students must submit the following items:
- Letter of good standing from the enrolled-school principal
 - Copy of report card at the enrolled-school

5.11

5.11 MIDDLE SCHOOL PARTICIPANTS

- 5.11.1 Application of Standards.** Any students wishing to participate on a middle school team must meet the following standards.
- 5.11.2 Parental Consent and Health Certification.** Students who are less than eighteen (18) years of age must submit to the principal, or designee, a signed and dated “DCPS Consent for Athletic Participation” form (AT-13) to participate in interscholastic athletics at a member school. The parent(s) or legal guardian(s) must indicate in writing what sports are NOT permissible for the student

to participate in. All minor students shall not participate in try-outs, practice, or interscholastic sports activity without parental consent.

5.11.2.1 Forgery of Documents. If upon inspection, the “Consent for Athletic Participation” form is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.11.3 Emergency Treatment Information. Each student participating in an athletic contest must provide a signed and dated “Emergency Treatment Information Sheet” (AT-14) to the coach. The coach must provide the stamped “Emergency Treatment Information Sheet” upon request at each contest that the student wishes to participate into the assigned Athletic Trainer or opposing coach if no athletic trainer is assigned. Emergency Treatment Information Sheets must be with the coach at all times when the students are in his/her presence, i.e., practices, during transportation to and from competitions, and all competitions including non-league and out-of-state contests and tournaments. Please see the appendix for “Emergency Treatment Information Sheet.”

5.11.3.1 Failure to have the “Emergency Information Treatment Sheet.” At any athletic event, failure to produce a current form will render each student for whom a form is unavailable ineligible. The student will become eligible again when a completed form, signed by a parent or guardian, is made available and cleared properly with the assigned Athletic Trainer. This could result in forfeiture of the contest if there are not enough eligible students to compete.

5.11.3.2 Forgery of Document. If upon inspection, the “Emergency Information Treatment Sheet” is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.11.4 Universal Health Certificate

5.11.4.1 Health Examination. Students must provide a physician’s certification that the student has been examined and is physically fit for the sport in which the student seeks to participate. A qualified practitioner shall complete the DC Department of Health Universal Health Certificate (AT-15). The UHC must be completed and signed by a qualified practitioner. The form must show proof of approval by the doctor’s office through a stamp or seal. The UHC is valid for one calendar year (365 days) after its signing by a qualified practitioner.

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

5.11.4.3 On-Site Health Examinations. A school must receive prior approval from the DCIAA for on-site physicals to occur. To secure approval, the name and a copy of the valid medical license of the qualified practitioner (MD, NP, or DO) must be submitted to the DCIAA at least one (1) week prior to the date of the scheduled on-site visit.

5.11.4.4 Forgery of Document. If upon inspection the Universal Health Certificate is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.11.5 Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet. Families must submit to the principal, or designee, a signed and dated “Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” form in order to participate in interscholastic athletics at a member school. All students are prohibited from participating in try-outs, practice, or interscholastic sports activity prior to submitting this form.

5.11.5.1 Forgery of Document. If upon inspection, the “Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” is found to be altered or forged, the student, coach and/or school official responsible is subject to disciplinary action.

5.11.6 Academics

5.11.6.1 Good Academic Standing. A student in grade six (6), seven (7), or eight (8) shall not fail more than one (1) subject in the most recent term. Only the official grades as registered in Aspen are valid.

5.11.6.2 Full Year Grades. Students may use their most recent full-year grades in lieu of Term 4 grades to determine academic eligibility. One “F” or fewer on either the full-year or Term 4 grades will meet the academic standard.

5.11.6.3 Summer School Courses. Summer school courses may result in a student obtaining eligibility for the fall term. For eligibility, a passing summer school course can only replace a failing grade in the same course unless the course is not offered.

5.11.6.4 Length of Eligibility. A student's academic status shall remain fixed for a period of one term. Change in eligibility status shall occur on the day report cards are issued or the day that grades are run by Central Office, whichever occurs earlier. A student who becomes ineligible at the change of an advisory may no longer participate with the team regardless of the number of contests remaining in the season.

5.11.7 Age. A student who reaches fifteen (15) years old on or before August 1st of the school year in which he/she wishes to compete in grades six (6) through eight (8) is not eligible to participate.

5.11.8 Semesters. A student is eligible to participate in the regular season, playoff, or championship interscholastic athletic contests for a maximum of six (6) semesters in grades six (6) through eight (8).

5.11.8.1 Computation of Semesters. Semesters will be counted beginning with the semester in which the student was enrolled for the first time any school in grade six (6), and shall be counted continuously thereafter without regard to whether the student remains continuously enrolled in school.

5.11.9 Foreign Exchange Students. An international student participating in a foreign exchange program shall be considered immediately eligible for a maximum period of one (1) calendar year if the student meets the following conditions (5- A DCMR § 2705.1).

5.11.9.1 Has not completed his or her home secondary school program.

5.11.9.2 Meets all other eligibility requirements of this section.

5.11.9.3 Has been randomly assigned to his or her host parents and school, and neither the school the student attends, nor any person associated with the school, has had input in the selection of the student and no member of the school's coaching staff, paid or voluntary, serves as the resident family of the student.

5.11.9.4 Possesses a current J-1 Visa issued by the U.S. State Department.

5.11.9.5 Is attending school under a foreign exchange program on the current Advisory List of International Educational Travel and Exchange Programs published by the Council on Standards for International Education Travel and such program assigns students to schools by a method which ensures that no student, school, or another interested party may influence the assignment.

5.11.10 Participation at Non-Enrolled School. Students who attend schools in which a particular sport is not offered may request authorization to participate at any other DCPS middle school offering that sport if the following conditions are met:

d. Participation is allowed in the written policy of the LEA in which the student seeks to participate.

e. The student meets the eligibility requirements of the DCIAA.

f. A school is selected by the parent or guardian and agreed upon by the sending and receiving school. (5-A DCMR § 2706.1.)

5.11.10.1 Responsibility for Eligibility. Both principals (Sending and receiving school) are dually responsible for ensuring the student is eligible to participate and complies with all other eligibility rules.

5.11.10.2 Non-Public School Students. A non-public school student attends a school that is not within DCPS but is paid for by DCPS. The student shall appear in ASPEN as a "Tuition-Grant" student. These students are eligible to participate in DCIAA sports and must follow the provisions of this section. Additionally, non-public school students must submit the following items:

c. Letter of good standing from the enrolled-school principal

d. Copy of report card at the enrolled school

5.12 ELEMENTARY SCHOOL PARTICIPANTS

5.12.1 Application of Standards. Any students wishing to participate on an elementary school team must meet the following standards.

5.12.2 Parental Consent and Health Certification. Students who are less than eighteen (18) years of age must submit to the principal, or designee, a signed and dated “DCPS Consent for Athletic Participation” form (AT-13) to participate in interscholastic athletics at a member school. The parent(s) or legal guardian(s) must indicate in writing what sports are NOT permissible for the student to participate in. All minor students shall not participate in try-outs, practice, or interscholastic sports activity without parental consent.

5.12.2.1 Forgery of Documents. If upon inspection, the “Consent for Athletic Participation” form is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.12.3 Emergency Treatment Information. Each student participating in an athletic contest must provide a signed and dated “Emergency Treatment Information Sheet” (AT-14) to the coach. The coach must provide the stamped “Emergency Treatment Information Sheet” upon request at each contest that the student wishes to participate into the assigned Athletic Trainer or opposing coach if no athletic trainer is assigned. Emergency Treatment Information Sheets must be with the coach at all times when the students are in his/her presence, i.e., practices, during transportation to and from competitions, and all competitions including non-league and out-of-state contests and tournaments. Please see the appendix for “Emergency Treatment Information Sheet.”

5.12.3.1 Failure to have the “Emergency Information Treatment Sheet.” At any athletic event, failure to produce a current form will render each student for whom a form is unavailable ineligible. The student will become eligible again when a completed form, signed by a parent or guardian, is made available and cleared properly with the assigned Athletic Trainer. This could result in forfeiture of the contest if there are not enough eligible students to compete.

5.12.3.2 Forgery of Document. If upon inspection, the “Emergency Information Treatment Sheet” is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.12.4 Universal Health Certificate

5.12.4.1 Health Examination. Students must provide a physician’s certification that the student has been examined and is physically fit for the sport in which the student seeks to participate. A qualified practitioner shall complete the DC Department of Health Universal Health Certificate (AT-15). The UHC must be completed and signed by a qualified practitioner. The form must show proof of approval by the doctor’s office through a stamp or seal. The UHC is valid for one calendar year (365 days) after its signing by a qualified practitioner.

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

5.12.4.3 On-Site Health Examinations. A school must receive prior approval from the DCIAA for on-site physicals to occur. To secure approval, the name and a copy of the valid medical license of the qualified practitioner (MD, NP, or DO) must be submitted to the DCIAA at least one (1) week prior to the date of the scheduled on-site visit.

5.12.4.4 Forgery of Document. If upon inspection the Universal Health Certificate is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.12.5 Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet. Families or adult students must submit to the principal, or designee, a signed and dated “Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” form in order to participate in interscholastic athletics at a member school. All students are prohibited from participating in try-outs, practice, or

interscholastic sports activity prior to submitting this form.

5.12.5.1 Forgery of Document. If upon inspection, the “Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” is found to be altered or forged, the student, coach and/or school official responsible is subject to disciplinary action.

5.12.6 Grade. Only students in grades four (4) and five (5) may participate on elementary school teams.

5.12.7 Participation at Non-Enrolled School. Students who attend schools in which a particular sport is not offered may request authorization to participate at any other DCPS elementary school offering that sport if the following conditions are met:

- g. Participation is allowed in the written policy of the school in which the student seeks to participate.
- h. The student meets the eligibility requirements of the DCIAA.
- i. A school is selected by the parent or guardian and agreed upon by the sending and receiving school. (5-A DCMR § 2706.1.)

5.12.9.1 Responsibility for Eligibility. Both principals at the sending school and receiving school are dually responsible for ensuring the student is eligible to participate and complies with all other eligibility rules laid out in this section.

5.12.9.2 Non-Public School Students. A non-public school student attends a school that is not within DCPS but is paid for by DCPS. The student shall appear in ASPEN as a “Tuition-Grant” student. These students are eligible to participate in DCIAA sports and must follow the provisions of this section. Additionally, non-public school students must submit the following items:

- e. Letter of good standing from the enrolled-school principal

5.13 OPPORTUNITY LEAGUE PARTICIPANTS

5.13.1 Application of Standards. Any students wishing to participate on an Opportunity League team must meet the following standards.

5.13.2 Parental Consent and Health Certification. Students who are less than eighteen (18) years of age must submit to the principal, or designee, a signed and dated “DCPS Consent for Athletic Participation” form (AT-13) to participate in interscholastic athletics at a member school. The parent(s) or legal guardian(s) must indicate in writing what sports are NOT permissible for the student to participate in. All minor students shall not participate in try-outs, practice, or interscholastic sports activity without parental consent.

5.13.2.1 Adult Students. Adult students, eighteen (18) years of age or older, must fully complete, sign, and return the “Consent for Participation in Athletics” form to the school before such students will be permitted to participate in any team try-out, practice or interscholastic sports activity.

5.13.2.2 Forgery of Documents. If upon inspection, the “Consent for Athletic Participation” form is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.13.3 Emergency Treatment Information. Each student participating in an athletic contest must provide a signed and dated “Emergency Treatment Information Sheet” (AT-14) to the coach. The coach must provide the stamped “Emergency Treatment Information Sheet” upon request at each contest that the student wishes to participate into the assigned Athletic Trainer or opposing coach if no athletic trainer is assigned. Emergency Treatment Information Sheets must be with the coach at all times when the students are in his/her presence, i.e., practices, during transportation to and from competitions, and all competitions including non-league and out-of-state contests and tournaments. Please see the appendix for “Emergency Treatment Information Sheet.”

5.13.3.1 Failure to have the “Emergency Information Treatment Sheet.” At any athletic event, failure to produce a current form will render each student for whom a form is unavailable ineligible. The

student will become eligible again when a completed form, signed by a parent or guardian, is made available and cleared properly with the assigned Athletic Trainer. This could result in forfeiture of the contest if there are not enough eligible students to compete.

5.13.3.2 Adult Students. Adult students, eighteen (18) years of age or older, must fully complete, sign, and return the “Emergency Information Treatment Sheet” to the school before such students will be permitted to participate in any team try-out, practice, or interscholastic sports activity.

5.13.3.3 Forgery of Document. If upon inspection, the “Emergency Information Treatment Sheet” is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.13.4 Universal Health Certificate

5.13.4.1 Health Examination. Students must provide a physician’s certification that the student has been examined and is physically fit for the sport in which the student seeks to participate. A qualified practitioner shall complete the DC Department of Health Universal Health Certificate (AT-15). The UHC must be completed and signed by a qualified practitioner. The form must show proof of approval by the doctor’s office through a stamp or seal. The UHC is valid for one calendar year (365 days) after its signing by a qualified practitioner.

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

5.13.4.3 On-Site Health Examinations. A school must receive prior approval from the DCIAA for on-site physicals to occur. To secure approval, the name and a copy of the valid medical license of the qualified practitioner (MD, NP, or DO) must be submitted to the DCIAA at least one (1) week prior to the date of the scheduled on-site visit.

5.13.4.4 Forgery of Document. If upon inspection the Universal Health Certificate is found to be altered or forged, the coach and/or school official is subject to disciplinary action.

5.13.5 Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet. Families or adult students must submit to the principal, or designee, a signed and dated “Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” form in order to participate in interscholastic athletics at a member school. All students are prohibited from participating in try-outs, practice, or interscholastic sports activity prior to submitting this form.

5.13.5.1 Forgery of Document. If upon inspection, the “Parent and Athlete Concussion Information/SWAY/Sudden Cardiac Arrest Sheet” is found to be altered or forged, the student, coach and/or school official responsible is subject to disciplinary action.

5.13.5.2 Adult Students. Adult students, eighteen (18) years of age or older, must fully complete, sign, and return the “SWAY Consent Form” to the school before such students will be permitted to participate in any team try-out, practice, or interscholastic sports activity.

5.13.5.3 Forgery of Document. If upon inspection, the “SWAY Consent Form” is found to be altered or forged, the student, coach and/or school official responsible is subject to disciplinary action. Students must provide a signed and dated “Parent and Athlete Concussion Information Sheet”.

5.13.6 Academics

5.13.6.1 No “F”s. Students may not have any “F”s on their report card from the prior grading period.

5.13.6.2 Raised Grades. If a student raises his/her prior term grade of “F” to a “D” or above at any point during the season, the principal may submit an appeal to reinstate the student’s eligibility. The appeal must include new academic progress information.

5.13.7 Age

5.13.7.1 Age 16-22. A student must be at least age 16 and no older than age 22 on August 1 of the relevant school year.

5.13.7.2 Waivers. Students that are age 15, 23, or 24 on August 1 of the relevant school year may

apply for a waiver of this rule. Additionally, students in grade 8 who are enrolled at a school with an Opportunity League team may apply for a waiver of this rule.

5.13.7.3 Fair and Safe Competition. At all times, students must be placed at levels of competition appropriate to their physiological maturity, physical fitness, and athletic skills in relation to other students in the league.

5.13.8 Attendance. Students must be present in school on the day of any athletic event to participate on that specific day and must attend all scheduled classes. For excused absences on the day of competition, the DCIAA must receive an email notification by 11:00am from the school attendance counselor to regain eligibility. Email notification from the attendance counselor must be sent to the Opportunity League sports coordinator, Title IX and Student Affairs coordinator and Deputy Director of Athletics.

5.13.9 Participation Outside of the Opportunity League. Students must compete on the Opportunity League team if one is offered at their enrolled school. If a sport is not offered at their enrolled school, the student may join a team competing under traditional high school or middle school rules. The student must still to abide by all rules of eligibility for high school or middle school teams specified in section 5.2 or 5.3.

5.13.10 How to Be in the Opportunity League. All schools that are classified as Opportunity Academies will participate in the Opportunity League.

5.13.10.1 Non-Participation in Traditional Leagues. A School that participates in the Opportunity League cannot participate in the DCIAA traditional varsity program. For example, If the school participates in Opportunity League Basketball season, they cannot participate in DCIAA Varsity Basketball as well.

5.13.10.2 Application to Opportunity League. A school can apply to be part of the Opportunity League through the DCIAA if they meet the following criteria:

5.13.10.3 Any school that has student-athletes who do not fit the criteria of the DCIAA eligibility standards but fit the Opportunity criteria may apply for a team as long as they have sufficient student interest and a certified coach.

5.13.10.4 Schools who have an insufficient number of student-athletes that meet the criteria of the Opportunity League may partner up with another school to apply for a team within the Opportunity League if they do apply to DCIAA to be a joint program.

5.14 UNIFIED AND ADAPTIVE SPORTS PARTICIPANTS

5.14.1 Application of Standards. Any students wishing to participate on an adaptive sports team must meet the following standards. Coaches, referees and staff will focus their attention on developing and supporting the specific needs of participants and ensuring they are successful in the least most restrictive environment possible.

5.14.2 Two Types of Competitors. Adaptive sports teams are designed to give students with intellectual and physical disabilities the opportunity to compete in organized sports. Two types of students may join a team.

5.14.2.1 Participants. Participants must have a primary disability that is intellectual or physical. Adaptive teams are designed to support the needs and desires of Participants. Participants must follow the eligibility rules in this section. Participants are ineligible if their primary and/or only disability is behavioral or learning based unless approved by a member of the DCIAA staff.

5.14.2.2 Partners. Are only eligible to participate in unified sports. Any student without a disability may be a partner. The role of a partner is to be a peer that encourages and supports the participation of Participants. A student with a behavioral or learning disability can

participate as a partner. Partners must follow the eligibility rules of a standard Middle School or High School team.

5.14.3 Parental Consent and Health Certification. All students must submit the following valid and approved documents to the principals, or designee. If the student is less than 18 years of age, the document must be signed by a parent or legal guardian. If the student is 18 years of age or older, the student may sign the document. If upon inspection, any documents are found to be altered or forged, the student, coach, principal, and school will be subject to disciplinary action.

5.14.3.1 Parental Consent Form. Students must provide a signed and dated DCPS Consent for Athletic Participation form (AT-13). The signee must complete all parts of the form, including designating any sports that are not permissible for the student to participate in. This document must be re-submitted every academic year.

5.14.3.2 Emergency Treatment Form. Students must provide a signed and dated “Emergency Treatment Information Sheet” (AT-14) to the coach. The coach must provide the stamped “Emergency Treatment Information Sheet” upon request at each contest to the assigned Athletic Trainer or opposing coach if no athletic trainer is present. Emergency Treatment Information Sheets must be with the coach at all times when the students are in his/her presence. This includes practices, during transportation to and from competitions, and all competitions including non-league and out-of-state contests and tournaments. At any athletic event, failure to produce a current form will render each student for whom a form is unavailable ineligible. The student will become eligible again when a completed form, signed by a parent or guardian, is made available and cleared properly with the assigned Athletic Trainer. This could result in forfeiture of the contest if there are not enough eligible students to compete. The Emergency Treatment Form must be re-submitted every academic year.

5.14.3.3 Health Examination. Students must provide a physician’s certification that the student has been examined and is physically fit for the sport in which the student seeks to participate. A qualified practitioner shall complete the DC Department of Health Universal Health Certificate (AT-15). The UHC must be completed and signed by a qualified practitioner. The form must show proof of approval by the doctor’s office through a stamp or seal. The UHC is valid for one calendar year (365 days) after its signing by a qualified practitioner.

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

5.14.3.3.2 On-Site Health Examinations. A school must receive prior approval from the DCIAA for on-site physicals to occur. To secure approval, the name and a copy of the valid medical license of the qualified practitioner (MD, NP, or DO) must be submitted to the DCIAA at least one (1) week prior to the date of the scheduled on-site visit.

5.14.3.4 Concussion Information Sheet. Students must provide a signed and dated “Parent and Athlete Concussion Information Sheet”. This document must be re-submitted every academic year.

5.14.4 Academics and Behavior. Participants who are removed from a class or school due to behavior on the day of a competition will not be allowed to participate on that day. There is no academic requirement for Participants.

5.14.5 Age

5.14.5.1 Middle School teams. Participants on middle school teams must be in the sixth, seventh or eighth grade.

5.14.5.2 High School teams. Participants on high school teams must be in ninth, tenth, eleventh, or twelfth grade but cannot exceed the age of 22 years old on August 1 of the relevant school year.

5.14.5.3 Fair and Safe Competition. At all times, students must be placed at levels of competition

appropriate to their intellectual maturity, functional ability and physiological skills in relation to other students in the league.

- 5.14.6 Attendance.** Students must be present in school; attend all scheduled classes or DCPS approved therapy sessions, on the day of any athletic event to participate on that specific day. For excused absences on the day of competition, the DCIAA must receive an email notification by 11:00am from the school attendance counselor to regain eligibility. Email notification from the attendance counselor must be sent to the Unified and Adaptive Sports Coordinator and the Deputy Director of Athletics.

5.15 PARTICIPATION

- 5.15.1 Definition of "Participation."** A student shall be considered as having participated if he/she is in uniform in an interscholastic contest between organized teams or individuals of different schools.

5.15.1.1 May Represent One School. A student may represent only one (1) school in the same sport during a school year (5-A DCMR § 2704.9(b)).

5.15.1.2 Varsity Competition. A student who has participated in varsity competition in a sport during a school year shall be ineligible to participate in junior varsity competition in the same sport in the same year (5-A DCMR § 2704.9(c)).

- 5.15.2 Participation by Sex.** A school may operate a sports team for members of a single sex, so long as the school operates a sports team for the underrepresented sex when there is sufficient interest to maintain a team. In the event there is insufficient interest, the school shall allow members of the underrepresented sex to try out for existing teams and qualify based on appropriate skill level, safety, and other standards for participation on such team (5-A DCMR § 2702.10).

5.15.2.1 Girls on Boys' Teams. A school may permit a girl to participate on a boys' team if the school does not offer the sport for girls.

5.15.2.2 Boys on Girls' Teams. A school may not permit a boy to participate in a girls' team if the school's overall boys' athletic participation exceeds the girls'.

5.15.2.3 Co-ed Teams. In co-ed sports that have boys and girls, the team must participate in the boys' division in that sport. In ES sports, schools must start the game with the minimum number of girls required.

5.16 CHALLENGES TO ELIGIBILITY

- 5.16.1 Who May Challenge Eligibility.** A principal or the Executive Director of Athletics may challenge a student's eligibility status. All challenges to a student's eligibility shall be resolved within 15 calendar days from the date of the initial challenge. If there is enough evidence to warrant a challenge, the student may not participate in the investigation.

5.16.1.1 Executive Director of Athletics. The Executive Director of Athletics may challenge the eligibility of individual players at any time.

5.16.1.2 Principals.

- a. All challenges to the eligibility of individual players made by Principals shall be made no later than three (3) school days prior to the beginning of the first scheduled game of the sport to which the protest relates. Failure to file a challenge within the required time period shall be deemed a waiver of the right to challenge, except that challenges based on newly discovered evidence may, in the discretion of the Executive Director of Athletics, be made within three (3) school days of discovery of the new evidence.
- b. All challenges to the eligibility of individual players made by Principals shall be made within twelve (12) calendar days of the beginning of the term in which the challenge is made.

- 5.16.2 Process for Challenging.**

5.16.2.1A challenge must be presented in writing and signed by the submitting party, addressed to the appropriate school authority where the student is enrolled.

5.16.2.2 Upon conclusion of the investigation, the Executive Director of Athletics shall provide a written report with supporting documentation of findings and the student's right to appeal to the school, the challenging party, the DCSAA, and the parents, legal guardian or caregiver, no later than five (5) school days after the matter is reported to, or by the Executive Director of Athletics. (5-A DCMR § 2710.3.).

5.16.2.3The student whose eligibility is in question may not practice, scrimmage, or play in any school-sponsored athletic competition until the Executive Director of Athletics has issued his or her eligibility determination.

Article 6: New Team Request Procedures

6.1 NEW TEAM REQUEST PROCEDURES

Any school wishing to add a sport must apply for permission from the DCIAA.

- 6.1.1 Authority to Request New Teams.** Any school wishing to add a sport must apply for permission from the DCIAA. Only a DCIAA Principal or Athletic Director can apply for a new team. Varsity team requests in contact sports will only be considered for schools with enrollment/population of grades 9-11.
- 6.1.2 Method of Request.** The Executive Director will establish an application and official request process for all schools wishing to apply for new teams. The Executive Director will share specific details and instructions on the application process with all principals and Athletic Directors in advance of the request period.
- 6.1.3 Request Period.** The Executive Director will determine an application period and deadline. Specific deadlines may vary from year to year depending on the Central Office budgeting cycle. However, the application period will be open for a minimum of three weeks. The Executive Director will also pass judgement on any new team requests for the upcoming year by July 1st.
- 6.1.4 Forfeited Seasons.** Any team that does not complete their season must apply as a new team for re-instatement the following year.
- 6.1.5 Length of Approval.** Any approved new teams are approved only for the upcoming school year. If a school is granted a new team, but does not field one, the school must apply again for that team the following year.
- 6.1.6 Factors in the Review Process.** The Executive Director will consider several factors while reviewing new team requests. These factors include, but are not limited to:
- A school's history of successfully fielding teams. Among other things, successful teams have no forfeits, full team rosters, and responsible coaches.
 - What other teams already exist at a school. Priority will be given to schools that have fewer teams relative to the size of their student body.
 - A school's preparation to launch the team, as indicated by the responses to the application questions.
 - School must demonstrate a high level of student interest in the team that is requested.
 - School must demonstrate the availability of facilities to support the team request.
 - School must commit to hiring a qualified coach for the team.
 - The coach must be willing to take necessary coaching courses within the mandated time frame in order to serve as coach and fulfill all mandated requirements to be certified. The courses include: AED, CPR training in Emergency Skills, First Aid training, Concussion training, Heat Acclimatization.
 - How a new team would affect a school's proportionality numbers under Title IX.
 - How expensive the is sport to set-up and maintain, in terms of equipment, coaches, buses, officials. Some sports have a higher per-athlete or per-team costs than others.
 - Student body composition. In general, high schools that do not serve grades eleven (11) or twelve (12) will not be considered for varsity-level team sports if physical mismatches occur.
- 6.1.7 DCPS Athletics Department will consider budgetary constraints and operational impact as they approve new teams. Athletic operations include transportation, officials, medical coverage, and security.**
- 6.1.8 Appeal Process.** Schools will have the opportunity to appeal new team request decision to the Senior Deputy Chief of Schools.

6.2 OPPORTUNITY LEAGUE

- 6.2.1 Schools in the Opportunity League.** If a school fields an Opportunity League team, they may not field also field a team of the same sport in the traditional high school league. For example, if a school offers an Opportunity League Boys Basketball team, they may not also offer a High School Varsity Boys Basketball Team.
- 6.2.2 Joining the Opportunity League.** Any school that has students who do not meet the criteria for traditional high school teams, but do fit the criteria for Opportunity League teams, may apply for an Opportunity League team. Additionally, two or more schools can partner to offer a joint team. Schools must follow the New Team Request process specified in Section 6.1.

6.3 UNIFIED SPORTS TEAMS

- 6.3.1 Adding a Unified Teams.** Any school that offers Independent and Learning Support (ILS), Behavior and Education Support (BES), or Communication and Education Support (CES) classrooms is encouraged to apply to field a Unified team.
- 6.3.2 Joint Teams.** Any school that has students who do not meet the criteria for traditional teams, but do fit the criteria for Unified teams, may apply for a Unified team. Additionally, two or more schools can partner to offer a joint team. Schools must follow the New Team Request process specified in Section 6.1.

Article 7: Hardship Waivers and Special Circumstances

7.1 HARDSHIP WAIVERS – HIGH SCHOOL

7.1.1 5th Year Waivers. After initial enrollment in the 9th grade, a student-athlete has four (4) consecutive school years to participate in athletics. At the end of the fourth school year, the student-athlete will have exhausted his or her eligibility even if they stop attending. A student-athlete can petition the DCSAA for a 5th year of eligibility if they did not compete for four (4) years.

7.1.2 Overage Students - A request for a waiver of the age requirement in 5-A DCMR § 2704.4 shall only be considered for participation in non-contact or non-collision sports.

7.1.3 Hardships that May Justify a Waiver. The following hardships may justify a waiver, provided that the hardship caused the student to be retained and caused the student to miss the playing season:

- a. The student is incapacitated by physical/mental illness.
- b. A member of the student's immediate family has an incapacitating physical/mental illness.
- c. Death of student's immediate family member or another close relative.
- d. Pregnancy of student.
- e. Instability or change in student's home/custody situation.
- f. Any other circumstance which is beyond the student's control, but poses a significant hardship that prevents the student from participating in athletics during a season of eligibility.
- g. Financial Hardship

7.1.4 Timeliness of Waiver Submission - Waiver requests should be filed promptly when it becomes apparent to the student-athlete, principal, and head of school or another affected party that a waiver will be required.

7.1.5 Waiver Submission Requirements – In order to request a waiver, the student or a member school and/or LEA on behalf of the student, shall submit a request that includes the following:

7.1.6 A member school signed a statement of support or nonsupport by the principal/head of school;

7.1.7 Signature of the member school and/or LEA athletic director and parent(s)

7.1.8 Any necessary supporting documentation.

7.1.9 Incomplete Waiver Packet - Failure to provide all required and signed documentation to the DCSAA render a waiver request as being incomplete and subject to immediate denial.

7.1.10 Appeal Process. The decision to grant or deny a request for a waiver may be appealed to the DCSAC AAP in the manner set forth in § 2711. If a decision is not appealed to the DCSAC AAP within five (5) business days, the decision to deny or grant a request for a waiver shall be final. If a student's circumstances have altered, the student shall submit a new waiver request.

7.2 HARDSHIP WAIVERS – MIDDLE SCHOOL

7.2.1 4th Year Waivers. After initial enrollment in the 6th grade, a student-athlete has four (3) consecutive school years to participate in athletics. At the end of the third school year, the student-athlete will have exhausted his or her eligibility even if they stop attending. A student-athlete can petition the DCSAA for a 4th year of eligibility if they did not compete for four (3) years.

7.2.2 Overage Students - A request for a waiver of the age requirement shall only be considered for participation in non-contact or non-collision sports.

7.2.3 Hardships that May Justify a Waiver. The following hardships may justify a waiver, provided

that the hardship caused the student to be retained and caused the student to miss the playing season:

- h. The student is incapacitated by physical/mental illness.
- i. A member of the student's immediate family has an incapacitating physical/mental illness.
- j. Death of student's immediate family member or another close relative.
- k. Pregnancy of student.
- l. Instability or change in student's home/custody situation.
- m. Any other circumstance which is beyond the student's control, but poses a significant hardship that prevents the student from participating in athletics during a season of eligibility.
- n. Financial Hardship

7.2.4 Timeliness of Waiver Submission - Waiver requests should be filed promptly when it becomes apparent to the student-athlete, principal, and head of school or another affected party that a waiver will be required.

7.2.5 Waiver Submission Requirements – In order to request a waiver, the student or a member school and/or LEA on behalf of the student, shall submit a request that includes the following:

7.2.6 A member school signed a statement of support or nonsupport by the principal/head of school;

7.2.7 Signature of the member school and parent(s).

7.2.8 Any necessary supporting documentation.

7.2.9 Incomplete Waiver Packet - Failure to provide all required and signed documentation to the DCIAA renders a waiver request as being incomplete and subject to immediate denial.

7.3 WAIVER DUE TO SPECIAL CIRCUMSTANCES

7.3.1 Waiver Due to Special Circumstances. The principal may request a waiver from the Executive Director of any bylaw, guideline or policy not directly related to the student's eligibility when the principal or designee deems that there is cause for modification. The request must be submitted in writing.

Article 8: Practices, Scrimmages, and Interscholastic Contests

8.1 PRACTICE

- 8.1.1 Definition.** Practice is a scheduled time that teams or individuals use to prepare for an athletic contest. Practices involving multiple teams are considered scrimmages.
- 8.1.1.2 Eligible Students.** Only eligible student-athletes who are on a team's roster may participate in the practice of an athletic team during the season.
- 8.1.1.3 Participating Teams.** Practice sessions, in which teams from two or more schools participate together, are prohibited.
- 8.1.1.4 Eligibility and Practice.** Once eligible and cleared to participate, coaches and Athletic Directors shall ensure that student-athletes practice a minimum of three (3) days before the first competition.
- 8.1.1.5 Sunday Practices.** Conducting practice sessions of any kind on a Sunday is prohibited unless approved by the DCPS/DCIAA Executive Director of Athletics.
- 8.1.1.6 Inclement Weather.** Coaches, Certified Athletic Trainers, and student-athletes must be aware of potential inclement weather and the signs which indicate inclement weather development as specified in section 8.11 of this handbook.
- 8.1.1.7 No Outdoor Activity in Summer Afternoons.** No outdoor practices, scrimmages, competitions, or athletic activity of any type may occur between 11AM and 3PM from August 1 through the second Saturday in September.
- 8.1.1.8 Open/Closed Practices.** Schools can conduct open or closed practices. Parents seeking to view practices must consult with the coach and/or Athletic Director.
- 8.1.2 Out of Season Workouts and Practices**
- 8.1.2.1 Out of Season Workouts Defined.** Out of Season is defined as anytime your team is participating in any athletic activity outside of the designated sports season including, but not limited to, conditioning and weight training sessions. Please see specific sports sections for further out of season guidelines.
- 8.1.2.2 Summer Leagues (Basketball).** Teams must submit Summer League request forms with an updated team roster. Teams are not allowed to participate under their school name. Please see specific sports sections for further Summer League guidelines. School equipment and supplies may be used. A Building Use Agreement (BUA) must be secured to host games.
- 8.1.2.3 7 on 7 Passing Leagues (Football).** Teams must submit 7 on 7 Passing League request forms. Teams are not allowed to participate under their School name. School equipment and supplies may be used. A Building Use Agreement (BUA) must be secured to host games.
- 8.1.2.4 Fall Leagues (Basketball).** Teams must submit Fall League request forms with an updated team roster. Teams are not allowed to participate under their School name. Please see specific sports sections for further Fall League guidelines.
- 8.1.2.5 Spring Practices (Football and Soccer).** Two (2) weeks of practice shall be conducted in football and soccer. However, heavy equipment cannot be used, and contact workouts are prohibited. All students must be medically cleared to participate. Student-athletes must be listed on the Offseason Workout Rosters in the Athletic Tracking Database.
- 8.1.2.6 Offseason Workouts.** Only student-athletes who are medically cleared can participate in offseason workouts. Students must be placed on the offseason workout roster in QuickBase in order to participate. If students are not listed on the offseason workout roster, they are not allowed to participate in a team's offseason workout program.
- 8.1.2.7 Failure to Comply.** Coaches who host practices, participate in scrimmages, or allow a student-

athlete to participate in an off-season conditioning program, but fail to verify if the student-athlete is medically cleared to participate or knowingly allow participation of a student-athlete who is not medically cleared will face disciplinary action.

- 8.1.2.8 Football Conditioning Prior to the start of the season.** Voluntary conditioning and weight training may occur prior to the start of the season with medically cleared athletes but shall not occur during designated dead periods.
- 8.1.2.9 8th Grade Participation.** A student must have successfully completed the 8th grade prior to participating in workouts, enrolled for 9th grade at the receiving school, and have completed all necessary medical and participation paperwork prior to participation.
- 8.1.2.10 Summer Leagues.** Athletic league participation by school teams shall not be sanctioned in the name of a school. School equipment and supplies, facilities with Building Use Agreements (BUA's) may be used for such participation.

8.2 SCRIMMAGE

- 8.2.1 Definition.** A scrimmage is defined as two or more schools competing in a practice setting. Admission shall not be charged. Head coaches of involved teams may stop activity at any time to provide instruction and make substitutions.
 - 8.2.1.1 Eligible Students.** Only eligible student-athletes who are on a team's roster may participate in scrimmages of an athletic team during the season.
 - 8.2.1.2 Recorded Scores.** Scores may not be displayed or recorded during the scrimmage. The results of the scrimmage shall not be counted as a part of the involved teams' season win and loss records.
 - 8.2.1.3 Timeline for Scrimmages.** Scrimmages are to only take place prior to the start of non-league and league contests. No scrimmages are allowed during league and/or non-league play or dead periods.
 - 8.2.1.4 Non-League Agreement.** All scrimmages must be submitted on a non-league agreement. (Please see specific sports sections for further guidelines.)
 - 8.2.1.5 Open/Closed Scrimmages.** Scrimmages may be open or closed to the public. If the scrimmage is open to the public, the cost shall be absorbed by the school.
 - 8.2.1.6 Security.** Schools are required to have security for open scrimmages. Closed scrimmages are allowed and do not require security.
 - 8.2.1.7 Inclement Weather.** Coaches, Certified Athletic Trainers, and student-athletes must be aware of potential inclement weather and the signs which indicate inclement weather development as specified in section 8.11 of this handbook.

8.3 CONTESTS/COMPETITIONS

- 8.3.1 Definition.** A contest is a competition between two or more teams from different schools.
 - 8.3.1.1 Eligible Students.** Only eligible student-athletes who are on a team's roster shall participate in approved athletic contest during the season.
 - 8.3.1.2 Scheduling.** All league contests shall be scheduled through the DCIAA.
 - 8.3.1.3 Rules and Guidelines.** All competitions must be conducted in accordance with the constitution, by-laws, policies, procedures, rules, and regulations of DCIAA, DCSAA, NFHS, and the DCMR.
 - 8.3.1.4 Sanctioned Schools.** All league contests, non-league contests, and scrimmages must be between sanctioned opponents and at sanctioned events. This includes teams from different jurisdictions.

- 8.3.1.5 Non-League Agreement.** A Non-League Agreement (AT-7 and AT-8) must be completed for non-league games and scrimmages. DCIAA does not pay for officials, venue, security or transportation for non-league games.
- 8.3.1.6 Inclement Weather.** Coaches, Certified Athletic Trainers, and student-athletes must be aware of potential inclement weather and the signs which indicate inclement weather development as specified in section 8.11 of this handbook.
- 8.3.1.7 Rescheduled League Contests.** The DCIAA is responsible for the reschedule of all league contests as a result of weather-related issues, emergency situations, facility issues and school closures and will reschedule for the next available date. Schools will be notified of the reschedule once finalized.
- 8.3.1.8 Rescheduled Non-League Contests.** The DCIAA will approve the reschedule of all non-league contests in conjunction with schools.

8.3.2 Maximum Number of Games

Maximum Number of Regular Season Games by Sport (High School)

- | | | |
|----|---------------|--------------------------|
| a. | Baseball | 20 games, 4 scrimmages |
| b. | Basketball | 26 games, 4 scrimmages |
| c. | Bowling | 18 matches |
| d. | Cross Country | 12 meets |
| e. | Flag Football | 15 matches |
| f. | Football | 10 games, 4 scrimmages |
| g. | Golf | 15 matches |
| h. | Indoor Track | 10 meets |
| i. | Outdoor Track | 15 meets |
| j. | Soccer | 15 matches |
| k. | Softball | 20 games, 4 scrimmages |
| l. | Stunt | 10 matches, 4 scrimmages |
| m. | Swimming | 15 meets |
| n. | Tennis | 20 matches |
| o. | Volleyball | 20 matches, 4 scrimmages |

Maximum Number of Regular Season Games by Sport (Middle School)

- | | | |
|----|---------------|--------------------------|
| a. | Baseball | 15 games, 4 scrimmages |
| b. | Basketball | 18 games, 4 scrimmages |
| c. | Cross Country | 12 meets |
| d. | Football | 10 games, 3 scrimmages |
| e. | Golf | 10 matches |
| f. | Indoor Track | 10 meets |
| g. | Outdoor Track | 15 meets |
| h. | Soccer | 10 matches |
| i. | Softball | 15 games, 4 scrimmages |
| j. | Swimming | 10 meets |
| k. | Tennis | 10 matches |
| l. | Volleyball | 15 matches, 4 scrimmages |

Maximum Number of Regular Season Games by Sport (Elementary School)

| | | |
|----|---------------|-------------------------|
| a. | Basketball | 8 games, 2 scrimmages |
| b. | Cross Country | 10 meets |
| c. | Flag Football | 8 games, 2 scrimmages |
| d. | Indoor Track | 5 meets |
| e. | Outdoor Track | 10 meets |
| f. | Soccer | 8 matches, 2 scrimmages |

8.3.3 Sanctioning of Local, Interstate, National, and International Competitions. DCPS teams or individual representatives shall not compete in any type of athletic activity unless previously sanctioned by the DCPS/DCIAA Executive Director of Athletics and the SAO Athletic Director.

8.3.3.1 DCPS Executive Director of Athletics Approval of Contests. The DCPS/DCIAA Executive Director of Athletics shall evaluate each request in terms of factors that shall include, but are not necessarily limited to, the following:

- Date, time and place contest will be played;
- Distance to be traveled;
- Loss of time from school;
- Number of games required per day;
- Commercial exploitation of competing teams; and
- Game rules governing athletic contest(s) to be played.

8.3.3.2 DCPS Executive Director of Athletics Denial of Contests. Approval shall not be given for athletic activities which:

- Conflict with interscholastic athletic events sponsored by DCPS;
- Fail to require and endorse satisfactory entrance requirements for all teams participating;
- Offer awards which might jeopardize that amateur standing of winners or participants;
- Invite participation by suspended schools; and
- Fail to utilize approval criteria for selection of participating schools or individual athletes.

8.3.3.3 SAO Sanctioning Application. Application for sanctioning of local, interstate, national, and international competition must be submitted to the DCIAA for submission to the State Athletic Office (SAO) for approval. The "Application for Sanctioning of Events" is located on the SAO website.

8.3.3.3.1 Failure to Comply. A student or school who participates in a non-sanctioned athletic activity may forfeit eligibility for that sports season.

8.3.4 Field Trip Policy. In accordance with DCPS guidelines, a field trip is defined as a planned curricular or extracurricular experience for students directly related to and correlated with a specific unit of study or specialized function of the school. This policy includes travel for athletic contests. Schools must comply with the latest DCPS Field Trip Policy, available at <https://dcps.dc.gov/page/dcps-policies>.

8.3.4.1 Field Trip Form. In accordance with DCPS guidelines, a field trip is defined as a planned curricular or extracurricular experience for students directly related to and correlated with a specific unit of study or specialized function of the school. This policy includes travel for athletic contests.

8.3.4.2 Types of Field Trips.

- Day Trip and Local Trip (<50 miles):** For any travel to a scrimmage, athletic contest, or tournament that takes place within 50 miles of the school and includes students returning on the same day, the final approver is the school principal. No additional travel permission forms are necessary for such trips.
- Overnight Trip or Non-Local Trip (>50 miles):** For any travel to a scrimmage, athletic contest, or tournament that takes place beyond 50 miles of the school within the

contiguous United States, or that includes students staying overnight, the final approver is the instructional superintendent. Such trips require the school Athletic Director to submit a Domestic Field Trip Application via the DCPS Canvas Website (“Canvas”), found at <http://dcps.instructure.com/courses/2025>, no later than 90 days prior to departure.

- c. **International Trip:** For any travel to a scrimmage, athletic contest, or tournament that takes place outside of the contiguous United States, the final approver is the Chief of Schools. Such trips require submission of the International Field Trip Application via Canvas no later than 120 days prior to departure.

8.3.4.3 Submitting Field Trip Request. Overnight, Non-Local, and International Trip approvals are granted in two phases. Phase 1 approval requires the school Athletic Director to submit initial forms via Canvas, including the trip itinerary and other background information, as well as the total costs and funding sources. Once approval correspondence is received from the DCPS Field Trip and Student Travel office, the Athletic Director and coach can start making final trip arrangements, which should be done in cooperation with business managers, parents, chaperones, and central office staff members as appropriate. Phase 2 approval then occurs after the Athletic Director has submitted, via Canvas, all supporting documentation related to the trip (e.g. permission forms for each participating student, chaperone volunteer clearance letters, student roster, passports, etc.). Athletic Directors should inform parents and chaperones of what to expect and book all arrangements according to DCPS procurement guidelines prior to trip departure. Once Phase 2 approval is received from the DCPS Field Trip and Student Travel office, the trip is cleared for departure. Athletic Directors and coaches should email dcps.field-trips@dc.gov with any questions related to these guidelines.

8.4 TOURNAMENTS

8.4.1 Definition. A tournament is a competition involving teams or individual students representing three (3) or more schools competing in two or more games and participating under the name of the event i.e. showcase, challenge, classic etc.

8.4.1.1 Eligible Students. Only academically eligible student-athletes are on a team’s roster shall participate in tournaments during the sports season.

8.4.1.2 Scheduling. All contests shall be submitted and approved on a Non-League Agreement through the DCIAA.

8.4.1.3 Rules and Guidelines. All tournaments must be conducted in accordance with the constitution, by-laws, policies, procedures, rules, and regulations of DCIAA, DCSAA, NFHS, and the DCMR.

8.4.1.4 Inclement weather. Coaches, Certified Athletic Trainers, and student-athletes must be aware of potential inclement weather and the signs which indicate inclement weather development as specified in section 8.11 of this handbook.

8.4.2 Rules and Guidelines for Athletic Competitions. All athletic competitions are played under the rules and guidelines set by DCIAA, DCSAA, and NFHS.

8.5 NON-LEAGUE AGREEMENTS

8.5.1 Non-League Agreement. A Non-League athletic agreement stating the date, time, and location of the contest or scrimmage is required when a DCIAA school competes against any school outside of the DCIAA league schedule. All required agreement information must be provided on the “DCPS Athletics Agreement Form (AT-7).” Agreements for all non-league and cross-league athletic contests shall be submitted to the Office of Athletics for approval at least eight (8) weeks prior to the opening of the sports season.

- 8.5.2 Standard Agreement.** Agreements that involve scheduling information only shall be submitted for approval to DCIAA along with the “DCPS Athletics Contractual Form (AT-7).”
- 8.5.3 Non-Standard Agreement.** In the event that a school Athletic Director or coach is asked by a non-league opponent, tournament director, or any other entity to sign an agreement for a contest or scrimmage that includes terms and conditions beyond date, time, and location of the contest, the Athletic Director must submit such agreement to the DCIAA so that it may be reviewed by the DCPS Office of the General Counsel.
- 8.5.4 Approval Process.**
- Prior to submitting the standard or non-standard agreement to DCIAA, the DCPS Athletics Contractual Form (AT-7) shall be signed by the member school’s principal or athletic director, and coach.
 - The form then must be submitted, along with the agreement, for approval to the respective DCIAA Assistant Athletic Director.
 - Upon receiving approval from the DCIAA the member school will then submit the form and agreement to the opposing school for signature.
 - The form shall then be submitted back to the DCIAA for signature. Once DCIAA signs, the non-league contest or scrimmage agreement is valid, and the contest or scrimmage can be played.
- 8.5.5 Failure to Comply.** If a game is not played; it shall be considered a “no contest.” If a signed individual contract was received in the DCIAA or postmarked prior to the contest in question and the participating school breached the agreement; the non-breaching school may appeal for a forfeit to the Executive Director of Athletics.
- 8.5.6 Athletic Trainer and Security Coverage.**
- Schools are required to provide security for scrimmages. Closed scrimmages are allowed and do not require security.
 - Transportation for all non-league games must be covered by the school. Transportation will be provided for league competitions between DCIAA teams.
 - Medical coverage for games scheduled during holiday periods (i.e. Christmas, Spring Break, etc.) shall be paid for by the school.

8.6 OFFICIALS

- 8.6.1 Registered Officials.** Officials used in any sport must be registered through the District of Columbia State Athletic Association (DCSAA).
- 8.6.2 Conflict of Interest.** A conflict of interest (COI) occurs when an official is involved in multiple interests that could possibly corrupt the motivation for an act in other. If an official is in doubt, they should take the following steps. If an official fails to take these steps and is proven to have a conflict of interest, the official shall risk losing their certification.
- Disclose potential conflicts of interest to the DCIAA offices.
 - After a disclosure is made, the insider with a conflicting interest must not participate in judging the merits of that interest.
 - If an official fails to take the previous two steps and the COI in question is proven, the official shall risk losing their certification.

8.7 EJECTIONS

- 8.7.1 Ejection from Competition.** All team and individual sports ejections or disqualifications from a competition for the unsportsmanlike behavior of any form shall result in a one (1) game suspension.
- 8.7.2 Suspension Due to Ejection.** A person who has been ejected shall be suspended from the next played sanctioned competition. If the ejection takes place at the end of a season, it should be served during

the first official game of the following season. Coaches or students shall not be permitted to attend the game nor be present in the facility while serving the suspension.

- 8.7.3 Suspension Due to More than One Ejection in the Same Season.** A person who has been ejected from a second contest in the same season shall be suspended from the next two (2) played sanctioned competitions. If the ejection takes place at the end of a season, the two-game suspension should be served during the first and second official games of the following season. Additionally, a person who has been ejected from a third contest in the same season shall be suspended for the remainder of the season. Coaches or students shall not be permitted to attend the game nor be present in the facility while serving the suspension.

8.8 FORFEITURE OF CONTESTS

- 8.8.1 Forfeiture.** Team or individual forfeitures of DCIAA-sponsored events are strongly discouraged.
- 8.8.2 Season Cancelled.** Any team or individual who voluntarily or involuntarily forfeits three (3) games will have their season automatically canceled.
- 8.8.3 Disbandment of a Team.** Teams that have to disband for any reason must contact the Executive Director of Athletics immediately, so the appropriate accommodations can be made.
- 8.8.4 Timeliness and Forfeitures.** Coaches shall make every effort to be on time for scheduled contests and shall make every effort to ensure a full squad is in attendance at school by 12pm or at least two (2) hours prior to the scheduled bus pick-up time. Coaches should notify the DCIAA as soon as they're aware that their team will be forfeiting a game. Three (3) voluntary forfeits of non-league and league contests shall cancel the team's season.

8.9 PROTESTS

- 8.9.1 No Protests During Games.** During the playing of a game, no protest shall be made to the coach of the opposing team and/or the officials in charge of the contest. A formal protest should be submitted the next business day.
- 8.9.2 Authority to Protest.** Principals shall be responsible for determining whether or not a formal protest shall be made.
- 8.9.3 Formal Protest.** If a formal protest is entered, such protest should include all available information and supporting documentation submitted in writing by the principal of the protesting school to the Executive Director of Athletics and the principal of the opposing school by close of business the following school day.
- 8.9.4 Failure to Comply.** A team who refuses to continue a contest because of a protest shall result in forfeiture of the contest to the opposing team.

8.10 LEAGUE PLAYOFFS AND CHAMPIONSHIP

- 8.10.1 Who May Participate.** Only DCIAA member schools shall participate in any DCIAA athletic championships for any sport or level.
- 8.10.2 Post-season Approval.** Postseason games shall be limited to contests approved by the Executive Director of Athletics. In making this decision, consideration shall be given to, but not necessarily limited to, the following factors:
- Loss of school time by students and coaches;
 - The liability that DCPS has in regard to protecting the students;
 - Effect on total school athletic program;
 - Length of the sports season;
 - Level of students participating;
 - The effect upon students' current or college eligibility;

- g. The effect on maintaining students' amateur status;
- h. Nature of compensation offered by a sponsor to students and coaches;

8.10.3 Playoff Meeting. Schools must send a representative to mandatory playoff meetings.

8.10.4 Seeding and Bracketing. Each school shall be seeded based on its win-loss record in the contests played against DCIAA opponents in their division during the regular season. The school with the best league record shall be seeded first. The school with the second-best league record shall be seeded second, and so on.

8.10.5 Tie-Break Procedure. In case of a tie for any seed in the regular-season standings, the following tie-breaking procedure shall be followed to seed teams.

- a. **Schools Causing Forfeits.** Tie-break rules shall not apply to teams that cause a forfeit.
- b. **Head-to-Head Competition.** The head-to-head competition shall be used unless a team involved caused a forfeit during the regular season.
- c. **More than Two Teams Involved.** If more than two (2) teams are involved, the team that won against the other teams during the regular season shall receive the top seed out of the tie-break. The two remaining teams will revert to the "head-to-head" competition rule.
- d. **Head-to-Head versus Common Opponent.** Head-to-head versus common opponent will be used when two (2) or more teams remain tied. Results versus the highest seed, starting with #1, and proceeding to the last seed team, if necessary. The team that won against the highest seeded common opponent shall receive the top seed out of the tie-break. Should two teams remain tied, the two remaining teams will revert to the "head-to-head" competition rule.
- e. **Final Tie Breaking Solution.** If after "head-to-head" versus common opponent or "head to head competition" a tie remains with two teams, the Executive Director of Athletics shall use a coin toss. If a tie remains with three teams, the Executive Director of Athletics shall use a draw. A school representative shall be present during the toss or draw.

8.10.6 Forfeiture of Post-Season Contest. No team shall forfeit a post-season game. If a team intentionally forfeits, the DCIAA may impose a suspension of future post-season play in the same sport.

8.11 INCLEMENT WEATHER

8.11.1 Inclement Weather Policy. If weather conditions develop (including temperature changes) which threaten the safety and well-being of the students, the athletic trainer (or coach, if there is no certified athletic trainer present) shall inform the officials and contact the DCIAA administration.

8.11.2 General Rule. The following rules always apply regardless of the Heat Index Guidelines.

- a. No outdoor practices, scrimmages, or competitions may be held between 11am and 3pm from August 1 through second Saturday in September.
- b. Water should be readily available during practice and/or competitions.
- c. Special consideration should be given to students with special conditions, such as asthma, sickle cell trait/anemia, diabetes, obesity, high blood pressure, etc.

8.11.3 Heat Policy. The DCPS/DCIAA Sports Medicine Team utilizes the Kestrel Heat Stress Meter with wet bulb globe thermometer (WBGT) to determine exposure to dangerous heat stress conditions. The Heat Index Reference Guide that is followed is:

| WBGT | ACTIVITY GUIDELINES & REST BREAK GUIDELINES |
|-------------|--|
| Under 82.0 | Normal Activities. Provide at least three separate rest breaks each hour of workout, the minimum duration of 3 minutes each. |
| 82.0 - 86.9 | Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour of workout, the minimum duration of 4 minutes each. |
| 87.0 - 89.9 | Maximum practice time is two hours. Football: players restricted to helmet, shoulder pads and shorts. All protective equipment must be removed during conditioning activities. All sports: Provide at least four separate rest breaks each hour of workout, a minimum of 4 minutes each. |
| 90.0 - 92.0 | Maximum practice time is one hour; no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks during the one hour of practice. |
| Over 92.1 | No outdoor workouts. Delay practices until WBGT decreases. |

8.11.4 Thunder & Lightning Policy. The DCIAA rule is – “SEE IT or HEAR IT, CLEAR IT immediately!” If lightning is seen or thunder is heard, the activity shall be stopped, the outside venue shall be cleared immediately, and athletes shall be safely sheltered. The athletic department shall be contacted once all individuals are safely sheltered.

8.11.5.1 Evacuation Sites. SAFE Evacuation Sites include fully enclosed metal vehicles/buses with windows closed or substantial buildings. UNSAFE Lightning Shelter Areas include all outdoor metal objects like flag poles, fences, and gates, high mast light poles, metal bleachers, golf carts, machinery, etc. AVOID trees, water, openfields and high ground.

8.11.5.2 No Athletic Trainer Present. At each athletic event or venue (practice/game) at which no athletic trainer is present, someone shall be designated to monitor weather conditions. A timer shall be set from the first occurrence and reset each time another lightning strike is seen, or thunder is heard thereafter. Allow thirty (30) minutes to pass after the presence of any thunder AND/OR lightning prior to leaving the shelter.

8.11.5.3 Weather Service. The DCIAA subscribes to a professional weather service, Accuweather®. The weather service shall be used in making determinations on postponing or canceling practice and/or games.

8.12 VIDEOTAPING CONTESTS

8.12.1 Restrictions. Only the schools participating in the practices, scrimmages, and games may take videos. Opposing schools/coaches may not videotape another opposing team.

8.12.2 Exchange Policy. The film is exchanged between schools for scouting purposes.

8.12.3 Non-League Opponents. No film is to be given to non-league opponents except by the team which contest is scheduled.

8.12.4 Public Use. Game films for public use will not be distributed except for use by colleges to secure athletic scholarships.

8.12.5 Film Request. The game film must be kept on file for athletic department review upon request.

Article 9: DCIAA Sports Medicine

9.1 DEFINITION AND RESPONSIBILITIES OF ATHLETIC TRAINERS

9.1.1 Certified Athletic Trainer. All Athletic Trainers shall be certified through the Board of Certification and meet the requirements outlined by the job requirements of DCPS.

9.1.2 Certified Athletic Trainer Responsibilities. The Athletic Trainer is responsible for coordinating and administering a comprehensive sports medicine program for all student-athletes in their school. The Athletic Trainer is also responsible for establishing injury prevention practices and the immediate care of injured athletes. The Athletic Trainer implements injury rehabilitation under the direction of medical personnel. The duties of the position include but are not limited to the following:

- a. Serves as the allied health care professional who is a member of the athletic program.
- b. Develops an injury prevention program, immediate treatment procedure, and rehabilitation procedure.
- c. Recognizes the severity of injuries, administers appropriate first aid and refers injured student-athletes to appropriate medical professionals.
- d. Establishes daily hours of operation for the athletic health care facility in cooperation with the DCIAA Lead Athletic Trainer.
- e. Supervises the sports medicine facility, requests, and stores appropriate equipment and supplies, maintains an inventory of all equipment and supplies, maintains approved records, and prepares an annual budget.
- f. Develops an emergency action plan for each facility which is utilized as a primary site by teams from their assigned school.
- g. Assists coaches in the planning of off-season and in-season conditioning and strength training programs.
- h. Provides first aid care/medical assistance for visiting athletic teams and/or their Athletic Trainers.
- i. Renders an immediate decision, in the absence of a physician, regarding the playing status of a student-athlete.
- j. Reviews and maintains copies of all AT-forms that comprise the participation packet of all student-athletes from their respective high school(s).
- k. Coordinates and distributes sports medicine information to coaches and athletic administration within the DCPS.
- l. Maintains program data and provides information as requested by the Executive Director of Athletics.

9.2 PAPERWORK REVIEW PROCEDURE

9.2.1 Paperwork Review Timeline and Requirements. Participation forms that are submitted will be reviewed within three (3) school days from the date of submission. Only completed participation packets will be accepted for review.

9.3 INJURY/ILLNESS NOTIFICATION PROCEDURE

9.3.1 Reporting Injuries/Illness When Athletic Trainer is Not Present. In the absence of an Athletic Trainer, if an injury or illness occurs and it is considered to be life/limb threatening or it requires that the

student-athlete be transported to a hospital by ambulance the coach should:

- a. Call 911 immediately.
- b. Provide EMS with an exact location
- c. Provide appropriate emergency care
- d. Contact the student-athlete's parent or guardian
- e. Contact your assigned Athletic Trainer and inform them of the injury
- f. Have a member of your coaching staff (21 years or older) designated to accompany the student-athlete to the hospital prior to ambulance's arrival
- g. Give EMS a copy of the student-athletes Emergency Treatment Form (AT-14)

9.3.2 Post Injury/Illness Return to Participation Protocol. Once a student-athlete has been seen by a physician for an injury or an illness, he or she must obtain and submit written clearance from the treating physician or his/her primary care physician. The written clearance must state that the student-athlete is "cleared to return to competitive sport" and be submitted to the assigned Athletic Trainer prior to being allowed to return to participation. The athlete may be removed from participation if he/she is not functioning at a satisfactory competitive level.

9.4 CONCUSSION/HEAD INJURY POLICY

9.4.1 Management of Concussions. The athletic rule as it pertains to concussions is supported by two governing bodies, the National Athletic Trainers Association (NATA) and the National Federation of High School Sports' Sports Medicine Advisory Committee. This policy is also in compliance with the District of Columbia's Athletic Concussion Protection Act of 2011.

9.4.2 Return to Participation/Play (RTP) following a Concussion. Proper management of a concussion is the best way to minimize further complications and promote safe recovery. It is most important to prevent Second Impact Syndrome – a catastrophic increase in intracranial pressure which can result in massive brain swelling, herniation, and/or death. This syndrome occurs in athletes up to 14 days post-concussion and when an athlete returns to competition prior to the complete resolution of initial symptoms. Therefore, the following **Concussion Protocol** is utilized by DCPS DCIAA Sports Medicine:

- a. Any athlete diagnosed with any symptom of a concussion is removed from participation immediately and disqualified from activity for that day.
- b. Following the injury, all concussions are evaluated by the Athletic Trainer and referred for further medical evaluation by a physician as warranted. Once seen by a physician, a written clearance to return to participation must be submitted to the Athletic Trainer prior to starting the mandatory stepwise progression return to participation (RTP) protocol, outlined in concussion management protocol (www.thedciaa.com). If the athlete is not referred to a physician, he/she must be asymptomatic for a minimum of 24 hours post-injury before he/she may start the mandatory stepwise progression RTP protocol. The concussion RTP protocol will be supervised by the Athletic Trainer and/or a designee.

9.4.2.1 Athlete with History of Two Concussions. An athlete with two (2) concussions in a season will be removed from athletics for the remainder of that season. Return to play will require neurocognitive testing and written approval by the treating/primary care physician.

9.4.2.2 Athlete with History of Three Concussions. An athlete with a lifetime history of three (3) or more concussions is highly recommended to avoid athletics. Participation will require neurocognitive testing and be at the discretion of a physician and written approval by a neurologist/primary care physician will be required.

9.5 ASTHMA AND ALLERGIES

9.5.1 Asthma. The DCIAA requires all students with asthma indicated on any medical eligibility documentation to have emergency rescue medication readily available at all team-related activities.

The rescue medication inhaler must not be expired and must have remaining doses.

9.5.1.1 Failure to Produce an Inhaler. Failure for a student-athlete identified with asthma to have his/her emergency asthma medication at an athletic event will render that student-athlete ineligible until his/her emergency asthma medication is made available. The requirement for emergency medication cannot be waived by a parent.

9.5.1.2 If during a practice or game, an athlete must self-administer his/her asthma medication more than twice, excluding prescribed pre-game inhaler usage, he/she will be medically disqualified from that game or practice. He/she will then be referred to his/her personal physician for follow-up and further evaluation. The athlete may only return to activity with written permission from his/her physician indicating that it is safe for him/her to resume athletic participation.

9.5.2 Anaphylaxis. Any athlete with allergies, i.e. bee stings, peanuts, etc., and who are prescribed emergency medication (Epi-Pen) must have his/her medication readily available at all team-related activities, including practices. The epi-pen must be present despite the allergen.

9.5.2.1 Failure to Produce EpiPen. Failure for a student-athlete to have their EpiPen readily available at all team-related activities will render him/her ineligible for participation. The requirement for emergency medication cannot be waived by a parent.

9.5.2.2 If an athlete must use his/her Epi-Pen, emergency medical help must be sought, and the athlete must receive clearance from a physician to resume participation.

9.6 AED POLICY

9.6.1 Proper Care and Use. The Automated External Defibrillator (AED) is the property of the District of Columbia Interscholastic Athletic Association (DCIAA) and is being assigned to the schools for use in emergency situations. The AED's care and security are the responsibilities of the school and the Athletic Director will serve as the site administrator for the AED unit(s). Improper care, use, and or storage of the AED unit will result in the unit(s) being removed from the school by DCIAA.

9.6.2 AED Storage. The AED should be stored in a common area that is accessible by all coaches or in the Athletic Director's office so that it may be retrieved without hindrance when needed. (The ADA guidelines specify that if the device is mounted, it must not be mounted higher than 48 inches/4ft). It needs to be easily accessible for all coaches to retrieve the device. During the Fall and Spring Sports, if the AED is not mounted in a common secured area, it should be signed out by a coach and taken daily to the practice field. The device should be returned to its designated storage area to be secured upon completion of the practice. A sign out sheet (template provided) will be kept in a binder.

9.7 Exertional Heat Illness (EHI) Protocol

9.7.1 Individual responses to physiologic stimuli and environmental conditions vary widely. Therefore, this protocol does not guarantee full protection from an Exertional Heat Illness (EHI) but could mitigate the risks associated with athletic participation. This protocol and prevention strategies should be carefully considered and implemented by Certified Athletic Trainers and the coaching staff as part of an overall strategy for the prevention and treatment of EHIs.

9.7.2 Prevention

9.7.2.1 Role Delineation

The National Athletic Trainers' Association recommends that each organization or institution that sponsors athletic activities has a written Emergency Action Plan (EAP) that identifies the

responsibility of each person involved in managing an emergency.

a. Emergency Action Plan Team

- Physician
- Certified Athletic Trainer
- Athletic Training Student Intern
- Athletic Director
- Head Coach
- Assistant Coach
- School Security
- School Administration
- School Staff
- Athletic Team Captain
- Athletic Team Members

9.7.2.2 On-site Emergency Equipment

In addition, emergency equipment/supplies to manage heat-related illnesses should be on-site, easily accessible, and in good working order to allow for immediate intervention and treatment if necessary.

a. Emergency Equipment when Athletic Trainer IS present:

- Kestrel Heat Stress Meter
- Ice and a cold water supply
- Athlete Transporter (soft stretcher)
- Tarp Assisted Cooling with Oscillation (TACO) supplies (tarp/duct tape)
- Cotton sheet for athlete support, shade or privacy screen.
- Rectal thermistor (Data Therm II)
- Pulse oximeter
- Blood pressure monitoring device
- Automated External Defibrillator (AED)
- Bag valve mask (BVM)
- Airway management tools

b. Emergency Equipment when Athletic Trainer IS NOT present:

- Immediate access to an Automated External Defibrillator (AED)
- Tarp Assisted Cooling with Oscillation (TACO) supplies (tarp/duct tape)
- Ice and cold water supply

9.7.2.3 Athlete Education

An informed athlete is the first step in preventing an Exertion Heat Illness.

- Educate athletes on the signs/symptoms of an Exertional Heat Illness and encourage immediate reporting to the Athletic Trainer and/or coaching staff.
- Familiarize athletes with a urine color chart to self-monitor hydration levels (Addendum B: Urine Color Chart).
- Encourage athletes to drink 16-20 ounces of fluid for every pound lost during practice.
- Instruct athletes to drink sodium-containing fluids to help the body improve hydration.
- Encourage athletes to rest/sleep in a cool environment to diminish the cumulative effects of

heat.

9.7.3 At-Risk Athletes

The National Athletic Trainers' Association recommends that heat acclimatization guidelines gradually phase in an increase in exercise intensity/duration and the progressive increase in the use of protective equipment in sports such as football and lacrosse over a period of days. Refer to the DCIAA Heat Acclimatization and Sport Acclimation Policy for the complete policy.

Identify those athletes that are predisposed to EHI and monitor them carefully for early signs/symptoms of a heat-related illness. (Addendum A: Exertional Heat Illness Inventory)

- Athletes with certain medical conditions: asthma, sickle cell trait/anemia, diabetes, morbid obesity, high blood pressure, and G6PD Deficiency.
- Athletes taking certain medications: diuretics, beta blockers, antidepressants, and ADD/ADHD medications.
- Athletes that are poorly acclimatized, poorly conditioned and/or overweight (Body Mass Index (BMI) greater than 27).
- Athletes with a preexisting dehydrated state or recent heat illness.
- Athletes with a fever or gastrointestinal illness.
- Athletes under the influence of alcohol or illegal drugs.
- Athletes taking OTC medications/supplements: aspirin, antihistamines, caffeine.

9.7.4 Fluid Consumption

Weight loss during exercise is primarily a loss of body water. A loss of just 1 to 2% of body weight (1.5 to 3 pounds for a 150-pound athlete) can negatively impact performance. A loss of 3% or more of body weight can significantly increase the risk for an Exertional Heat Illness. Sufficient fluid should be readily accessible and consumed at regular intervals before, during, and after all sports participation to offset sweat loss and maintain adequate hydration.

- Pre-activity water consumption should be 10-20 ounces 2-3 hours prior to an activity and an additional 10 ounces 20 minutes prior to participation.
- Ages 9-12: 3–8 ounces every 20 minutes during activity
- Adolescents: 10–15 ounces every 20 minutes during activity

Breaks during practice should be well-planned in the shade or in a pre-determined cooling zone and should allow enough time for all athletes to consume sufficient fluids. Additionally, athletes should be permitted to remove equipment (e.g., helmets) during hydration/rest periods. Staff should ensure that they are taking this time to closely monitor the athletes for signs/symptoms of an Exertional Heat Illnesses.

9.7.5 Hydration Testing

The DCIAA Sports Medicine Team Athletic Trainers utilize a digital urine refractometer to test the specific gravity of urine specimens to determine hydration levels in athletes.

9.7.6 Weight Chart

The DCIAA Sports Medicine Team Athletic Trainers require that athletes participating in some sports weigh in before practice and weigh out after practice to determine weight loss due to fluid loss. A loss of more than 3% of body weight will require the athlete to submit a urine sample to ensure hydration levels are within normal limits prior to returning to participation.

9.7.7 Temperature/Humidity Readings

The DCIAA Sports Medicine Team Athletic Trainers utilize the Kestrel Heat Stress Meter with a wet bulb globe thermometer (WBGT) to determine exposure to dangerous heat stress conditions. A Wet Bulb Globe Thermometer (WBGT) device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during practice. A WBGT reading will be taken 10-15 minutes prior to practice and is specific to the exact practice location (e.g., gymnasium, turf field, grass field, stadium).

Practice Modifications

| Level | WBGT | Heat Index | Practice Duration | Football Lacrosse Attire | Other Sports | Fluid Consumption | Recommendations |
|-------------|------------|------------|--|--|--|--|---|
| 1 GREEN | Under 82.0 | Under 94 | 3-hour max/session, 5-hour max/day | full gear | no limitations | 4 oz. every 20 minutes | Minimum of 3 water breaks at least 3 minutes in duration |
| 2 YELLOW | 82.0-86.9 | 95-99 | 2.5-hour max with 15-minute rest during that hour | helmet and shoulder pads only | Cross Country remains within 1 mile of campus | 6-8 Oz. every 20 minutes | Provide 4 water breaks at least 4 minutes in duration. |
| 3 ORANGE | 87.0-89.9 | 100-102 | 2-hour max 15-minute rest during that hour. Minimum 2 hours rest between practices | helmet only | Cross Country remains on campus | 8-10 oz. every 15 minutes | Provide 4 water breaks at least 4 minutes in duration. |
| 4 RED | 90.0-92.0 | 103-104 | 1-hour max 20-minute rest during that hour. | no protective equipment shirt and shorts only | Cross Country remains on campus | 8-10 oz. every 15 minutes | Provide 4 water breaks at least 4 minutes in duration Reduce the intensity of activity. No conditioning activities. |
| 5 BLACK | over 92.1 | 105 | indoor practice with the same heat guidelines as outdoor | indoor practice with the same heat guidelines as outdoor | indoor practice with the same heat guidelines as outdoor | Rehydrate 24 oz. for each pound of body weight lost. | indoor practice with the same heat guidelines as outdoor |

9.8 Recognition/Treatment

Any significant deterioration in performance with notable signs of struggling, negative changes in personality or mental status or other concerning signs/symptoms of a heat-related illness, including

pallor, bright-red flushing, dizziness, headache, excessive fatigue, vomiting or complaints of feeling cold or extremely hot, should be sufficient reason to immediately stop participation and activate immediate medical care. Medical care for an evolving heat illness should not be delayed.

| Heat Cramps | Heat Syncope | Exertional Heat Exhaustion (EHE) | Exertional Heat Stroke (EHS) |
|------------------------------|------------------------------|--|----------------------------------|
| normal core body temperature | normal core body temperature | normal or elevated core body temperature | elevated core body temperature |
| sweating | tunnel vision | profuse sweating chills | delirium/irrational behavior |
| muscle spasms | pale or clammy skin | lightheaded/dizzy | Profuse sweating or hot/dry skin |
| muscle weakness | decreased heart rate | headache | emotional instability |
| increased thirst | lightheaded/dizzy | nausea | aggressiveness |
| | | rapid pulse | seizures |
| | | fainting | loss of consciousness |

9.8.1 Exercise-Associated Muscle (Heat) Cramps

Heat Cramps represent a condition that presents during or after intense exercise sessions as an acute, painful, involuntary muscle contraction. Proposed causes include fluid deficiencies (dehydration), electrolyte imbalances, neuromuscular fatigue, or any combination of these factors.

- Have the athlete move to a shaded area.
- Begin stretching the affected muscles with ice application.
- Have the athlete ingest a beverage that contains sodium and electrolytes.
- The athlete can return to participation when the athlete is symptom free.

9.8.2 Heat Syncope

Orthostatic dizziness can occur when a person is exposed to high environmental temperatures. It often occurs after standing for long periods of time, immediately after cessation of activity, or after a rapid assumption of upright posture.

- Assist/move the athlete to a shaded area as quickly as possible.
- Loosen/remove excessive clothing/equipment.
- Elevate legs above the level of the heart.
- Rehydrate with water and/or liquids containing electrolytes and sodium.
- The athlete is prohibited from returning to participating for the remainder of practice.
- The athlete can return to participation the next day if hydration levels are within normal limits (as defined by a refractometric analysis of urine) and the athlete is symptom free.

9.8.3 Exertional Heat Exhaustion (EHE)

EHE is defined as an elevated core body temperature between 97° and 104° F and the inability to continue exercise. Other signs and symptoms include pallor, persistent muscular cramps, weakness, fainting, intense headache, hyperventilation, and/or nausea. At its worst, Exertional Heat Exhaustion is difficult to distinguish from Exertional Heat Stroke without obtaining a rectal temperature assessment of core body temperature.

9.8.4 Treatment of EHE when Athletic Trainer IS present:

- a. If unconscious, check airway, breathing, and pulse
- b. Assess the athlete's central nervous system function, behavior, and mental status to rule out a more serious condition.
- c. Move the athlete to a shaded area or move the shade (tent) to the athlete.
- d. Remove excess equipment while preparing the TACO tarp (e.g., helmet, shoulder pads, gloves, jersey). Cold Water Immersion (CWI) utilizing the Tarp Assisted Cooling with Oscillation (TACO) should begin as quickly as possible. The remaining equipment can be removed while in the TACO.
- e. Simultaneously activate EMS and Rectal Thermometry Procedure to assess core body temperature.
- f. Monitor and record vital signs at regular intervals (approximately every 5 minutes).
T.H.R.O.B.
 - Temperature
 - Heart Rate
 - Respiratory Rate
 - Oxygen Saturation
 - Blood pressure
- g. Lower core body temperature to 101°-102° F as quickly as possible.
- h. The athlete can be removed from the TACO when the core body temperature reaches 101°-102° F.

9.8.5 Treatment of EHE when Athletic Trainer IS NOT present:

- a. If unconscious, check airway, breathing, and pulse.
- b. Activate EMS: Call 911
- c. Activate the Cold Water Immersion (CWI) utilizing the Tarp Assisted Cooling with Oscillation (TACO) method to lower core body temperature. Cooling via CWI occurs at a rate of approximately -1° every 3 minutes (if the water is cold and vigorously stirred).
- d. Cool first, transport second. Cool for a minimum of 10-15 minutes and then transport to a medical facility.**
- e. In the absence of the ability to begin Cold Water Immersion, activate EMS immediately and utilize an alternative cooling method.
- f. Move the athlete to a shaded area or indoor facility.
- g. Remove excessive clothing.
- h. Cover the athlete with ice bags in the neck, armpit, and groin area or douse with water from a drinking cooler, locker room shower or hose.

9.8.6 Return to participation after EHE

9.8.6.1 A written clearance note from the doctor must be provided to the Athletic Trainer before the return to participation can begin. The note must be completed by the treating doctor and state that the athlete is cleared from an Exertional Heat Illness and can return to competitive sports.

9.8.6.2 The following are guidelines only and the length of recovery will be primarily dictated by the severity of the heat illness incident. The longer an athlete's core temperature remains elevated, the

longer the period needed for recovery.

- a. Once the athlete is symptom-free and hydration levels are within normal limits (as defined by a refractometric analysis of urine) the athlete can begin a graduated return to participation program.
- b. The return to participation program will follow the DCIAA Heat Acclimatization and Sport Acclimation Policy.
- c. If at any point the athlete develops signs/symptoms of a heat-related illness, the athlete must return to the prior day's parameters.
- d. All return to participation steps will be supervised by the Athletic Trainer and/or their designee and the athlete may be referred back to the doctor at any point at the discretion of the Athletic Trainer.

9.9 Exertional Heat Stroke (EHS)

9.9.1 Treatment of EHS when Athletic Trainer IS present:

- a. If unconscious, check airway, breathing, and pulse while activating EMS.

Assess the athlete's central nervous system function, behavior, and mental status to rule out an alternative condition.

- b. Move the athlete to a shaded area or move the shade (tent/sheet) to the athlete.
- c. Remove excess equipment while preparing the TACO tarp (e.g., helmet, shoulder pads, gloves, jersey). CWI utilizing the Tarp Assisted Cooling with Oscillation (TACO) should begin as quickly as possible. The remaining equipment can be removed while in the TACO.
- d. Simultaneously activate EMS and Rectal Thermometry Procedure to assess core body temperature.
- e. Monitor and record vital signs at regular intervals (approximately every 5 minutes).
T.H.R.O.B.
- f. Temperature
- g. Heart Rate
- h. Respiratory Rate
- i. Oxygen Saturation
- j. Blood pressure
- k. Lower core body temperature to 102° F as quickly as possible.
- l. The athlete can be removed from the TACO when the core body temperature reaches 102° F.

9.9.2 Treatment of EHS when Athletic Trainer IS NOT present:

- a. If unconscious, check airway, breathing, and pulse.
Activate EMS: Call 911
- b. Activate the Cold Water Immersion (CWI) utilizing the Tarp Assisted Cooling with Oscillation (TACO) method to lower core body temperature. Cooling via CWI occurs at a rate of approximately -1° every 3 minutes (if the water is cold and vigorously stirred).
- c. **Cool first, transport second. Cool for a minimum of 10-15 minutes and then transport to a medical facility.**

9.9.3 In the absence of the ability to begin Cold Water Immersion, activate EMS immediately and utilize an alternative cooling method.

- a. Move the athlete to a shaded area or indoor facility.
- b. Remove excessive clothing.
- c. Cover the athlete with ice bags in the neck, armpit, and groin area or douse with water from a drinking cooler, locker room shower or hose.

9.9.4 Return to Participation After EHS

A written clearance note from the doctor must be provided to the Athletic Trainer before the return to participation can begin. The note must be completed by the treating doctor and state that the athlete is cleared from the Exertional Heat Illness and can return to competitive sports.

The following are guidelines only and the length of recovery will be primarily dictated by the severity of the heat illness incident. The longer an athlete's core body temperature remains elevated, the longer the period needed for complete recovery.

- a. The return to participation begins with a 7-day rest period when no physical activity/conditioning can take place.
- b. After the 7 day rest period, if the athlete is symptom-free and hydrated (as defined by a refractometric analysis of urine), the athlete can begin a 14-day graduated return to participation.
- c. If at any point the athlete develops signs/symptoms of a heat-related illness, the athlete must return to the prior day's parameters.
- d. Days 1-2: Light exercise, indoor with maximum Level 1/Green WGBT Heat Index parameters.
- e. Days 3-4: Moderate exercise, indoor with maximum Level 1/Green WGBT Heat Index parameters.
- f. Days 5-6: Strenuous exercises, indoor with maximum Level 2/Orange WGBT Heat Index parameters.
- g. Day 7-10: Indoor/outdoor, light conditioning, equipment (partial equipment for football) if applicable to the sport.
- h. Days 11-14: Indoor/outdoor, moderate/strenuous conditioning, equipment if applicable to the sport (full equipment for football).
- i. After the 14-day graduated return to participation, the athlete will be evaluated for full clearance/competition if able to participate in full practice sessions for two weeks without adverse effects.
- j. All return to participation steps will be supervised by the Athletic Trainer and/or their designee and the athlete may be referred back to the doctor at any point at the discretion of the Athletic Trainer.

9.9.5 Rectal Thermometry Procedure

Under all circumstances in which EHE and EHS are suspected and an Athletic Trainer is present, a rectal temperature assessment of core body temperature should be activated within 3-5 minutes.

- a. Move the athlete to a shaded area or move the shade (tent) to the athlete.

- b. Remove excess equipment while preparing the TACO tarp (e.g., helmet, shoulder pads, gloves, jersey). CWI should begin as quickly as possible. The remaining equipment can be removed while in the TACO.
- c. Position the athlete on their side on top of the TACO tarp with the top knee and hip flexed. Drape area surrounding the athlete with a sheet, tarp or human shield for privacy.
- e. Pull down the athlete's pants or cut a hole in the athlete's pants around the anal sphincter.
- f. Apply a water-soluble lubricant to the rectal probe and insert it to a depth of 6".
- g. Secure the thermistor lead to the athlete's low back with duct tape to prevent movement/removal of the probe.
- h. Attach the lead to the thermistor.
- i. Turn on the thermistor.
- j. Cooling the athlete will be initiated immediately after the insertion of the rectal thermistor.
- k. The probe should remain inserted the entire time during the cooling process.
- l. Monitor vital signs. Blood pressure, oxygen saturation, core body temperature, respiratory rate, and heart rate should be taken and recorded at regular intervals (approximately every 5 minutes). *It is not necessary to remove the athlete from the water to monitor the vital signs.*
- m. Cool first, transport second.**

9.9.6 Cold Water Immersion Utilizing the Tarp Assisted Cooling Oscillation (CWI/TACO) Procedure

Under all circumstances in which EHE and EHS are suspected Cold Water Immersion (CWI) utilizing Tarp Assisted Cooling with Oscillation (TACO) should be activated within 3-5 minutes.

- a. Move the athlete to a shaded area or move the shade (tent) to the athlete.
- b. Remove excess equipment while preparing the TACO tarp (e.g., helmet, shoulder pads, gloves, jersey). CWI should begin as quickly as possible. The remaining equipment can be removed while in the TACO.
- c. Place the athlete on an 8x10 tarp. Have four individuals hold the tarp corners to create a semi-recumbent position for the athlete.
- d. Secure the two corners at the head together and the two corners at the feet together with duct tape, forming a taco shape.
- e. Pour ice water directly on the athlete. Cover as much of the body as possible with ice water.
- f. During cooling, the individuals that are holding the tarp oscillate the water to maximize the effects of cooling by preventing a barrier of warm water from forming around the athlete.
- g. Monitor vital signs. Blood pressure, oxygen saturation, core body temperature, respiratory rate, and heart rate should be taken and recorded at regular intervals (every 5-10 minutes). *It is not necessary to remove the athlete from the water to monitor the vital signs.*
- h. The athlete should be removed from CWI/TACO when body temperature reaches 102° F. If no rectal thermistor is available, the athlete should be kept in the cold water for approximately 30 minutes.
- i. Cool first, transport second.**
- j. In the absence of the ability to begin cold-water immersion, an alternative cooling method can be utilized by moving the athlete to a shaded area or indoor facility and covering the

athlete with ice bags in the neck, armpit and groin area or cold water dousing from a drinking cooler, locker room shower or hose.

9.10 Preseason Fall Practices

Pre-Season:

Prior to any practice, a medically cleared athlete must:

***Complete Hydration testing** with refractometer adhering to the following hydration scale:

| | |
|-------------|---|
| < 1.010 | Well Hydrated |
| 1.010-1.020 | Hydrated (Acceptable Range - Minimal Dehydration) |
| 1.021-1.030 | Dehydrated |
| > 1.030 | Extremely Dehydrated |

NOTE: The acceptable range is 1.010-1.020. If a student-athlete tests above the hydrated range (dehydrated/extremely dehydrated), they are to be held out from practice until they are retested and deemed hydrated. Results are documented.

***Weigh In and Weigh Out:** Each athlete needs to weigh in before practice and record their weight and weigh out after practice and record their weight. They should note any large decreases in weight and fill out the weight with the (+) (-). Athletes should wear the same attire at both weigh *in and weigh out*. A weight chart or similar document should be used to record the weights. If an athlete is absent for more than 3 consecutive days during the 8-day acclimatization and acclimation period, he/she must restart the process at Day 1.

If an athlete loses more than 2% of their body weight (to be calculated by the Athletic Trainer) they are to be hydration tested prior to the next practice. If the athlete is hydrated, they are permitted to practice. However, if they test dehydrated or severely dehydrated, they must be held out from practice until their test results indicate that they are hydrated.

***Document in chart form the days completed for each student-athlete.** (Note what day they are on to determine level of equipment for that day.)

There will be NO outdoor practices or activities from 11am-3pm. Practice days are Monday to Saturday only. Each player must complete eight (8) practice days of heat acclimatization and a sport acclimation period, according to the following schedule:

- Days 1 & 2 – Athletes may practice in t-shirt, shorts, and helmets only
- Days 3, 4, & 5 – Athletes may practice in shoulder pads, shorts, and helmets
- Days 6, 7, & 8 – Athletes may practice in full pads

**This schedule is subject to modifications due to extreme heat.

The Athletic Trainer (HS) and/or the Head Coach (MS) will be responsible for tracking the completion of the 8-day acclimatization/acclimation period for each student-athlete. The first eight (8) days must be single practice days and must not exceed three (3) hours in length. Eight (8) days of practice must be completed prior to participating in two-a-day practice and/or any scrimmages, and the day of the scrimmage is not included in this count. Please note, multiple practices in a day counts as one day of practice. Also note a joint practice (with another team) is considered a scrimmage.

Article 10: Transportation

10.1 TRANSPORTATION POLICY

The DCIAA schedules and coordinates transportation for DCIAA league and intraleague contest. The transportation schedule is prepared on Friday's preceding the week. Once the transportation schedule is complete for the week, it is sent to the proper stakeholders including Athletic Directors and Coaches.

10.2 NON-LEAGUE CONTEST TRANSPORTATION POLICY

Schools must abide by DCPS and DCIAA Transportation Policies. Non-league transportation information filters from must be updated in the DCPS Athletic Tracking Database. This information must be submitted to the DCPS Athletics Department prior to travel. School's must use approved transportation providers in accordance with DCPS Transportation policies.

10.3 RESPONSIBILITIES OF ATHLETIC DIRECTORS AND COACHES

- a. Review the transportation schedule on the Friday prior to the upcoming week to ensure that there are no errors. If there is an error, please contact the DCIAA office so the adjustments can be made.
- b. Inform all coaches when their pick-up and departure times are for their respective sports.
- c. Inform the DCIAA office by 12 noon on the day of the event if a team does not require transportation for a particular event.
- d. Must inform the DCIAA office of all forfeitures before 12 noon on the day of the event.
- e. If your school has a pickup time prior to 12 noon, the school must cancel transportation (2) hours before the pickup time.
- f. Make sure at least (1) designated DCPS cleared adult accompanies their team while riding on the bus. The bus WILL NOT leave the school without a designated adult riding with the student- athletes.
- g. Students may only be transported by DCPS approved transportation vendors. Coaches CANNOT transport students to or from any DCIAA athletic contest.
- h. If the bus does not arrive 15 minutes prior to the scheduled pick-up time, please call the DCIAA office to get a status on the arrival time. Before calling the DCIAA office, make an attempt to locate the bus around the school because they may be present, but not at the expected location.
- i. Please notify the DCPS Athletics Department if there are conflicts such as testing, assemblies, etc.
- j. Notify the bus driver if your team is going to be late boarding the bus.
- k. Confirm that the bus driver is going to the correct destination.
- l. Only students who are cleared on the Certification of Eligibility form are allowed to travel on the bus to a DCIAA athletic event.
- m. The manager needs to be on eligibility roster that is submitted with the rest of the team.
- n. No fans are allowed to travel on the bus.
- o. Before exiting the bus at your destination, obtain the bus driver's phone number so you can notify them when the event is over.
- p. Review and validate the credentials of the bus driver.
- q. In the event of an emergency, the Coach/Athletic Director should notify the DCIAA office.
- r. Provide DCPS Athletics Department with non-league contest and offsite practice information.

Article 11: Penalties, Sanctions, and Appeals

11.1 STUDENT BEHAVIOR

- 11.1.1 Authority to Penalize.** A student may be declared ineligible to participate in interscholastic athletics by the Executive Director of Athletics during one (1) or more school years for committing any one of the prohibited acts set forth in 5-B DCMR § 2502, the D.C. regulations about inappropriate student behavior.
- 11.1.2 One Year Ineligibility Rule.** A student who participates in an interscholastic contest and is found ineligible is prohibited from participating for one (1) calendar year from the date of the finding of ineligibility. In order to be considered for eligibility once the calendar year has passed, the student must show that all of the eligibility requirements are satisfied. (5-A DCMR § 2708.2)
- 11.1.3 Probationary Period.** A student may be placed on probation for a period not to exceed one semester for serious misconduct during or related to an interscholastic contest, practice session, or scrimmage; provided that all such probationary actions must be affected in accordance with the rules and procedures set forth in this section.
- 11.1.4 Unsportsmanlike Conduct.** The Executive Director of Athletics may suspend a student from participating in an athletic event when he/she is ejected from an athletic contest or scrimmage for unsportsmanlike conduct in accordance with the guidelines set forth in the Ejection Rule in section 8.7. Students who are ejected are prohibited from attending games while serving suspensions.
- 11.1.5 Restrictions During Period of Ineligibility.** Students who are ineligible to participate in interscholastic athletics for any reason may not play, practice, or otherwise participate with a DCPS team during the period of such ineligibility. (5-A DCMR § 2708.1)
- 11.1.6 Participation and Attendance of Athletic Events While Suspended.** Students who are subject to one or more consequences for engaging in prohibited conduct may not participate or attend school related athletic contest in the sport which they are suspended.
- 11.1.7** The Executive Director of Athletics can impose additional suspensions up to and including the remainder of the season for any student who throws a punch, shoves or participated in any fighting during or stemming from the game.

11.2 IN GAME BRAWL RULE (FIGHTING)

- 11.2.1 Bench Clearing – One Team.** In the event of an altercation, if a coach loses control of their bench, defined as allowing multiple players to clear the bench or player area to participate in an altercation, the team will forfeit the next scheduled contest. In addition, if the game officials end the contest due to a coach losing control of their bench, the team in violation of the policy will be issued a forfeit.
- 11.2.2 Bench Clearing – Both Teams.** In the event of an altercation, if both coaches lose control of their benches, both teams will forfeit the next scheduled contest. In addition, if the officials end the contest due to both teams' coaches losing control of their benches, both teams will be issued a forfeit.
- 11.2.3 Playoffs.** This policy applies to playoff contests and championships.
- If this happens in the quarterfinals of the playoffs and one team is disqualified, the opponent of the disqualified team will advance.
 - If this happens in the quarterfinals of the playoffs and both teams are disqualified, during the next round of the playoffs the future opponent will receive a bye.

- c. If this happens in the semifinals of the playoffs and one team is disqualified due to an altercation, the opposing team advance.
- d. If this happens in the semifinals of the playoffs and both teams are disqualified due to an altercation, the remaining teams advance to the championship.
- e. If this happens in the championship round, the disqualified team's opponent is considered the champion. If both teams are disqualified, no championship will be awarded.

11.2.4 Student Suspensions. The Executive Director of Athletics can impose additional suspensions up to and including the remainder of the season for any student who throws a punch, shoves or participated in any fighting during or stemming from the game.

11.2.5 Coach Suspensions. The Executive Director of Athletics can impose additional suspensions up to and including the remainder of the season for any coach who fails to maintain control of their bench or is found out of compliance with the DCIAA sportsmanship policy.

11.2.6 Additional Sanctions. The Executive Director of Athletics may impose further sanctions if there is evidence that such sanctions are warranted.

11.3 APPEAL PROCESS

11.3.1 Sanction Appeal Process. Student sanctions issued by the Deputy Director of Athletics or an Assistant Athletic Director under this section, including suspension from participation in one or more athletic contests, practices, and/or scrimmages, may be appealed according to the process described below in this section.

11.3.2 Sanction Documentation and Notification. All sanctions must be based on either an official's incident report or an investigation of the student's conduct, depending on whether the sanction is the result of an adverse decision made by a game official or of student conduct that did not result in an adverse decision made by a game official. Other supporting documentation may be used to justify the sanction if available. A sanction is not official until the Deputy Director of Athletics, or the Assistant Athletic Director sends written notification to the affected student's coach, principal, and school athletic director. Such notification must include why the student is being sanctioned, the duration of the sanction, and the student's initial appeal rights, including the content and form of the appeal. Upon receipt of the notification, the school must immediately provide a copy to the parent/guardian of the student or the student if the student has reached the age of 18 years. Also, the school must immediately provide the sanctioning DCIAA official with documented proof of the sanction's communication to the parent/guardian or student, including the date on which such notification was communicated.

11.3.3 Initial Appeal. The student, or his or her parent/guardian, may submit an initial appeal. The initial appeal requires a written statement signed by the appealing party, as well as written confirmation from the student's school principal and athletic director that both are aware of the appeal. The written statement must be provided to the Executive Director within two school days from the time the Deputy Director of Athletics or the Assistant Athletic Director sent notification of the suspension to the student's school administration, explaining the reason the sanction should be overturned. Within two school days from the date of the initial appeal, the Executive Director must a) conduct an investigation concerning the initial appeal, which shall include consideration of all information related to the appeal; and b) issue a written decision on the initial appeal to the student's family (or the student if the student has reached the age of 18 years), coach, principal, and athletic director. The Executive Director's written decision must explain the rationale behind the initial appeal decision and include notification of the final appeal rights, including the content and form of the appeal, available under section 11.3.4.

11.3.4 Final Appeal. The Executive Director's determination is subject to a final appeal. The final appeal

requires a written statement, provided to the Executive Director within two school days following the appealing party's receipt of the initial appeal decision, explaining the reason the Executive Director's initial appeal decision should be overturned, as well as written confirmation from the student's school principal and athletic director that both are aware of the final appeal. Such appeal shall be before a panel of three individuals from the DCPS Central Office, including an individual from the Office of Secondary Schools, and will be scheduled for a time within two school days of receipt of the final appeal notice. No individuals from the DCIAA will serve on the panel. The appealing party will be given an opportunity, to last no longer than 30 minutes, to present any additional information to be considered by the panel; however, the appealing party is not required to appear before the panel in order for the panel to consider the written appeal. The written decision of the panel will be issued to the student's family (or the student if the student has reached the age of 18 years), coach, principal, and athletic director within one school day following the panel hearing. Such decision will be the final agency decision on the sanction.

11.4 PENALTIES AFFECTING SCHOOL PERSONNEL

11.4.1 Prohibited Conduct. School officers, athletic directors, coaches, trainers, other employees, or volunteers assisting in athletics shall not engage in any conduct prohibited by OSSE, DCPS, or law, including, but not limited to, the following:

- a. Incompetence, including either inability or failure to perform satisfactorily the duties of the position of employment. Prohibited conduct includes the improper submission of paperwork, and not following administrative policies.
- b. Willful nonperformance or inexcusable neglect of duty. Prohibited conduct includes:
 - i. Allowing a student to participate in athletic activities when one knows or should have known the student is ineligible to participate in DCPS athletic activities;
 - ii. Failing to ensure all coaching staff complete required clearances before beginning work;
 - iii. Hosting games without medical coverage and/or security.
- c. Insubordination or willful disobedience.
- d. On-duty use of drugs not prescribed for the using individual or obtained illegally.
- e. Intoxication while on duty.
- f. Fraud in securing employment, falsification of official records, or dishonesty.
- g. Lack of dependability. Prohibited conduct includes:
 - i. Failing to attend required meetings or submit required documents in a timely manner;
 - ii. Failing to attend a scheduled game.
- h. Discourteous treatment. Prohibited conduct includes:
 - i. Unsportsmanlike conduct, such as refusing to shake hands with opponents after a game; profanity
 - ii. Refusing to leave the bench after being ejected from a game.
- i. Misuse, disposal, mutilation, or destruction of DCPS property, funds, or public records.
- j. Another failure of good behavior during duty hours which is of such a nature that it causes discredit to the employee's agency or employment.
- k. Violation of the rules, regulations, or lawful orders of DCPS or any directive of the Chancellor.
- l. Any other cause authorized by the laws of the District of Columbia. Prohibited conduct including encouraging a student to transfer to a DCPS school to participate in athletics.³
- m. Other conduct during and outside of duty hours that would affect adversely the employee's or the agency's ability to perform effectively.
- n. Conviction of certain misdemeanors or conviction of a felony.
- o. Harassment, sexual harassment, or retaliating against another for reporting harassment.

- p. Engaging in corporal punishment.
- q. Engaging in bullying or hazing.

11.4.2 Consequences. School officers, athletic directors, coaches, trainers, other employees, or volunteers assisting in athletics who engage in prohibited conduct shall be subject to one or more of the following consequences. Depending on the offense, the following consequences may be issued:

- a. Oral warning;
- b. Written warning (kept only at school site);
- c. Written Reprimand (placed in official personnel file);
- d. Suspension or exclusion from participation in interscholastic athletic activities during the year of the alleged infraction, resulting in loss of pro-rated share of extra-duty pay;
- e. Exclusion from participation in athletic activities during years following the infraction;
- f. Termination of the athletic appointment;
- g. Suspension or termination from all employment with DCPS.

11.4.3 Collective Bargaining. In all cases, disciplinary actions shall be determined and imposed in a manner that is consistent with applicable personnel regulations and collective bargaining agreements.

11.4.4 Appeal. School officers, athletic directors, coaches, trainers, other employees, or volunteers assisting in athletics who are subject to one or more consequences for engaging in prohibited conduct may only grieve the imposition of such consequence(s) if allowed under Collective Bargaining Agreements or applicable law.

11.4.5 Participation and Attendance of Athletic Events While Suspended. School officers, athletic directors, coaches, trainers, other employees, or volunteers assisting in athletics who are subject to one or more consequences for engaging in prohibited conduct may not participate or attend school related athletic contest in the sport which they are suspended.

11.4.6 Sanction Documentation and Notification. All sanctions must be based on either an official's incident report or an investigation of the coach's conduct, depending on whether the sanction is the result

11.5 PENALTIES AFFECTING SCHOOLS

11.5.1 Ineligible Student Participation. Schools shall forfeit all contests during which an ineligible student participates. (5-A DCMR § 2708.5)

11.5.2 Cancellation in Event of Safety Concern. Interscholastic athletic contests, playoffs, championships and other city-wide contests may be canceled, suspended, terminated, or forfeited in order to ensure the safety and security of persons participating in or attending such activities.

11.5.3 Disciplinary Measures. Anyone or more of the penalties described in Article 11 may be imposed against a school or school program for violating any provisions of this policy. These include:

- a. Reprimand
- b. Financial Penalty
- c. The prohibition against participating in certain interscholastic competitions by the school or school program, including DCIAA City Championship competitions.

11.5.4 Suspension of Team. The Executive Director of Athletics or a designee may suspend an athletic team from participation during a sports season, semester or school year for failure to comply with and/or intentional violation of the DCMR and/or directives of the Chancellor of Schools governing interscholastic athletics.

11.5.5 Additional Discretionary Penalties. The Chancellor or his/her designee has the discretion to impose a more stringent disciplinary action if deemed necessary and applicable.

11.5.6 Appeals Procedure.

11.6.6.1 Appeal Jurisdiction. This procedure shall only be used to appeal the application of the DCMR and other provisions of this handbook or the severity of the penalty resulting from the

application of the DCMR or other provisions of this handbook.

11.6.6.2 Initial Informal Discussion. The person or persons bringing the grievance shall make an informal complaint or formal written complaint to the Executive Director of Athletics, who shall attempt to resolve the problem through informal means, such as meetings and discussions with all parties concerned. The decision of the Executive Director of Athletics shall be submitted in writing to the involved parties.

11.6.6.3 Written Grievance. If the written complaint to the Executive Director of Athletics does not result in a mutually satisfactory resolution of the problem within ten (10) calendar days from the date the written grievance was submitted, a written grievance may then be filed with the Chancellor or designee. The Chancellor or designee shall provide all parties concerned with a written decision following their review of the grievance.

11.6.6.4 Contents of Written Decision. The written decision shall include the following:

- a. A statement of the specific grounds for the proposed action including, where applicable, a citation of the section(s) or subsection(s) of chapter 27 upon which the proposed action is based; and
- b. A description in reasonable detail of the facts, events, and actions upon which the proposed determination is based.
- c. Timeline for Written Decision. The Chancellor shall render a decision on the appeal within five (5) school days of receipt of the entire record.

11.6.6.5 Finality. The decision of the Chancellor shall be the final and binding decision of DCPS.

Article 12: Sportsmanship

12.1 SPORTSMANSHIP

- 12.1.1 Sportsmanship Expectation.** It shall be the responsibility of the school's principal, athletic director, and coaches to promote an atmosphere of good sportsmanship, and practice the highest standards of ethics and integrity both on and off the playing fields.
- 12.1.2 Sportsmanship Statement.** It shall be the responsibility of each school athletic director to ensure the DCIAA Sportsmanship Statement (AT-18) is read prior to all contests. Please see the appendix for an official statement.
- 12.1.3 Sportsmanship of Spectators.** Spectators, including students and parents, shall exercise self-control and good sportsmanship for the safety and fair play of participants.
- 12.1.4 Game Day Public Address Announcer.** It shall be the responsibility of each school athletic director to ensure the game day public address announcer follows the guidelines of the adopted NFHS rules:
- 12.1.4.1.1** The announcer shall be prohibited from making an announcement while the clock is running and while the clock is stopped, and the ball is alive, such as during a free throw, a throw-in, etc. Doing so could potentially affect communication of coaches, players or be disconcerting.
 - 12.1.4.1.2** The announcer shall be prohibited from interrupting the game through the use of the microphone unless there is an emergency.
 - 12.1.4.1.3** Announcements or comments shall be made during those times when there is a stoppage of the clock and the ball is not live, such as timeouts, between quarters, pregame, halftime and postgame.
 - 12.1.4.1.4** The announcer is allowed to announce basic information such as score, or the identification of athletes involved in the play that does not potentially affect the play in general, the players, the coaches, or the officials. The announcer's information is not official information. Official score and time are kept by scorekeepers along the field of play.
 - 12.1.4.1.5** Announcers should confer with game officials prior to the start of athletic contests to be made aware of all pre-game instruction.
 - 12.1.4.1.6** Announcers are prohibited from cheering on the home team and otherwise inciting the crowd.
 - 12.1.4.1.7** Announcers should act professionally at all times and promote good sportsmanship through what he/she says and how he/she acts.

12.2 UNSPORTSMANLIKE CONDUCT

- 12.2.1 Unsportsmanlike Conduct Defined.** Unsportsmanlike conduct shall be defined as any malicious behavior or language directed toward a player, game official, spectator, opponent, coach, or any other person attending the contest. Prohibited physical contact shall include, but is not limited to, kicking, biting, striking, and pushing. The prohibited language shall include, but is not limited to, gender, sexual orientation, or racial slurs, and profane language directed towards game officials, coaches, and players.
- 12.2.1.1 Penalty for Violation.** School Officials and/or participants found to have committed unsportsmanlike conduct before, during, or after a contest will be issued a penalty of

suspension between one (1) game and one (1) calendar year.

12.2.1.2 Penalty for Violation by Spectators. Spectators, including parents, who are found to have committed unsportsmanlike conduct before, during, or after a contest shall be subject to the issuance of a barring notice.

12.2.2 Executive Director of Athletics Authority. The Executive Director of Athletics shall have full authority to investigate and report incidents or allegations of unsportsmanlike conduct and shall further have the authority to issue penalties for minor infractions against member schools and/or individuals involved.

12.2.3 Executive Director of Athletics Authority During Unsportsmanlike Conduct at Tournaments, Meets, or Contests. The Executive Director of Athletics shall have the authority to deny further participation in any tournament, meet, or contest, when a student, coach, or any other school official is determined to have engaged in the unsportsmanlike conduct.

Article 13: Finances

13.1 ADMINISTRATION OF FUNDS

- 13.1.1 Source and Deposit of Funds.** All non-appropriated funds derived from the operation of interscholastic athletic activities conducted by DCPS shall be deposited in a banking institution approved by the Office of Finance and Treasury (OFT).
- 13.1.2 Designation of Treasurer.** The Administrative Officer to the Executive Director of Athletics shall serve as Treasurer of the DCPS Interscholastic Athletics Non-Appropriated Funds Account, hereinafter referred to as the Account. In the absence of the Administrative Officer, the Executive Director of Athletics shall act as the treasurer.
- 13.1.3 Withdrawal of Funds.** All checks withdrawing funds from the Account shall bear the signature of any two officers of the DCIAA who signatories on the account per the policies and guidelines are set forth by the Office of the Chief Financial Officer and the Treasurer of the DC Government.
- 13.1.4 Control of Funds.** The Executive Director of Athletics shall be responsible for the control of the Account in accordance with policies and rules established by the Office of the Chief Financial Officer, and procedures and guidelines on non-appropriated funds promulgated by the Chancellor of D.C. Public Schools. Records of receipt and disbursement of funds shall be maintained in accordance with accepted accounting practices and procedures established by the Office of the Chief Financial Officer of DCPS.
- 13.1.5 Audits.** An audit shall be conducted every two (2) years of all non-appropriated funds derived from operating interscholastic athletic activities conducted by the DCPS Division of Compliance and Policy.

13.2 PROCESSING NON-APPROPRIATED FUNDS

- 13.2.1 Sources of Funds from Athletics.** The following are approved sources of income from athletics provided that such funds are obtained in accordance with the rules of the DCPS Office of the Chief Financial Officer and procedures established by the DCPS Chancellor.
- Sale of tickets.
 - Guarantees from schools visited in accordance with contractual agreements.
 - Television and radio rights.
 - Program sales.
 - Concession sales.
 - Fundraising.
- 13.2.2 Control of Funds.** Sources of funds from Athletic events shall be deposited in the Student Activity Fund (SAF) account.
- 13.2.3 Disbursement of Athletic Funds.** Funds used from the SAF account to obtain operational services and equipment shall follow the steps below.
- Permission to use funds must be granted by the school Business Manager.
 - A quote for the proposed equipment purchase or services vendors needed shall be obtained 30 days in advance of needed check request and attached to a SAF-23 form. The quote and SAF-23 will be given to the Business Manager for processing. (Note: this shall not be considered as an approval or notice to proceed).

13.3 RECORDING, PROCESSING, AND REPORTING ATHLETIC TICKETS

- 13.3.1 Accounting Procedures.** To ensure proper accounting of both income and tickets the following procedures shall be followed:
- 13.3.1.1** Tickets shall be used for all athletic events whenever admission is charged. Money shall not be received at the gate without using tickets. Principals are to determine when admission is charged.
 - 13.3.1.2** All tickets used in the athletic program must be obtained from the Executive Director of Athletics and accounted for through the DCIAA. This includes all athletic contests, both league and non- league.
 - 13.3.1.3** Tickets are non-transferable and shall not be transferred to other schools for sale. Each school shall make its own arrangements with the Executive Director of Athletics for tickets used in athletic events. The DCIAA shall provide tickets for all high schools every other year for ticket sales.
 - 13.3.1.4** Permission for free admission for student-athletes, teams, school-based Athletic Directors, Principals, media, sponsors, etc. must be requested at least 7 days in advance of the game and submitted to the Executive Director of Athletics via email. The coach shall accompany their student-athletes to identify them at the game.
- 13.3.2 Obtaining Tickets.** A person, approved by the principal, shall obtain from the Executive Director of Athletics pre-numbered tickets. Such persons who obtain tickets shall be required to sign a receipt for all tickets received. Copies of this receipt shall be retained by the receiving school and by the Executive Director of Athletics.
- 13.3.3 Accountability.** Sources of funds from Athletic events shall be deposited in the Student Activity Fund (SAF) account. The funds shall use a 60/40 split for depositing. The general school fund shall receive 60 percent, and a designated account for athletics shall receive 40 percent.
- 13.3.4 Reports and Sales**
- 13.3.4.1** Each school's Business Manager principal shall be responsible for tickets and the preparation of seasonal reports on disbursement of tickets. The seasonal reports shall be submitted to the Department of Athletics in accordance with the District of Columbia Title IX Equity Act of 2014.
 - 13.3.4.2** Principals must designate one (1) central location in each school where tickets to athletic events may be purchased. All tickets must be sold in order of numerical sequence.
- 13.3.5 Athletic Booster Clubs. Defined** – are organized groups of adults who provide financial and/or non-financial support for high school athletic programs and operate on a year-round and sustained basis. Athletic Booster Clubs are a separate organization outside the school system. There may be only one Athletic Booster Club per high school, which is designated as the official interface with the Administration.
- 13.3.5.1 Benefits.** Are any service, goods or monies donated from the Athletic Booster Club. All benefits must be accepted by the principal or principal's designee and recorded for accounting and Title IX purposes. Regardless of the source, when those benefits are donated from the Athletic Booster Club and accepted by the school administration, those benefits become property of the school.
 - 13.3.5.2 Authority to Function.** The Athletic Booster Club must have the approval of the principal and Athletic Director in order to function. The Athletic Booster Club must develop and present to the principal and Athletic Director approved bylaws that establish structure, purpose, election process, financial accounting and operational guidelines of the group. The Athletic Director or representative of the high school administration shall be included at all formal meetings.
 - 13.3.5.3 Role of the Athletic Director.** The Athletic Director or designee will serve as the liaison

between the Athletic Booster Club, the teams and the school administration. The athletic director or designee must attend all Athletic Booster Club meetings and ensure the Athletic Booster Club bylaws are followed.

13.3.5.4 Financial Accounting. All regularly scheduled Booster Club meetings should include a financial report. The Athletic Booster Club must follow DCPS Student Activity Fund(SAF) guidelines.

13.4 TYPES OF TICKETS SOLD

13.4.1 Postseason Tickets Sales. Tickets to postseason games shall only be sold exclusively by the DCIAA unless it is delegated to the host school. Ticket prices shall be set by the department for postseason events.

13.4.1.1 Complimentary Tickets & Passes. The Principal or school-based Athletic Directors shall be given an allotment of complimentary tickets from the DCIAA or the host school for playoff and championship games where there is an entry fee. Distribution of the tickets is at the discretion of the principal. No additional tickets will be given to staff if the principal does not issue any to staff.

13.4.1.2 Tickets and Passes Cannot Be Sold for Play-off and Championships. Only the DCIAA can sell tickets for the championship games. Complimentary tickets may not be sold.

13.4.2 Regular Season Ticket Sales. Home School. The home school shall be responsible for tickets sold upon entrance to varsity competitions.

a. Each school will provide the necessary staff to work the entrance. Examples of staff include, but not limited to: ticket seller, ticket taker, etc.

b. Each school is responsible for their funds to begin ticket sales.

13.4.2.2 Student Tickets. Regular season tickets shall be sold to elementary and secondary students for \$3.00.

13.4.2.3 General Admission. Regular season tickets shall be sold to the public for \$5.00.

13.4.2.4 Opponent School. The opponent school cannot sell tickets to away games.

13.4.3 Free Admission for Participants. Players, Cheerleaders, and Band members in uniform escorted by their coach will be admitted for free when their team is participating.

13.5 RECORDKEEPING AND ACCOUNTING OF ATHLETIC EQUIPMENT AND SUPPLIES

13.5.1 Definition of Equipment. Equipment is defined as regulation equipment used by student-athletes while participating in interscholastic athletic practice sessions and competitions. Examples of such equipment and supplies include, but are not limited to: football helmets, shoulder pads, warm-up uniforms, athletic footwear, footballs, basketballs, etc.

13.5.2 Record Keeping. The following procedures shall be followed in keeping accurate records and accounting for athletic equipment and supplies:

a. Each school shall maintain a complete record of athletic equipment and supplies. A separate "Inventory for Athletic Equipment" shall be maintained for each equipment item used by the school in each sport.

b. The principal of each school shall designate one person to be responsible for receiving, storing, distributing, and maintaining a complete and accurate inventory of athletic equipment and supplies.

c. At the conclusion of a sports season, all supplies and equipment used for that sport must be returned by student-athletes and properly stored in a secure area in the school.

13.6 CLEANING AND REPAIRING ATHLETIC EQUIPMENT

The following procedures shall be utilized in processing the cleaning and repair of athletic equipment:

- 13.6.1 Repair Vendor.** Contractual awards shall be made for each fiscal year to firms which shall provide cleaning and repair services for athletic equipment for DCPS. The Executive Director of Athletics shall be responsible for notifying each school-based Athletic Director in writing of the name of the cleaning/repair firm selected, the cleaning and repair schedule for the school year.
- 13.6.2 Items to be Repaired.** Schools shall not release for cleaning or repair any item that is not specifically included in the current year’s cleaning and repair schedule. In addition, schools may not exceed the authorized quantity specified on the schedule for each item of equipment. In extreme or unusual cases, changes in quantities within a sport may be made upon prior written authorization by the Executive Director of Athletics. Prior to any pick up of equipment, requests for cleaning and repairing athletic equipment must be submitted to the Assistant Athletic Director and the Executive Director of Athletics. A copy of such authorization shall be provided to the contractor before the contractor shall pick-up any equipment that exceeds those stipulated on the current year’s schedule. In addition, a copy of the authorization shall be forwarded to the DCPS Office of Contracting and Procurement in order to reconcile records used in reimbursing the contractor for services rendered. No changes or increases in quantities, however, shall be authorized under any circumstances that will result in exceeding the total funds allocated annually for this purpose. Schools shall be held strictly accountable for staying within specified quantity limitations and will be required to pay for any items serviced in excess of such limitations.
- 13.6.3 Receipt of Equipment.** The contractor’s representative is responsible for providing a list of the items being picked up at each school prior to removing the athletic equipment from the school premises. The copy of the list furnished to the school by the contractor’s representative shall serve as a receipt for the equipment. After the contractor has serviced and returned the equipment to the school, the receipt list shall be signed and forwarded to the DCIAA. The contractor will indicate, for each item listed, whether or not the services have been rendered.
- 13.6.4 Submission of Receipts.** At the completion of “in-season” cleaning for each separate sport, all receipts will be submitted to the Executive Director of Athletics for review. The Executive Director of Athletics will forward all receipts to the Office of the Chief Financial Officer. Such receipts shall serve as authorization for payment of bills submitted by the contractor. These same procedures shall be followed for “end of season” cleaning.
- 13.6.5 Football Teams Ceasing Operations.** Any school that does not maintain a football team for two (2) consecutive years must release all football equipment to the DCIAA for reconditioning and redistribution. If the school chooses to offer football at a later time, it must submit a New Team Request form and follow the New Team Request Procedures.

13.7 CONDEMNATION OF ATHLETIC EQUIPMENT AND SUPPLIES

- 13.7.1 Disposing of Equipment.** Except when condemnation is warranted under provisions and standards set forth in this section, DCPS personnel are strictly prohibited from otherwise disposing of athletic equipment and/or supplies purchased either from appropriated or non-appropriated funds. All personnel concerned with processing athletic equipment for condemnation shall follow the procedures and evaluative standards outlined in the section. In determining whether equipment should be repaired or condemned, the following evaluative criteria shall be considered:
- 13.7.1.1** Whether the equipment has been deemed safe.
- 13.7.1.2** Whether the equipment meets the protective standards established by the National Operating Committee on Standards for Athletic Equipment (NOCSAE) for:
- 13.7.1.2.1** Certification;
 - 13.7.1.2.2** Re-certification;
 - 13.7.1.2.3** Whether the equipment serviceable; and

13.7.1.2.4 Whether it makes sense economically to repair the equipment or to replace it.

13.7.2 Use of the 525 Form. All items of athletic equipment and supplies to be condemned must be listed on a “525” form. A copy of this form must be prepared and submitted to the Executive Director of Athletics for approval. It is recommended that a copy of the form also be prepared and retained in the school’s files. Schools are responsible for having all condemned equipment and supplies ready and available for removal when notified.

13.8 TRAVEL EXPENSES

13.8.1 League Games. The DCIAA shall cover travel expenses for member schools’ league and intra-league contests. The transportation for all league games will be coordinated by the DCIAA.

13.8.2 Non-League Games. Transportation for non-league games will not be provided by the DCIAA.

13.9 OFFICIATING EXPENSES

13.9.1 Non-League Games. Each team shall be responsible for their official expenses for non-league and non-league intra-district games.

13.10 MEDICAL EXPENSES

13.10.1 Medical Coverage Expenses. Schools shall incur all costs for medical coverage for events sponsored by the individual school for non-league contests, and for tournaments that occur during holiday periods.

13.10.2 Appropriate Medical Coverage. Schools shall verify medical coverage with the Lead Athletic Trainer in the DCIAA. Credentials must be presented to the Lead Athletic Trainer prior to all contests.

13.11 DONATION, GIFTS OR CONTRIBUTIONS

13.11.1 Accepting Donations, Gifts, or Contributions. Any time a DCIAA employee is offered a gift or donation from any outside entity (i.e. equipment, travel expenses, cash, etc.), the offer should be reported immediately to the DCIAA so it can be reviewed by the Office of the General Counsel. DCIAA employees must refrain from accepting the gift or donation until approval is provided by the DCIAA. Such approvals may require the creation of a donation agreement with the DC Office of Partnerships and Grant Services (OPGS).

Article 14: NCAA Eligibility

14.1 NCAA ELIGIBILITY

Student-athletes entering their first year of college must meet the NCAA minimum standards in order to practice, compete, or receive athletic-based financial aid. The NCAA offers three levels of competition. They are Division I, Division II, and Division III. You must be certified by the NCAA Eligibility Center in order to compete as a freshman at Division I and Division II level. Division III student-athletes do not have to register or be cleared by the NCAA to compete as a freshman. In football, Division I is further broken down into two categories. The categories are the Football Bowl Subdivision (FBS) and the Football Championship Subdivision (FCS). Even though the category is broken down into two subcategories, the incoming student-athlete must meet the NCAA minimum requirements for Division I.

14.2 NCAA ELIGIBILITY CENTER

14.2.1 Initial Eligibility. The NCAA Eligibility Center (<https://web3.ncaa.org/ecwr3/>) is the governing body that determines the initial eligibility of a student-athlete who wishes to compete in the NCAA. The NCAA Eligibility Center is responsible for the evaluation of transcripts and amateurism status. They will use this information to determine if the student-athlete meets the necessary requirements set forth by the NCAA. Each student-athlete must register with the NCAA Eligibility Center before they can submit any documents for review. The NCAA can flag documents and request more information from the student or If you want to practice, compete, and receive an athletics scholarship during your first year at a Division I or II school, the NCAA Eligibility Center must certify you as eligible. Additionally, International college-bound student-athletes planning to enroll at a Division III school must also receive an amateurism-only certification from the Eligibility Center.

14.2.2 Transcripts. A transcript from every high school attended by the student-athlete must be submitted to the NCAA. The transcripts must be official and sealed in an envelope. If a student-athlete completes a summer school course, a separate transcript may be required by the NCAA if the class was taken at another school.

14.2.3 NCAA List of Approved High School Courses. The NCAA will only accept courses that are listed on the NCAA approved course list. It is very important to ensure that the courses you are taking are on the list provided by your school to the NCAA. A list of approved courses can be found on the NCAA's website.

14.2.4 Standardized Test Scores. In January 2023, NCAA Divisions I and II adopted legislation to remove standardized test scores from initial-eligibility requirements. The test scores can still be used in the school's admission process and in evaluations for academic scholarships.

14.2.5 Grade Point Average. The NCAA Eligibility Center calculates your core-course grade-point average based on the grades you earn in NCAA approved core courses. Only your best grades from the required number of NCAA core courses will be used. This means that the cumulative GPA listed on your high school transcript could be different than the NCAA core-course GPA used in your

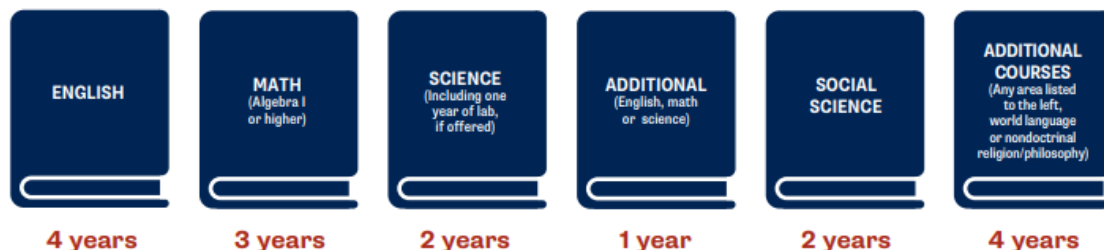
certification. Your core-course GPA is based solely on the grades you received in NCAA-approved core courses. To find your high school's list of NCAA-approved core courses, visit eligibilitycenter.org/course list. Your core-course GPA is calculated on a 4.0 scale. Numeric grades such as 92 or 87 are changed to letter grades, such as A or B. As part of this calculation, each grade received is assigned "quality points," as shown in the scale below. The Eligibility Center does not use plus or minus grades when calculating your core-course GPA. For example, grades of B+, B and B- will each be worth three quality points. Weighted honors or advanced placement courses may improve your core-course GPA, but your high school must notify the Eligibility Center that it awards weighted grades in these classes. In "Pass/Fail" grading situations, the Eligibility Center will assign your high school's lowest passing grade for a course in which you received a "Pass" grade. For most high schools, the lowest passing grade is a D, so the Eligibility Center generally assigns a D as a passing grade.

14.3 DIVISION I ELIGIBILITY

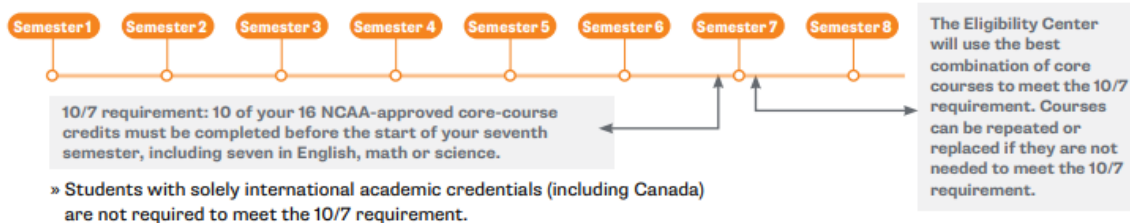
DIVISION I ACADEMIC STANDARDS

Division I schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses and **core-course GPA**. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must meet all of the following requirements:

1. Earn 16 NCAA-approved core-course credits in the following areas:



2. Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester. Once you begin your seventh semester, any course that is needed to meet the 10/7 requirement cannot be replaced or repeated.



3. Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn a minimum 2.3 core-course GPA.
5. Submit your final transcript with proof of graduation to the Eligibility Center.

EARLY ACADEMIC QUALIFIER

If you meet specific criteria after six semesters of high school, you may be deemed an early academic qualifier for Division I and may practice, compete and receive an athletics scholarship during your first year of full-time enrollment. To be an early academic qualifier, you will need:

- » A **core-course GPA** of 3.0 or higher in a minimum of 14 NCAA-approved core-course credits in the following areas:
 - Three years of English.
 - Two years of math.
 - Two years of science.
 - Two additional years of English, math or science.
 - Five additional core courses in any area.

A final high school transcript must be submitted to the Eligibility Center after high school graduation for all early academic qualifiers.

QUALIFIER

You may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division I school.

ACADEMIC REDSHIRT

You may practice during your first regular academic term and receive an athletics scholarship during your first year of full-time enrollment but may NOT compete during your first year of enrollment. You must pass either eight quarter or nine semester hours to practice in the next term.

NONQUALIFIER

You will not be able to practice, compete or receive an athletics scholarship during your first year of enrollment at a Division I school.

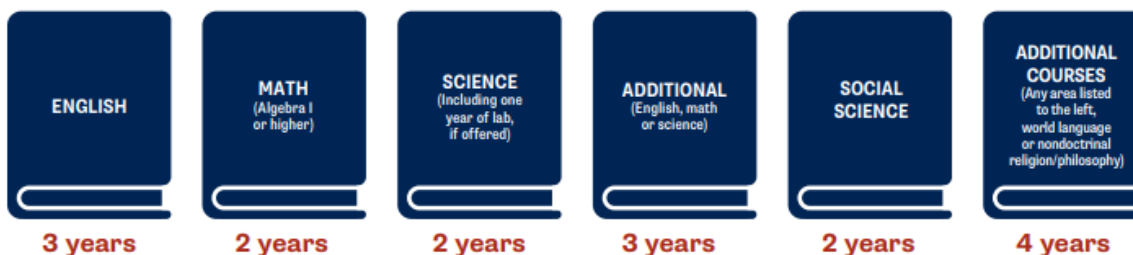
14.4 DIVISION II ELIGIBILITY

DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses and **core-course GPA**. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must meet *all* of the following requirements:



1. Earn 16 NCAA-approved core-course credits in the following areas:



2. Earn a minimum 2.2 core-course GPA (minimum 2.2).
3. Submit your final transcript with proof of graduation to the NCAA Eligibility Center.

Student-athletes enrolling at an NCAA member school Aug. 1, 2021, or later who do not meet Division II qualifier standards will be deemed partial qualifiers. All Division II partial qualifiers may practice and receive an athletics scholarship, but may NOT compete, during their first year of full-time enrollment at a Division II school.

EARLY ACADEMIC QUALIFIER

If you meet specific criteria after six semesters of high school, you may be deemed an early academic qualifier for Division II and may practice, compete and receive an athletics scholarship during your first year of full-time enrollment. To be an early academic qualifier, you will need:

» A **core-course GPA** of 2.5 or higher in a minimum of 14 NCAA-approved core-course credits in the following areas:

- Three years of English.
- Three years of math.
- Two years of science.
- Six additional core courses in any area.

A final high school transcript must be submitted to the Eligibility Center after high school graduation for all early academic qualifiers.

QUALIFIER

You may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division II school.

PARTIAL QUALIFIER

You may practice and receive an athletics scholarship, but may NOT compete, during your first year of full-time enrollment at an NCAA Division II school.

14.5 DIVISION III ELIGIBILITY

Students are eligible to participate in Division III athletics once they are admitted into their school of choice. Students are not required to go through the NCAA Eligibility Center to participate as a freshman.

14.6 JUNIOR COLLEGE (JUCO)/COMMUNITY COLLEGE (CC)

Students are eligible to participate in Junior College (JUCO)/Community College (CC) athletics once they are admitted into their school of choice. Students are not required to go through the NCAA Eligibility Center to participate as a freshman.

Article 15: Non-Discrimination

15.1 ANTI DISCRIMINATION PLEDGE

The District of Columbia Public Schools, the DCIAA, and their employees shall not discriminate against anyone either directly or indirectly on the basis of race, color, disability, religion, sexual orientation, nationality, age, marital status, personal appearance, gender identity or expression, family responsibilities, political orientation, disability or any other designation set forth in any applicable law including, but not limited to, the District of Columbia Human Rights Act, Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973.

15.2 TITLE IX

15.2.1 Title IX. Title IX of the Education Amendment of 1972 prohibits discrimination on the basis of sex in education programs receiving Federal financial assistance. Athletics are considered an integral part of an institution's education program and are therefore covered by this law. No person in the United States shall, on the basis of sex, be excluded from participating in, be denied the benefit of, or be subject to discrimination under any education program or activity receiving Federal financial assistance. The other programs and activities besides athletics may include but are not limited to: admissions, recruitment, financial aid, academic programs, student treatment and services, counseling and guidance, discipline, classroom assignments, grading, vocational education, recreation, physical education, housing, and employment.

15.2.2 Commitment to Title IX. DCPS is fully committed to complying with the Title IX Education Amendment of 1972. District of Columbia Public Schools will use the Department of Education, Office of Civil Rights three-part test as a guide to for achieving compliance.

15.2.3 Title IX Reporting. Students, parents and guardians, and others with concerns about discrimination may use the DCPS grievance procedure. Copies of the procedures are available at <http://dcps.dc.gov/DCPS/DCPS+Notice+of+Non-Discrimination+and+Other+Non-Discriminatory+Provisions>. Anyone with concerns about Title IX should contact dcps.grievance@dc.gov.

15.2.4 Individual Schools

15.2.4.1 High Schools. The Athletic Director or the assigned Female Sports Liaison.

15.2.4.2 Middle & Elementary Schools. The Athletic Director, Athletic Coordinator, or the DCPS Athletics Department.

DCPS Athletics Department

Michael Bryant
Executive Director of Athletics
DCPS Athletics Department
District of Columbia Public Schools
3535 V Street, NE
Washington, DC 20018
202.671.2104

DC Public Schools

Civil Rights Compliance
Office of the Chief Operating Officer District of Columbia Public Schools
1200 First Street, NE, 9th Floor
Washington, DC 20002
202.719.6541

Federal Government

Assistant Secretary for Civil Rights
U.S. Department of Education
Office for Civil Rights
400 Maryland Avenue, SW
Washington, DC 20202-1100
Telephone: 1.800.421.3481
TDD: 877.521.2172
Fax: 202.245.6840
Email: OCR@ed.gov

15.3 GENDER-BASED ACTIVITIES

Intramural/Interscholastic Athletics. DCPS athletics are managed and operated by the DCIAA; athletic activities at the District level are managed and operated by the District of Columbia State Athletic Association (DCSAA). Both the DCIAA and the DCSAA support the participation of transgender and gender-nonconforming students in all athletics activities in alignment with the DC Human Rights Act, Title IX, and other laws and regulations prohibiting discrimination or promoting participation in interscholastic programs and activities. All students should have the opportunity to participate in DCIAA and DCSAA activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student’s records or identification documents.

Article 16: Archery

16.1 DECLARATION OF TEAMS

- 16.1.1 Requirements for Fielding a Team.** To field a team, eight (8) student-athletes must be eligible for participation.
- 16.1.2 Requirements for Competition.** To participate in a contest, eight (8) student-athletes, including at least four (4) boys and four (4) girls, must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at a game time.

16.2 PRACTICE

- 16.2.1 Start Date.** Teams may not begin practice before a start date designated by the DCIAA.

16.3 ATHLETIC COMPETITION

- 16.3.1 Rules for Competition.** NASP and adopted DCIAA Archery rules are the official playing rules for all competitions.
- 16.3.2 Scheduling.**
- 16.3.2.1.1** The DCPS/DCIAA Athletic Department shall schedule all league competitions.
 - 16.3.2.1.2** A maximum number of 15 matches and four (4) scrimmages are permitted.
 - 16.3.2.1.3** All non-league games/matches must be turned in to the Department of Athletics six (6) weeks prior to the first available date of non-league play.
 - 16.3.2.1.4** Non-League Agreement (AT-7 and AT-8) must be completed for non-league games and scrimmages. DCIAA does not pay for officials, venue, security or transportation for non-league games.

16.4 UNIFORM RULES

- 16.4.1 Definition of a Uniform.** A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.
- 16.4.1.1.1** Coaches and players must comply with the NASP Archery rules.
 - 16.4.1.1.2** Close-toed shoes are required.
 - 16.4.1.1.3** Professional attire shall be worn by all members of the coaching staff during the contest. No jeans, sweats, hoodies, or hats are permitted.
- 16.4.2 Mascot and Logo.** All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

16.5 TEAM RESPONSIBILITIES

- 16.5.1 Home Team.** It is the responsibility of the home team to have the archery range set up correctly at least 15 minutes before the designated match start time. This includes targets, safety curtain, bow rack, quivers (cones), arrows, and floor tape.
- 16.5.2 Emergency Treatment.** It is the responsibility of the team to have and keep track of the Emergency Treatment sheet for each athlete competing.

16.5.3 Transportation. It is the responsibility of the team to ensure its athletes are at the designated location on time for transportation pick-up on the day of competition.

Article 17: Baseball

17.1 DECLARATION OF TEAMS

- 17.1.1 Requirements for Fielding a Team.** To field a team, 10 student-athletes must be eligible for participation.
- 17.1.2 Requirements for Game Play.** To play a contest, at least 9 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

17.2 PRACTICE

- 17.2.1 Start Date.** Teams may not begin practice before a start date designated by the DCIAA.
- 17.2.2 Pitchers and Catchers.** Pitchers and catchers may not begin practice before a start date designated by the DCIAA.
- 17.2.3 Practice Dates Before Competition.** No scrimmages or games can be conducted until a team has completed three official practices.
- 17.2.4 Request for Practice Location.** Teams that need the assistance of the DCIAA to secure a practice facility must make these requests by November 1.

17.3 ATHLETIC COMPETITION

- 17.3.1 Rules for Competition.** NFHS and adopted DCIAA Baseball rules are the official playing rules for all games.
- 17.3.2 Competition Time Limit Restrictions.**
- 17.3.2.1.1** There is a two-hour time limit for all regular season and playoff games.
 - 17.3.2.1.2** The two-hour time limit shall apply whether the 5th inning is finished or not.
 - 17.3.2.1.3** If a game does not reach five innings between the two (2) hour time limit, the game will be treated as a suspended game. The Department of Athletics shall have the authority to determine if the game shall resume at a later date.
 - 17.3.2.1.4** A new inning cannot start after one hour and forty-five minutes, except when necessary to break a tie score.
 - 17.3.2.1.5** If the game is tied at the two (2) hour time limit, teams may continue to play for an additional 15 minutes to break the tie.
 - 17.3.2.1.6** If the game remains tied at the completion of that inning or after 15 minutes have elapsed, the game will be treated as a suspended game. The Department of Athletics shall have the authority to determine if the game shall resume at a later date.
 - 17.3.2.1.7** The two (2) hour time limit is in effect for the playoffs. However, during playoffs, all innings in progress at the two (2) hour time limit must be completed.
 - 17.3.2.1.8** There is no two (2) hour time limit in the championship game.
- 17.3.3 Mercy Rule**
- 17.3.3.1 10 Run Rule.** The ten (10) run rule is in effect after the fifth (5th) inning. The game is officially over after playing 5 innings if the losing team is down by ten (10) or more runs and has finished the at-bat.
 - 17.3.3.2 15 Run Rule.** The game is officially over if a team is down by 15 or more runs after 3 innings and an hour and a half have elapsed.
 - 17.3.3.3 Effect.** The mercy rule is in effect for all regular season, playoff, and championship contests.

17.3.4 Complete Games. Seven (7) innings will constitute a complete game, except where other rules apply as specified below.

- Two (2) hour time limit and five (5) innings constitute a complete game.
- The ten (10) run mercy rule is in effect after the fifth (5th) inning. The game is officially over after playing 5 innings if the losing team is down by ten (10) or more runs and has finished the at-bat.
- The game is officially over if a team is down by 15 or more runs after 3 innings and an hour and a half have elapsed.
- Upon agreement, coaches can call a game at any time.

17.3.5 Scheduling

17.3.5.1 High School Competition Limits

17.3.5.1.1 A maximum number of 25 games and 4 scrimmages are permitted.

17.3.5.1.2 Non-league games must be submitted to Department of Athletics by the date designated by the DCIAA.

17.3.5.1.3 Teams may have a maximum of 4 scrimmages. Details of these scrimmages must be submitted to the Department of Athletics by the date designated by the DCIAA.

17.3.5.1.4 A maximum of four (4) tournaments are permitted with each counting as one (1) game.

17.3.5.1.5 Middle School Competition Limits. Middle school teams may compete in a maximum of 15 games and 4 scrimmages.

17.3.5.1.6 League Games. The DCIAA will schedule league games, including locations for games. All teams will play a single round-robin league schedule.

17.3.5.1.7 Non-League Games. All non-league game agreements must be submitted by the date designated by the DCIAA. Game limits apply and league contests supersede non-league games.

17.3.5.1.8 Game Date Change. If teams would like changes to the schedule, they must submit these requests to the Baseball Coordinator prior to the season.

17.3.6 Field Dimensions

17.3.6.1 Base Path. Bases shall be 90 feet apart.

17.3.6.2 Pitching Distance. The pitcher's plate shall be 60 feet 6 inches from the rear tip of home plate.

17.3.6.3 Mound Height. The pitcher's plate shall be 10 inches above home plate.

17.3.7 Pitch Count. The limit on the number of pitches is based on the level of pitching for high school and middle school. Specific rest periods are in place when a pitcher reaches a threshold of pitches delivered in a day. The rest periods required during the regular and postseason are listed in the table that follows.

DAILY LIMITATION – HIGH SCHOOL

| HIGH SCHOOL PITCH COUNT (Pitches in Game) | | Required Days Rest (Pitches) | | | | |
|---|---------|------------------------------|---------|---------|---------|---------|
| Daily Max | 0 Days | 1 Day | 2 Days | 3 Days | 4 Days | |
| 125 | 1-25 | 26-50 | 51-75 | 76-100 | 101-125 | |
| Sample Pitch Log – Rest Day | | | | | | |
| Pitch Count | Mon. | Tue. | Wed. | Thur. | Fri. | Sat. |
| 1-25* | Pitched | Pitched | Rest | Rest | Pitched | Pitched |
| 26-50 | Pitched | Rest | Pitched | Rest | Pitched | Rest |
| 51-75 | Pitched | Rest | Rest | Pitched | Rest | Rest |
| 76-100 | Pitched | Rest | Rest | Rest | Pitched | Rest |
| 101-125 | Pitched | Rest | Rest | Rest | Rest | Pitched |

*If a Pitcher throws his Max Pitch Allotment on consecutive days they will be required to “Rest” two consecutive days before their next appearance. (Example: Day One 25, Day Two 25 = Two Days Rest). If a pitcher reaches any level of the Max Pitch Allotment during an at-bat, they will be able to complete that batter and maintain that Max Allotment regardless of the final pitch counts for that batter, if they are removed following that at-bat.

DAILY LIMITATION – MIDDLE SCHOOL

| MIDDLE SCHOOL PITCH COUNT (Pitches in Game) | | | Required Days Rest (Pitches) | | | |
|---|---------|---------|------------------------------|---------|---------|---------|
| Daily Max | 0 Days | 1 Day | 2 Days | 3 Days | 4 Days | |
| 100 | 1-20* | 21-40 | 41-60 | 61-80 | 81-100 | |
| Sample Pitch Log – Rest Day | | | | | | |
| Pitch Count | Mon. | Tue. | Wed. | Thur. | Fri. | Sat. |
| 1-20* | Pitched | Pitched | Rest | Rest | Pitched | Pitched |
| 21-40 | Pitched | Rest | Pitched | Rest | Pitched | Rest |
| 41-60 | Pitched | Rest | Rest | Pitched | Rest | Rest |
| 61-80 | Pitched | Rest | Rest | Rest | Pitched | Rest |
| 81-100 | Pitched | Rest | Rest | Rest | Rest | Pitched |

*If a Pitcher throws his Max Pitch Allotment on consecutive days they will be required to “Rest” two consecutive days before their next appearance. (Example: Day One 20, Day Two 20 = Two Days Rest). If a pitcher reaches any level of the Max Pitch Allotment during an at-bat, they will be able to complete that batter and maintain that Max Allotment regardless of the final pitch counts for that batter, if they are removed following that at-bat.

*(Penalty for violation – a forfeit game in which illegal pitcher was used):

- a. The pitching limitations rule is in continuous effect between the regular season and playoffs.
- b. All contests, including suspended games, shall use current pitching limitations.
- c. It is the responsibility of the coach to have all pitchers, with their pitching limitations, listed on the lineup cards presented to the umpire and opposing coach at the beginning of the game. If they are not listed on the score card as a pitcher, they will not be allowed to pitch in that game.
- d. All pitchers who are on “Rest Day” Limitations must be listed on the lineup card with the days of rest required that match the Pitch Log Book for that player.
- e. The calendar rest begins on the day following the date on which the game began or a resumed game began regardless of the conclusion time of the game.
- f. The pitch count is based on pitches thrown for strikes (including all foul balls); balls; balls in play and outs.
- g. A pitcher at any level who reaches the daily pitch maximum limit in the middle of an at- bat will be allowed to finish that hitter.
- h. Warm-up pitches allowed before each inning, warm-up pitches allowed by the umpire in case of injury or game delay and plays attempted against the batter-runner or any runner at first, second or third base do not count against the limit.
- i. All NFHS Substitution and Pitching Rules must be followed.
- j. The Pitch Count Log of both teams from prior contests is to be presented to the opposing coach BEFORE the game for review.
- k. During the game, pitch counts will be recorded by an official Designated Pitch Count Recorder (DPCR) supplied by the home team. The visiting team has the option of providing an additional

DPCR to sit with the official DPCR to assist in pitch count recording. Any discrepancy shall be settled by the DPCR and coaches without umpire involvement and that record shall be considered final.

- l. The DCIAA will supply a neutral DPCR for DCIAA Semifinal and Championship contests.
- m. At game's conclusion, the Pitch Count Log Form will be signed by both head coaches or designated representatives and the Umpire.
- n. Both schools have the responsibility to maintain every Pitching Count Log Form for each game until the school season is complete.
- o. Any discrepancy found during/after the game will be reported to the local school system for review.
- p. A hard copy must be available upon DCIAA or DCSAA request at any point during and following the season.

17.4 UNIFORM RULES

17.4.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

17.4.1.1.1 Coaches and players must comply with the NFHS Baseball rules.

17.4.1.1.2 Home teams must wear a white uniform.

17.4.1.1.3 Professional attire shall be worn by all members of the coaching staff during the contest. No jeans or sweats are permitted.

17.4.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

17.5 TEAM RESPONSIBILITIES

17.5.1 Game Balls. Each team furnishes two top grade game balls. Additional game balls will be furnished simultaneously by both teams at the request of the umpire. At the end of the game remaining balls will be divided equally between the participating teams, with the home team receiving the odd number.

17.5.2 Game Book. The home team is responsible for the official game book. If the home team does not have a game book, then the visiting team's score is official.

17.6 SUMMER LEAGUE

17.6.1 Participation Rules. High schools may participate in a summer league. Five (5) days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. Players for a school-sponsored team must be officially registered at the school. Each student-athlete must have a current completed Universal Health Certificate (physical form), a signed and dated parental consent, and a signed and dated emergency information form. No Exceptions! Each school will determine if he is registered and must complete the DCIAA HS Summer Baseball Roster. Summer League play must be completed by the first weekend in August. The school may register under the school name, but school-issued uniforms are prohibited. Schools must register their team and league participation with DCIAA prior to the beginning of the play. Violation of any of these requirements will result in coach and team penalty.

17.6.2 Summer Roster. All teams participating in summer baseball must submit a completed Summer Baseball Roster before play can begin. The Summer Baseball Roster must include the Athletic Trainer stamp and all appropriate signatures.

17.6.3 Coach Clearance. All Coaches must be on the Security Clearance list to participate in Summer Baseball. If a team fails to ensure that all coaches are cleared, they will be penalized with a 1-game regular season suspension. All Volunteer Coaches must be cleared.

Article 18: Basketball

18.1 DECLARATION OF TEAMS

- 18.1.1 Requirements for Fielding a Team.** To field a team, 6 student-athletes must be eligible for participation.
- 18.1.2 Requirements for Game Play.** To play a contest, at least 5 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

18.2 PRACTICE

- 18.2.1 Start Date.** Practice may start on November 1.
- 18.2.2 No Scrimmages without Prior Practice.** No scrimmages or games can be conducted until a team has completed three official practices.

18.3 ATHLETIC COMPETITION – HIGH SCHOOL AND MIDDLE SCHOOL

- 18.3.1 Rules for Competition.** NFHS and adopted DCIAA Basketball rules are the official playing rules for all competitions.
- 18.3.2 Time Limit Restrictions**
- 18.3.2.1.1** Each game shall consist of four (4) quarters of eight (8) minutes for high school, and six (6) minutes for elementary and middle school.
- 18.3.2.1.2** The halftime intermission shall be 10 minutes and may be extended to a maximum of 15 minutes for special activities, as long as the visiting team has been properly notified before the start of the competition.
- 18.3.2.1.3** Overtime periods shall be four (4) minutes.
- 18.3.3 Mercy Rule (High School).** During a regular season or tournament game, if a team is ahead by 30, a running clock will begin, and it will only stop on timeouts. If the deficit is cut to below 20 points, the time reverts to standard operating time.
- 18.3.4 Mercy Rule (Middle School).** During a regular season or tournament game, if a team is ahead by 30, a running clock will begin, and it will only stop on timeouts. All starters must also be substituted out of the game. If the deficit is cut to below 20 points, the time reverts to standard operating time. Starters can be substituted into the game if the score is cut to 20.
- 18.3.5 Scheduling**
- 18.3.5.1 Senior High School Basketball Competition Limits**
- 18.3.5.1.1.1** A maximum number of 26 games and four (4) scrimmages are permitted.
- 18.3.5.1.1.2** Non-league games – submit to Department of Athletics six (6) weeks prior to the first available date of non-league play.
- 18.3.5.1.1.3** Scrimmages – submit eight (8) weeks before the first available date of non-league play.
- 18.3.5.1.1.4** A maximum of four (4) tournaments are permitted with each counting as one (1) game.
- 18.3.5.2 Middle School Basketball Competition Limits.** A maximum number of 16 games and 4 scrimmages are permitted.
- 18.3.5.3 League Contest.** The Athletic Department will schedule league games. All teams will play a single round robin league or division schedule. League games will take precedence over non-

league games.

18.3.5.4 Non-League Contest. All non-league games must be turned in eight (8) weeks before the first available date of non-league play. Game limits apply and league contests supersede non-league games. Non-League Agreement (AT-7 and AT-8) must be completed for non-league games and scrimmages. DCIAA does not pay for officials, venue, security or transportation for non-league games.

18.3.5.5 Scrimmages. Scrimmages are to only take place prior to the start of non-league and league contests. No scrimmages are allowed during league and/or non-league play or dead periods. All scrimmages must be submitted on a non-league agreement. Schools are required to cover security for scrimmages. Closed scrimmages are allowed and do not require security.

18.3.5.6 Game Date Change. Requests for changes to the schedule must be submitted to Basketball Coordinator prior to the season.

18.4 ATHLETIC COMPETITION – ELEMENTARY SCHOOL

18.4.1 Rules for Competition. NFHS and adopted DCIAA Basketball rules are the official playing rules for all competitions. The DCIAA has some special rules for elementary games.

18.4.1.1.1.1 The clock will stop on all whistles, except during running time. During running time, the clock only stops on time-outs and foul shots.

18.4.1.1.1.2 Each team will have four (4) timeouts per game.

18.4.1.1.1.3 There are no three-point shots. All shots count for two points.

18.4.1.1.1.4 The one-and-one bonus foul situation will occur on the seventh (7) team foul. The one-and-one will remain in effect the rest of the half. There is no double bonus after ten (10) team fouls.

18.4.1.1.1.5 The ten (10) second rule will be in effect for both boy's and girl's Championship games.

18.4.1.1.1.6 Teams are allowed a maximum of 20 players on the COE; However, only 15 eligible players may be on the bench in uniforms for each game. No Exceptions

18.4.1.1.1.7 Three (3) voluntary forfeits will cancel your teams season.

18.4.2 Time Limit Restrictions.

a. Each game shall consist of four (4) quarters of six (6) running minutes for elementary.

b. The halftime intermission shall be 5 minutes with a 1 minute break between quarters

c. Overtime will be three (3) minutes with one (1) extra time out per overtime.

d. **Each team will have four (4) one minute time-outs per game.**

e. **Mercy Rule.** During a regular season or tournament game, if a team is ahead by 15 points, a running clock will begin and it will only stop on timeouts. All starters must also be substituted out of the game. **Full court pressing is not permitted once a team builds a 15-point lead until the end of the quarter.**

18.4.3 Scheduling

18.4.3.1 Competition Limits. A maximum of eight games and three scrimmages are permitted. A maximum of four tournaments are permitted with each tournament counting as one game.

18.4.3.2 League Games. The Athletic Department will schedule league games. All teams will play a single round robin league or division schedule.

18.4.3.3 Non-League Games. All non-league games must be turned in eight (8) weeks before the first available date of non-league play. Game limits apply and league contests supersede non-league games. Non-League Agreement (AT-7 and AT-8) must be completed for non-league games and scrimmages. DCIAA does not pay for officials, venue, security or transportation

for non-league games.

18.4.3.4 Scrimmages. Scrimmages are to only take place prior to the start of non-league and league contests. No scrimmages are allowed during league and/or non-league play or dead periods. All scrimmages must be submitted on a non-league agreement. Schools are required to cover security for scrimmages. Closed scrimmages are allowed and do not require security.

18.4.3.5 Game Date Change. Requests for changes to the schedule must be submitted to Basketball Coordinator prior to the season.

18.5 OFF-SEASON PRACTICES

18.5.1 Out-of-Season Workouts. Out-of-season is defined as anytime your team is participating in any athletic activity outside of the designated sports season during the school year.

18.5.1.1.1 Out-of-season workouts may consist of weight training & conditioning, skills development, and individual workouts.

18.5.2 Teams must submit a Summer or Fall League request form with an updated team roster.

18.5.2.1.1.1 All teams may participate.

18.5.2.1.1.2 DCIAA head varsity basketball coaches are permitted to coach summer league.

18.5.2.1.1.3 Teams are not allowed to participate under their school name.

18.5.3 During the summer, coaches are free to work with individual or multiple athletes from their school to conduct practices, workouts, skills development, etc. No activity can occur during dead periods. Once practice for the fall sports season begins, skill development restrictions are in place. Summer and Fall Leagues.

18.6 UNIFORM RULES

18.6.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

a. Coaches and players must comply with the NFHS Basketball rules.

b. Home teams must wear a light/white uniform.

c. Visiting teams must wear dark uniforms.

d. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans, sweats, hoodies, or hats are permitted.

18.6.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

18.7 TEAM RESPONSIBILITIES

18.7.1 Game Clock. The home team shall be responsible for providing a responsible person to operate the game clock. The clock operator shall wear an official shirt during the game.

18.7.2 Game Book. The home team is responsible for the official game book. If the home team does not have a game book, then the visiting team's score is official.

Article 19: Bowling

19.1 DECLARATION OF TEAMS

- 19.1.1 Requirements for Fielding a Team.** To field a team, 4 student-athletes must be eligible for participation.
- 19.1.2 Requirements for Game Play.** To play a contest, at least 4 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

19.2 PRACTICE

- 19.2.1 Start Date.** Practice may start on December 1.

19.3 ATHLETIC COMPETITION

- 19.3.1 Rules for Competition.** FHS and adopted DCIAA Bowling rules are the official playing rules for all games.
- 19.3.2 Match Average.** Each coach is responsible for ensuring that each member is able to establish a three (3) match average prior to the start of a match. In order to calculate averages, you must take the total pins bowled and divide by the number of games bowled.

$$\frac{\text{Total Pins}}{\text{Total Games}} = \text{Average}$$

- 19.3.3 Opponent.** Each week of competition, each school will have two (2) teams consisting of four (4) female student-athletes. They will bowl against the same opponent. Each school is broken down into two (2) divisions and you will play those schools in your division until the end of the season where the winner of each division will play one another for the championship title.
- 19.3.4 Developing Teams.** A max of eight (8) can be on your roster, and only four (4) may play. You must declare your four (4) players by the time the playoffs begin. From your approved roster, the team must develop two (2) teams consisting of four (4) female student-athletes. Once you establish your Team A and Team B, those members cannot float between teams. However, the other APPROVED members on your roster may substitute on either one of your teams. They are listed as substitutes on your roster.
- 19.3.5 Recap Score Sheet.** Each week, each lane will be given a recap (score) sheet. This recap sheet is used to record the scores of each bowler. It is important that you record the score accurately so that you can determine accurate averages. At the end of the set (3 games), each coach will get a copy of the recap sheet and will turn in the top (white) sheet to the bowling coordinator. It is the coach's responsibility to calculate the averages of their team each week. You only need to record the scores of each student-athlete. Handicap does not need to be calculated.
- 19.3.6 Points Earned.** The total number of points earned for a set of three (3) games is four (4). A point is awarded for winning each game (3points) and 1 point for total pins earned at the end of the three (3) game set.
- 19.3.7 Individual Handicaps.** The computer shall calculate the handicap of the bowlers. For example:
- | | |
|------------------------|-------------------------|
| Bowler 1 – 95 Average | Handicap _ 100 – 95= 5 |
| Bowler 2 – 100 Average | Handicap _ 100 – 100= 0 |
| Bowler 3 – 60 Average | Handicap _ 100 – 60= 40 |
| Bowler 4 – 75 Average | Handicap _ 100 – 75= 25 |

19.4 UNIFORM RULES

19.4.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

- a. Coaches and players must comply with the NFHS Bowling rules.
- b. Home teams must wear a white uniform.
- c. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans, sweats, hoodies, or hats are permitted.

19.4.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

Article 20: Cheerleading

20.1 PRACTICE

20.1.1 Start Date. Practice may start on August 8.

20.1.2 Fall Cheerleading. Cheerleaders shall be provided 5 days of conditioning to become acclimated to the heat.

20.1.3 Weather Conditions (Heat and Humidity).

- a. No outdoor practice can be held between 11:00am and 3:00pm.
- b. If heat index warrants, a mandated light practice will be called by the DCIAA.
- c. Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practice.
- d. A mandatory 10-minute water break must be conducted three (3) times during a two (2) hour practice. This mandate is for any practice under heat-related restrictions.

20.2 ATHLETIC COMPETITION

20.2.1 Rules for Competition. NFHS spirit rules are the official rules for cheerleading.

20.2.2 City Championships – High and Middle School Teams

- a. Cheerleading is a Fall and Winter sport on the Middle and High School Level
- b. Participation forms must be turned in every Thursday by 12:00PM for the previous week
- c. A school team must participate in at least five (5) sideline games to participate in the showcase
- d. 75% of the DCIAA sanctioned sideline basketball games must be completed to participate in the City Showcase and the City Championships
- e. Non-League competitions and/or games do not count towards your sideline games
- f. NOTE: If you do not have a team to cheer for during the sideline cheer season, you are permitted to cheer for any fall or winter sports team your school is offering.

20.2.3 City Championships – Elementary School Teams

- a. Cheerleading is a Winter sport only on the elementary level
- b. Participation forms must be turned in every Thursday by 12:00PM for the previous week
- c. A school team must participate in at least four (4) sideline games in order to participate in the showcase.
- d. 75% of the DCIAA sanctioned sideline basketball games must be completed in order to participate in the City Showcase and the City Championships
- e. Non-League competitions and/or games do not count towards your sideline games
- f. NOTE: If you do not have a team to cheer for during the sideline cheer season, you are required to participate in the showcase and in the City Championships. An alternative is if you do not have a basketball team, you may find a basketball team that does not have a cheer team and cheer at the game, or you can cheer at a winter sports game with approval from the DCIAA Coordinator for your sport.

20.3 UNIFORM RULES

20.3.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you

are attached to that specific school.

- a. Coaches and players must comply with the NFHS Spirit rules uniform requirements.
- b. Home teams must wear a white uniform.
- c. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans, sweats, hoodies, or hats are permitted.

20.3.2 **Mascot and Logo.** All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

Article 21: Cross Country

21.1 DECLARATION OF TEAMS

21.1.1 Requirements for Fielding a Team. To field a team, 5 student-athletes must be eligible for participation.

21.1.2 Requirements for Game Play. To play a contest all student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

21.1.3 Squad Limit

- a. In the Championship meet, a team may consist of five (5) to seven (7) participants, but only five (5) participants are allowed to score unless there is a tie. In the event of a tie, the sixth (6th) place participant will be used to break the tie.
- b. If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded and the team scores re-ranked
- c. If one team does not have a sixth-place finisher, the team with the six-place finisher will prevail
- d. If only five (5) competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers
- e. In a developmental or dual meet, there is no limit on the number of participants per team. Road races may still be allowed as qualifying events, if and only if, prior approval has been granted by the Department of Athletics. All requests must be received in writing no later than 30 days prior to the requested competition.
- f. **Elementary and Middle School Roster Limit.** A maximum of 44 student-athletes will be allowed, per school, to participate in each track and field meet.

21.2 PRACTICE

21.2.1 Start Date. Practice may start on August 8th.

21.2.2 Out of Season Workouts Defined. Out of season is defined as anytime your team is participating in any athletic activity outside of the designated sports season including, but not limited to, conditioning and weight training sessions.

21.2.3 Off-Season Conditioning and Weight Training. Only student-athletes who have been cleared by health care services may participate in off-season conditioning and weight training. Coaches may not host official practice during this time. Coaching is defined in Article 3.

21.2.4 Failure to Comply. Coaches who host practices, participate in scrimmages, or allow a student-athlete to participate in an off-season conditioning program, but fail to verify if the student-athlete is medically cleared to participate or knowingly allow participation of a student-athlete who is not medically cleared will face disciplinary action.

21.3 PRACTICE

21.3.1 Rules for Competition. A combined set of rules and regulations from NFHS Track and Field, USATF, and DCPS/DCIAA will govern all DCIAA Cross Country meets. As the LEA, the DCIAA is the sole governing body that oversees all league track and field meets. Rule modifications can be made at any point during the season depending upon the safety of the coach, spectators, athletes, and staff.

21.3.2 Course Measurements. The length of the course shall be as follows: Elementary School – 2 miles (3.2k); Middle School – 2.5 miles (4.1k); High School – 3.1 miles (5k). The length of the course can be

made at any point during the season depending upon the safety of the coach, spectators, athletes, and staff.

21.3.3 Disqualification Conduct. Competitors are not allowed to receive any assistance while competing in an event. This assistance includes, but not limited to:

- a. Pacing by a teammate not in the race or persons not participating in the event (i.e running along side a competitor)
- b. Competitors joining hands with each other during a race
- c. Coaching a competitor from a restricted area
- d. Using an aid during the race or trial. Aide is defined specifically as any device that contains a heart rate monitor, gps, pacing through a pulse or a beep and other such functions.
- e. And all other assistance that is defined by the LEA. Please communicate with the Meet director to receive more examples.
- f. Any violation of the above-mentioned assistance will result in disqualification. It is the coaches responsibility to ensure the above-mentioned disqualification conduct does not occur.

21.3.4 Scheduling. The DCPS/DCIAA Athletic Department shall schedule all-league meets. All non-league meets must be turned into the DCIAA Athletic Office via The Non-League Schedule Information form (AT-8) at least one month prior to initial Non-League competition. A member school may not participate in a sponsored meet that is in direct conflict with any DCIAA meet or Championship. The DCIAA will not re-configure the league calendar in order to accommodate non-league meets. A member school may not participate in any non-sanctioned meets.

21.3.5 Non-League. DCIAA athletes are not permitted to participate in any non-league meets without receiving written permission from the DCIAA Athletic Office.

- g. All Non-DCIAA meets must be sanctioned prior to participation and must have results publicly listed
- h. Coaches must follow DCPS protocol regarding “field trips” for all Non-League contests. Please refer to Section 8.3.4 for specifics on receiving proper approval.
- i. Any DCPS student that is not deemed eligible by the DCIAA is not allowed to compete in any outside competition, while representing the DCPS affiliate.
- j. Eligible Students. Only academically eligible student-athletes who are attending a member school may participate in any athletic contests during the season.

21.4 MEET REGISTRATION

21.4.1 Meet Entries. Registration for all DCIAA Cross Country meets must be done on www.dc.milesplit.com.

21.4.2 Coaches must register for a new account and claim their team at least fourteen (14) days prior to the first meet of the season.

21.4.3 Teams who fail to register by the deadline will not be permitted to compete in the meet.

21.4.4 It is the responsibility of the coach to ensure athletes are properly registered for each event, this includes providing the accurate seeding time/mark. Failure to comply with the proper procedure and meet the deadline will result in a penalty for the student-athlete and/or team.

21.4.5 Coaches should not register ineligible student-athletes, or student-athletes not deemed eligible in the Athletic Tracking database. Non-compliance will result in disciplinary action.

21.4.6 In order to prove registration coaches must print a confirmation page from the milesplit athletics website.

21.4.7 Coaches are presented with an event sheet prior to the start of the meet. It is their responsibility to ensure that their entries are correct and the correct athlete is presented at each event.

21.4.8 After the registration deadline has passed no substitutions for events are allowed.

21.5 APPEALS

21.5.1 Rules for Appeals. The Meet referee, in conjunction with the meet director, shall make all final decisions concerning questions which are not specifically placed under jurisdiction of other officials or other irregularities, and shall disqualify any runner for violation of the rules. The Use of video replay or television monitoring equipment from sources other than the equipment provided by the DCIAA will not be used to make decisions regarding appeals. Please note a protest or appeal cannot be submitted against a decision made by the starter.

21.5.2 Valid Reasons for Appeal. Situations that deem a protest or appeal are as follows:

- k. Correcting an error in team scoring, which has up to 24 hours upon completion of the meet to be appealed and corrected. The coach must submit the request, with evidence, in writing, and a investigation will be concluded.
- l. Misapplication or misinterpretation of the rules by another team. Or Any discrepancies involving violations or alleged violations of any rules.
- m. Failure of a meet official to follow a procedure contained in the terms and conditions of the competition.

21.5.3 Appeal Protocol. A Coach must protest to the referee, in writing, if the coach feels the rules have been misapplied or misinterpreted

21.6 SCORING

21.6.1 The team score will be determined by the totaling of the points scored by the first five (5) finishers of each team. Teams that enter with fewer than five (5) runners and compete with fewer than five (5) runners shall not be eligible for team honors/scoring. The designated scoring competitors who finish the race will be ranked and tallied in accordance with the table below. The team that scores the lowest number of points is the winner.

| | | | | | | |
|--------|-----|-----|-----|-----|-----|------|
| Place | 1st | 2nd | 3rd | 4th | 5th | etc. |
| Points | 1 | 2 | 3 | 4 | 5 | etc. |

21.6.2 In Championship meets, a team may consist of five (5) to seven (7) participants, but only five (5) participants are allowed to score. In the event of a tie, the sixth (6th) place participant will be used to break the tie.

21.6.3 In a developmental or dual meet, there is no limit on the number of participants per team.

21.7 UNIFORM RULES

21.7.1 Uniform Defined. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

21.7.2 Uniform Rules. All uniform rules shall be in accordance with the NFHS, USATF, and DCIAA standards. Each competitors uniform shall meet all requirements and restrictions as presented in rules 4-3-1 and 4-3-2 of the NFHS rulebook.

21.7.3 Restrictions on Uniforms. The competitors uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. The uniform must be of a material and design deemed not to be objectionable or offensive by the athletics department of the issuing institution
- b. Each competitor shall wear a uniform bearing the school name and colors
- c. Any visible garment underneath the uniform top and/or bottom must be a single and solid color. If more than one visible garment is worn underneath, it must be the same color.
- d. The waistband of the competitor's uniform shall be worn above the hips.

e. Jewelry is forbidden while an athlete is in competing in an event.

21.7.4 Mascot and logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

21.8 TEAM RESPONSIBILITIES

21.8.1 It is the responsibility of the team to provide volunteers to assist the team with preparation and keep track of athletes prior to the start of the race.

21.8.2 It is the responsibility of the team to have and keep track of the “Emergency Treatment Sheet” for each athlete competing.

21.8.3 It is the responsibility of the team to ensure that its athletes are at the designated location on time for transportation pick-up on the day of competition.

21.9 CITY CHAMPIONSHIPS

21.9.1 School Requirement. Any school that does not participate in all DCIAA sanctioned Cross Country meets is not eligible to compete in the City Championships.

21.9.2 Elementary and Middle School Participant (Individual) Requirement. An elementary or middle school student-athlete shall compete in one (1) DCIAA Cross Country meet prior to the Cross-Country Championship.

21.9.3 High School Participant (Individual) Requirement. A high school student-athlete shall compete in one (1) DCIAA Cross Country meet prior to the Cross-Country Championship.

21.9.4 Participant Seeding. It is the responsibility of the coach to provide the Department of Athletics with official meet results to verify an athlete’s participation for the purposes of seeding. The coach shall submit the required information prior to the championship meet. The Assistant Athletic Director will specify how that information is to be received.

21.9.5 Meet Entries. Each School may enter only seven (7) on each team for scoring at championship meets. There will be no “B” Section or “B” Team race.

Article 22: Flag Football

22.1 DECLARATION OF TEAMS

22.1.1 Requirements for Fielding a Team. To field a team of seven (7) student-athletes must be eligible for participation.

ELEMENTARY: To field a team, eight (8) student-athletes must be eligible for participation.

22.1.2 Requirements for Game Play. To play contest, five (5) student-athletes must be eligible and dressed in proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at a game time.

22.1.3 There must always be at least three (3) girls on the field during gameplay.

22.2 PRACTICE

22.2.1 Start Date. Flag Football practices can begin on the first day of the spring sports season.

22.3 SCHEDULING – HIGH SCHOOL

22.3.1 League Games. The Department of Athletics will schedule league games. All teams will play a single “round-robin” league schedule. Games will be scheduled based on the number of schools fielding a team for that year.

22.3.2 League Game Location. The Department of Athletics will schedule field location, day and time for league games.

22.3.3 Special Event - Game Date Change. Requests for changes to the schedule must be submitted to Flag Football Coordinator prior to the season.

22.3.4 Weather Cancellation Policy. Games will follow NFHS and DCIAA protocol when weather is questionable or deems potentially dangerous.

22.4 FIELD DIMENSIONS AND SET-UP

22.4.1 Field Dimensions. The field dimensions shall be 40 yards wide and 80 yards long.

22.4.1.1 The field should contain four (4) twenty 20-yard zones with a ten-yard end zone on each end zone of the field.

22.4.1.2 Field markers used must be the G, 20 and 40, unless approved by the sports coordinator.

22.4.2 Field Set-Up.

22.4.2.1 Pylons. Yard line markers constructed of soft, pliable pylons, if placed on the ground, should be no closer than two (2) yards to the sideline to mark the following: goal lines, 20-yard line zone lines to gain and the 40-yard line zone to gain.

22.4.2.2 Pylons must be orange and a minimum of 4”x18”

22.4.2.3 Down Box. A down box shall be used to indicate the number of the next down and placed at the zone line-to-gain needed for a 1st down.

22.4.2.4 Home team is responsible for providing the down box

22.4.2.5 Down box must be positioned 2-yards out of bounds

22.4.3 Home Team Responsibilities

22.4.3.1 All field markings are provided by the home team.

22.4.3.2 The home team is responsible for two ball markers.

22.4.3.3 The home team is responsible for setting up the field 30 minutes prior to game start.

22.4.4 Team Box

22.4.5 Team Box is from the 20-yard to 20-yard line.

22.4.6 The visiting team shall occupy the sideline opposite the home stands. The home team may elect to share that sideline, at which time the sideline will be divided from the 40-yard line to the 20-yard line.

22.5 GAME CLOCK MECHANICS

22.5.1 Game Length. The length of the game shall be two (2) 20-minute halves. Half-time is 5 minutes.

22.5.2 The game clock will be played as a running clock. Clock begins at the 1st legal snap.

22.5.3 Clock stops when:

22.5.4 There has been a score

22.5.5 In the last two (2) minutes of the second half, incomplete pass, first downs, a player going out of bounds, declared punt, and change of possession.

22.5.6 After a first down, the clock starts on the set of the ball unless the ball was from out of bounds then the clock will start on the snap.

22.5.7 Team timeout

22.5.8 Game Officials' stoppage.

22.5.9 Game Play.

22.5.10 Play clock. The offensive team has 25 seconds to put the ball into play.

22.5.11 Time-out.

22.5.11.1.1 Each team will receive 2 time-outs per half

22.5.11.1.2 Time outs will not exceed 1 minute

22.5.11.1.3 Official's Time-Out - The Referee shall declare an official's time-out for an injured player.

22.5.12 Overtime.

22.5.12.1 Three Minute Intermission.

22.5.12.2 Overtime conference will happen with official(s) and team captains. A coin toss will determine 1st team possession offense or defense in each overtime period.

22.5.12.3 Loser of the coin toss will determine direction.

22.5.12.4 Each team receives four (4) offensive plays from the 10-yard line. If a team scores, an extra point attempt is required from the five (5) yard line for one (1) point, ten (10) yard line for 2 or fifteen (15) yard line for 3. If the teams are still tied, overtime repeat.

22.5.12.5 If a tie remains after two overtime possessions per team, the ball is moved to the five 5-yard line for one play each and repeated until the tie is broken.

22.5.12.6 An interception of a live ball during overtime causes the ball to become dead and ends the series.

22.5.12.7 Only one (1) team time out per overtime period allowed.

22.5.13 Pre-game Procedures. A coin toss is conducted, and the visiting team makes the call. Teams are allowed to choose possession, direction, or deferment. Possession starts at the team's 25- yard line.

22.6 GAME EQUIPMENT

22.6.1 Official Ball. The official league supported football is the Wilson TDJ.

22.6.1.1 Other brand balls may be used if approved by the DCIAA

22.6.1.2 DCIAA will provide game ball for playoff games.

22.6.1.3 Each team will supply their own ball.

22.6.2 Official Flag. All teams are to use the flags designated by the DCIAA and are the Triple Flag Football Belt (Adult size).

22.6.2.1 Flag belts must be quick-release belts, without any knots and contain 3 flags.

22.6.2.2 Flags must be of contrasting colors of uniforms.

22.6.2.3 Whole belt must tearaway at once.

22.6.2.4 If, during a play, any clothing that obstructs the defenders' ability to grab the flag (shirt is hanging over the flag belt), the ball will be declared dead at the spot of the attempt to pull the flag.

22.6.2.5 A ball carrier whose flag-belt falls off inadvertently during a play will be considered down upon a one-handed touch. If any player gains possession of the ball without properly secured flags, the ball will be considered dead as soon as the player possesses the ball.

22.6.2.6 Inverted Flags are considered an unsportsmanlike foul.

22.6.3 Mouthpieces. Are mandatory for all athletes and must cover all teeth. Game cannot begin without every athlete having one themselves.

22.7 UNIFORMS

22.7.1 Jersey.

22.7.1.1 Home Team must wear "dark" jerseys with contrasting numbers. Visiting team shall wear "white" jerseys/shirts with contrasting numbers

22.7.1.1.1 Recommended uniforms: Victory Compression Sublimated Top and shorts.

22.7.1.2 Jerseys must be tucked in and remain tucked throughout the game.

22.7.1.3 Game jerseys cannot be covered up during competition. Game jersey numbers must be visible at all times during competition.

22.7.1.4 Players can wear a jacket or sweatshirt under jersey. If undershirt has a hoodie, hoodie must be tucked in and cannot interfere with seeing the jersey in anyway.

22.7.1.5 Jersey Numbers. Player uniforms will be numbered. If a team chooses to change jerseys during a game, each player must wear the same numbered jersey after the change.

22.7.2 Other Uniform Rules

22.7.2.1 No metal cleats.

22.7.2.2 No pockets or belt loops on pants/shorts.

22.7.2.3 No arm pads, hands or wrist pads (baseball, football or golf gloves may be worn).

22.7.2.4 Soft kneepads may be worn on knees.

22.7.2.5 No caps with extended bills.

22.7.2.6 No sunglasses

22.7.2.7 No jewelry at all.

22.7.3 Hair. Hair is considered a part of the uniform. It should be controlled and does not interfere with uniform or flag belt.

22.7.4 Coaches Uniforms. All coaches on the sideline must be dressed in coaching attire, which includes khaki pants or shorts, slacks or team sweatpants and team polo or collared shirt. T-shirts and jeans are not acceptable.

22.8 Official Ball

22.8.1 Official Ball. The official league supported football is the Wilson TDJ leather.

22.8.1.1 Other brand balls may be used if approved by the DCIAA.

22.8.1.2 The DCIAA will provide game ball for playoff games.

22.9 HIGH SCHOOL ATHLETIC COMPETITION RULES

22.9.1 Rules for Competition. DCIAA rules are the official playing rules for all games.

22.9.1.1 The game shall be played between two (2) teams of seven (7) players each.

22.9.1.2 Teams may start or finish the game with 5 players. Game will be forfeited if team falls to

4 players.

22.9.1.3 Game regulation should be under DCIAA approved officials board and cannot start without a minimum of 3 officials.

22.9.2 Pre-game Procedures.

22.9.2.1 Prior to game starting, both head coaches, team captains and officiating crew will conduct a pregame conference.

22.9.2.1.1 If a team has more than one captain, a speaking captain must be designated.

22.9.2.1.2 A coin toss is conducted, and the visiting team makes the call. Teams are allowed to choose possession, direction, or deferment. Possession starts at the team's 25- yard line.

22.9.3 Scoring.

22.9.3.1 Touchdowns. A touchdown shall be scored when a legal forward pass is completed, or a lateral pass is caught behind the opponent's goal line, or when a player is legally in possession of the ball and the ball penetrates the vertical plane of the opponent's goal line.

22.9.3.2 All touchdowns shall be scored as six (6) points and extra points shall be scored as either one (1), two (2), or three (3) points.

22.9.3.3 Teams have the option to attempt an extra point from the 5-yard line for one (1) point, from the 10-yard line for 2 points, or from the 15-yard line for three (3) points.

22.9.3.3.1 NOTE: The three (3) point option is from the 15-yard line must be **kicked** ONLY.

22.9.3.3.2 NOTE: The field captain will confer the choice to the referee following a touchdown. Once the spotters have been placed a team **cannot** change their option unless they are able to use a remaining timeout.

22.9.3.4 Mercy Rule. If at any time during a regular season or playoff game a team falls behind 35 points, the clock will go to running time to include the final two (2) minutes of competition. If a team reduces the margin below 35 points, the clock will revert back to regulation timing.

22.9.3.4.1 A running clock during the mercy rule will not stop for timeouts, penalties and/or touchdowns. Clock will **only** stop for medical timeouts.

22.9.3.5 Substitutions. Eligible Substitutions - No substitute shall enter during a down. All substitutions must enter during a dead ball period.

22.9.3.5.1 Any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball is snapped.

22.9.3.5.2 An incoming substitute must enter the field directly from her team area.

22.9.3.5.3 A replaced player must leave the field immediately at the sideline nearest her team area prior to the ball being snapped.

22.9.3.5.4 An entering substitute shall be on her team's side of the neutral zone when the ball is snapped.

22.9.3.5.5 An entering substitute is not considered for encroachment until she is on her team's side of the ball.

22.9.4 Game Rules

22.9.4.1 Offense.

22.9.4.1.1 The offense must have four (4) players on the line of scrimmage.

22.9.4.1.2 The ball is dead when it hits the ground.

22.9.4.1.3 Receivers must have one (1) foot in-bounds for a reception.

22.9.4.1.4 Offensive players may not dive to advance the ball.

- 22.9.4.1.5 Offensive players may not hurdle over a defender.
- 22.9.4.1.6 Players can jump, jump cut, spin, and dip under control to avoid a flag pull.
- 22.9.4.1.7 Ball carrier cannot run into or attempt to run over a defender
- 22.9.4.1.8 No sleeper plays are permitted.
- 22.9.4.1.9 Offensive players must keep their shirts tucked into their pants; otherwise, the referee will stop play.
- 22.9.4.1.10 Ball spot is determined by where the ball is when the players flag is pulled.
- 22.9.4.1.11 There is only one backward pass per offensive play.
- 22.9.4.1.12 There is no blocking, once the ball is in possession of a ball carrier beyond the line of scrimmage, all offensive players must stop, when possible, to avoid blocking.

22.9.4.2 Defense

- 22.9.4.2.1 Players shall not contact the passer above the waist under ANY circumstances.
- 22.9.4.2.2 Slapping at the ball is not permitted when it is in the ball carrier's hands.
- 22.9.4.2.3 Rusher starts five (5) yards off the line of scrimmage does not have to declare and may rush immediately. Exception: Defenders may rush from the goal line when the ball is snapped from inside the 5-yard line.
- 22.9.4.2.4 Any defender may rush across the line of scrimmage if the quarterback relinquishes possession of the ball
- 22.9.4.2.5 Any defender may rush across the line of scrimmage if the quarterback fakes a handoff of the ball.
- 22.9.4.2.6 Encroachment occurs if the defender enters the neutral zone after the center has touched the ball to snap it.
- 22.9.4.2.7 The defender cannot use contact to break up a pass.
- 22.9.4.2.8 Defensive holding is not permitted. If the defender grabs the offensive player to impede player progress, (such as wrapping the arms around a player), they will be penalized. If the defender is making a legitimate effort to pull the flag, they will not be penalized.
- 22.9.4.2.9 There is no tackling. Any tackle within 10 yards of the end zone or in a "last defender" situation, may be declared a touchdown by the officials.
- 22.9.4.2.10 If an offensive player inadvertently loses the flag belt, one hand touch shall be implemented.
- 22.9.4.2.11 The defense cannot score on the extra point attempt.
- 22.9.4.2.12 The defense may dive for the flag.
- 22.9.4.2.13 Pushing the ball carrier out of bounds is not permitted.

22.9.4.3 Referee

- 22.9.4.3.1 Inadvertent whistles result in stopped play.

22.9.5 Series of Downs.

- 22.9.5.1 **A down.** A unit of the game which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.
- 22.9.5.2 **Series of downs.** Each team receives four (4) downs to pass the zone line-to-gain or goal line. Any down may be repeated or lost as provided by the Rules.
- 22.9.5.3 **Zone Line-to-Gain.** The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
- 22.9.5.4 **Awarding a New Series.** To start each half, following a score, after a Safety, and following a touchback a team's new series will start from the Team A 14-yard line new series of

downs shall be awarded when a team advances the ball into the next zone following:

22.9.5.4.1 a play free from penalty;

22.9.5.4.2 a penalty against the opponent moves the ball into the next zone;

22.9.5.4.3 an accepted penalty against the opponents involves an automatic first down;

22.9.5.4.4 after enforcement of a penalty against A, the ball is in advance of the zone line-to-gain; either team obtaining legal possession of a ball as a result of a penalty, punt, touchback

22.9.5.4.5 Upon interception or the offense's failure to make the line to gain on 4th the ball will next be put into play by the defense at the dead ball spot.

22.9.5.4.6 If offsetting fouls occur during a down, that down shall be repeated.

22.9.6 Flag Guarding

22.9.6.1 The runner shall not guard the flag by using their hands, arms, or the ball to deny the opportunity for an opponent to pull the flag belt.

22.9.6.2 Lowering the shoulders in such a manner that the defender is shielded from the flag is illegal.

22.9.6.3 Holding the flag belt with the offhand is illegal.

22.9.7 Punting Rule

22.9.7.1 All punts are declared. Once declared, a timeout is necessary to change this choice. Free kicks and fake punts are not permitted.

22.9.7.2 A punt always ends as soon as any player secures possession.

22.9.7.3 Any defensive player may catch or recover a punt in the field of play and advance. All muffs by receiving team that strike the ground are dead at the spot where the ball touches the ground.

22.9.7.4 The defense must have four (4) players within 4 yards of the line of scrimmage. No one may move until the ball is kicked.

22.9.7.5 Once declared under 2 minutes clock stops, clock starts again once the ball is kicked.

22.9.7.6 Punts go out of bounds.

22.9.7.7 If a punt goes out-of-bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

22.9.7.8 A punt that breaks the plane of the goal line is dead and results in a TOUCHBACK

22.9.7.8.1 The opposing team now has first and ten at the 14-yard line – unless moved by penalty.

22.9.7.8.2 A punt that breaks the plane of goal line CANNOT be run out of the end zone. Ball is declared dead.

22.10 PENALTIES AND ENFORCEMENT – HIGH SCHOOL

| <u>OFFENSIVE FOULS</u> | <u>PENALTY</u> | <u>ENFORCEMENT SPOT</u> | <u>DOWN</u> |
|----------------------------------|----------------|-------------------------|--------------|
| Flag Guarding | 5 Yards | Spot Foul | Next Down |
| Offsides | 5 Yards | Previous L.O.S. | Replay Down |
| Downfield Blocking | 5 Yards | Spot Foul | Next Down |
| False Start (*Dead Ball Foul) | 5 Yards | Previous L.O.S. | Replay Down |
| Illegal Contact/Pick (Pre-Pass) | 5 Yards | Previous L.O.S. | Replay Down |
| Illegal Contact/Pick (Post-Pass) | 5 Yards | Spot Foul | Next Down |
| Illegal Forward Pass | 5 Yards | Previous L.O.S. | Loss of Down |
| Illegal Motion | 5 Yards | Previous L.O.S. | Replay Down |
| Illegal Participation | 5 Yards | Previous L.O.S. | Replay Down |

| | | | |
|--|-----------------------|--------------------------------|--------------------|
| Illegal Formation | 5 Yards | Previous L.O.S. | Replay Down |
| Offensive Pass Interference | 10 Yards | Previous L.O.S. | Loss of Down |
| Diving | 5 Yards | Spot Foul | Next Down |
| | | | |
| <u>DEFENSIVE FOULS</u> | <u>PENALTY</u> | <u>ENFORCEMENT SPOT</u> | <u>DOWN</u> |
| Illegal Rushing | 5 Yards | Previous L.O.S. | Replay Down |
| Offsides | 5 Yards | Previous L.O.S. | Replay Down |
| Illegal Contact | 5 Yards | Previous L.O.S. | Replay Down |
| Pass Interference | 10 Yards | Previous L.O.S. | Auto 1st Down |
| Roughing the Passer | 10 Yards | Previous L.O.S. | Auto 1st Down |
| Holding (on Run Plays) | 5 Yards | End of Run | Next Down |
| Holding (on Pass Plays) | 5 Yards | Previous L.O.S. | Replay Down |
| Illegal Flag Pull | 5 Yards | Spot Foul | Next Down |
| Illegal Stripping | 5 Yards | End of Run | Next Down |
| Illegal Participation | 5 Yards | Previous L.O.S. | Replay Down |
| | | | |
| <u>GENERAL FOULS</u> | <u>PENALTY</u> | <u>ENFORCEMENT SPOT</u> | <u>DOWN</u> |
| Arguing w/ Official | 15 Yards | End of Play | Next Down |
| Unsportsmanlike Conduct | 15 Yards | End of Play | Automatic 1st Down |
| Defensive Excessive Contact / Rough Play | 15 Yards | End of Play | Automatic 1st Down |
| Offensive Excessive Contact/ Rough Play | 15 Yards | End of Play | Loss of Down |

22.11 ATHLETIC COMPETITION – ELEMENTARY SCHOOL

22.11.1 Game Rules

- a. Three (3) forfeitures of any kind will result in a team being dropped from the schedule.
- b. The visiting team will call the opening tosses.
- c. All games will consist of (2) twenty (20) minute running time halves, including all time-outs. Except when time-out is called in the last two (2) minutes of either half, the clock will stop.
- d. No more than eight (8) eligible players per team can be on the field at the same time. A team can start with 7 players.
- e. No more than three (3) players can rush the QB.
- f. Kickoffs will be made from a kicking tee only
- g. Eligible receivers may line-up anywhere on the field but must be distinctly identified by jersey and/or penny color
- h. All games will be played with the footballs that will be provided by the Athletic office.
- i. All games will be played with the footballs that will be provided by the DCIAA office.
- j. Only four (4) identified receivers can be on the field at the same time. The QB must be identified if he/she is going to be a receiver. The penalty is a loss of down.
- k. Half time will be five (5) minutes.
- l. All penalties will be five (5) yards. Except for personal fouls and unsportsmanlike conduct which are ten-yard penalties or removal from the game.
- m. ALL players on the field must wear a 3-flag belt and must be freely detachable.
- n. If a forward pass is completed across the line of scrimmage the down remains the same.
- o. All running plays advance the ball to the next down.
- p. All extra points are worth one (1) point, a safety is worth two (2) points
- q. When the ball is advance across the f middle of the-field the team receives an automatic first down.
- r. Kick off and punts must be kicked.

- s. The ball is dead whenever it hits the ground, except on punts and kick off. There is no fumble recovery
- t. Punts must be hiked with no rush.
- u. Overtime. Each team will get four (4) downs to score from the ten (10) yard line. Play will continual until a winner is declared. 9 If the first team with the ball scores, the other team will have 4 downs to score.) The home team will call the coin toss to see who will go first.
- v. Two (2) forfeitures of any kind will result in a team being ineligible for the playoffs.
- w. Three (3) forfeitures of any kind will result in a team being dropped from the schedule.
- x. The visiting team will call the opening tosses.
- y. All games will consist of (2) twenty (20) minutes running time halves, including all time- outs. Except when time-out is called in the last two minutes of either half, the clock will stop.
- z. No more than eight (8) eligible players per team can be on the field at the sametime.
- aa. No more than three (3) players can rush the QB.
- bb. Kickoffs will be made from a kicking tee
- cc. Eligible receivers may line-up anywhere on the field but must be distinctly identified by jersey/penny color
- dd. All games will be played with the footballs that will be provided by the DCIAA office
- ee. Only four (4) identified receivers can be on the field at the same time.
- ff. The QB must be identified if he/she is going to be a receiver. PENALTY: loss of down.
- gg. Halftime will be five (5) minutes.
- hh. All penalties will be five (5) yards. Except for personal fouls and unsportsmanlike conduct, which are ten (10) yard penalties or removal from the game.
- ii. All players on the field must wear a 3-flag belt and must be freely detachable, which will be provided by the DCIAA Athletic Department.
- jj. If a forward pass is completed across the line of scrimmage the down remains the same.
- kk. All running plays advanced the ball to the next down.
- ll. All extra points are worth one (1) point, a safety is worth two (2) points
- mm. When the ball is advanced across the of middle of the field the team receives an automatic first down.
- nn. Kick-off and punts must be kicked, not thrown.
- oo. The playing field should be no wider than thirty (30) yards or longer than (60)yards.
- pp. The ball is dead whenever it hits the ground, except on punts and kick-off. There is no fumble recovery.
- qq. Punts must be hiked with no rush.
- rr. Overtime. Each team will get four (4) downs to score from the ten (10) yard line. Play will continual until a winner is declared. 9 If the first team with the ball scores, the other team will have 4 downs to score.) The home team will call the coin toss to see who will go first.
- ss. All league games will be officiated by the coaches or other adults agreed upon by both coaches. City Championship games will be officiated by a sanctioned officials group hired by the DCIAA.

22.12 UNIFORMS

22.12.1 Jersey Color. The home team will wear uniforms with dark jerseys. The visiting team will wear uniforms with light jerseys. At the agreement of the head coaches involved, an exception to this rule may be made to ensure that a contrast in colors exists.

22.12.2 Jersey Numbers. Player uniforms will be numbered. If a team chooses to change jerseys during a game, each player must wear the same numbered jersey after the change.

22.12.3 Coaches Uniforms. All coaches on the sideline must be dressed in coaching attire, which includes

khaki pants or shorts, slacks or team sweatpants and team polo or collared shirt. T-shirts and jeans are not acceptable.

22.12.4 Other Uniform Rules

- a. No metal cleats.
- b. Mouthpieces must be worn at all times.
- c. Game jerseys cannot be covered up during competition. Game jersey numbers must be visible at all times during competition.
- d. No pockets or belt loops on pants/shorts.
- e. Players must wear designated DCIAA flag belts.
- f. Each team will supply their own ball.
- g. No arm pads, hands or wrist pads (baseball, football or golf gloves may be worn).
- h. Soft kneepads may be worn on knees.
- i. No caps with extended bills.

22.13 TEAM RESPONSIBILITIES

22.13.1 All field markings are provided by the home team.

22.13.2 The home team is responsible for two ball markers.

22.13.3 Each team furnishes two top grade game balls.

22.13.4 Each team is to bring the DCIAA approved full clip belt flags to all contests.

Article 24: Football

24.1 DECLARATION OF TEAMS

- 24.1.1 Requirements for Fielding a Team.** To field a team, 18 student-athletes must be eligible for participation.
- 24.1.2 Requirements for Game Play.** To play a contest, at least 18 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

24.2 PRACTICE

- 24.2.1 High School.** The DCIAA/DCSAA sets the start date for fall practice. Two days prior to the first day of practice shall be used to submit all required participation forms.
- 24.2.2 Acclimatization Period.**
- Day 1 - T-shirts, shorts, and helmets only
 - Day 2 - T-shirts, shorts, and helmets only
 - Day 3 - Shoulder Pads, shorts, and helmets only
 - Day 4 - Shoulder Pads, shorts, and helmets only
 - Day 5 - Shoulder Pads, shorts, and helmets only
 - Day 6 – Helmet and full pads, contact allowed, no scrimmages allowed
 - Day 7 – Helmet and full pads, contact allowed, no scrimmages allowed
 - Day 8 – Helmet and full pads, contact allowed, no scrimmages allowed
- 24.2.3 Practice Sheets.** Practice schedules are required to be kept on file at the school an available upon request. A daily practice roll for all athletes that participate also must be kept and available upon request. These forms are for your protection as a program.
- 24.2.4 Middle School Football Practice Charts.** Middle School Football programs are required to follow the heat acclimatization policy. Coaches must submit a “DCIAA Football Practice Chart” every Monday. (See Appendix for DCIAA Football Practice Chart).
- 24.2.5 Eligibility and Practice –** Once eligible and cleared to participate, coaches and Athletic Directors shall ensure that student-athletes practice a minimum of three days before the first competition.
- 24.2.6 Weather Conditions (Heat & Humidity)**
- No outdoor practice can be held between 11:00am and 3:00pm.
 - If heat index warrants, a mandated light practice will be called by the Department of Athletics. Under these conditions, only shorts, t-shirts and helmets are to be worn.
 - Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practices.
 - A mandatory 10-minute water break must be conducted three times during a 2-hour practice. This mandate is for any practice held under heat-related restrictions.
 - Practice schedules shall be kept on file and available upon request.
 - Mandatory water breaks games: The game official must call an uncharged, one-minute timeout at the clock stoppage nearest the half-way point of each quarter. Coaches may meet with their players during this timeout. This rule must be enforced in all games where the heat index warrants.
- 24.2.7 Single-Session Practice Days.** Student-athletes may not engage in more than (3) three hours of on-field activities on single-session practice day. Student-athletes may not engage in any other physical activity organized or conducted by the institution, except weight training.

24.2.8 Multiple Practice Days.

- a. There must be at least four (4) continuous hours of "recovery" time between the end of the first practice and the beginning of the last practice.
- b. During the four-hour "recovery" period, student-athletes are not allowed to participate in meetings or any other athletically related activity, including weight training.
- c. Sports medicine rehabilitation is permitted during this time.
- d. Maximum Practice Time. A total of five (5) hours of on-field practice is the maximum allowed for any practice day when you conduct multiple sessions. No single session practice may be longer than three (3) hours. Some examples of two a day schedule are: (AM – 3hrs, PM 2hrs; AM – 2.5hrs, PM – 2.5hrs; AM – 2hrs, PM – 3hrs)
- e. Multiple practice sessions count as one practice acclimatization day.

24.2.9 Spring Practice Guidelines

24.2.9.1 Spring Football Practice. Student-athletes and members of the coaching staff shall not engage in sport-related activities outside of the playing season unless approved by the DCPS Athletics Department. A coach may design a general workout for a student but cannot conduct individual workouts. Spring Football is an approved DCPS activity outside of the playing season. Coaches are permitted to make Spring practice mandatory.

24.2.9.2 Days allotted for Spring Practice. Schools are permitted to host Spring Football for 14 consecutive calendar days designated by the Athletics Department during the month of May. Sunday practices are not permitted.

24.2.9.3 Spring Football Clearance. Each student must have a current completed Universal Health Certificate (physical form), a signed and dated parental consent, and a signed and dated emergency information form. No Exceptions!

24.2.9.4 Spring Football Practice Roster. All teams participating in spring football practice must submit a completed Spring Practice Roster before you begin to practice. Do not begin spring practice without submitting your fully completed Football Spring Practice Roster. The Spring Practice Roster must include the Athletic Trainer stamp and all appropriate signatures.

24.2.9.5 Spring Football Election. Out-of-season workouts cannot be mandatory. Coaches are permitted to make the 14-Day Spring practice mandatory.

24.2.9.6 Use of Football Equipment. Except for footballs, the use of helmets, blocking sleds or any other form of sport-related equipment is prohibited. During spring practice, the use of helmets and shoulder pads is prohibited. Tackling is also prohibited. 7 on 7, 9 on 7, 11 on 11 drills will be permitted provided no live blocking and tackling takes place.

24.2.9.7 Scrimmages. Spring practices should include conditioning and football-related drills. Intra-squad scrimmages may be held. They cannot exceed 7 on 7.

24.2.9.8 Coaches Clearance. All Coaches must be on the Security Clearance list in order to participate in Spring Football. If a Coach fails to ensure that all coaches are cleared, they will be penalized with a 1-game regular season suspension. All Volunteer Coaches must be cleared. Each staff can have a max of 8 Volunteer Coaches outside of the paid positions.

24.2.9.9 Passing Leagues. All Passing Leagues must be approved by the Athletic Office. The Passing League Request Form must be submitted two weeks prior to the date of the event. You will be allotted five (5) practice days before your first approved 7 on 7 tournaments.

24.3 SUMMER FOOTBALL WORKOUT GUIDELINES

24.3.1 Summer Workouts. During the summer months (June, July, August), schools are permitted to host summer workouts. The summer workout period dates are designated by DCIAA. Each student-athlete must have a current completed Universal Health Certificate (physical form), a signed and dated

parental consent, and a signed and dated emergency treatment information form. No Exceptions! There are several Dead Periods during the Summer Football Workout period. These dates are designated by the DCIAA.

- 24.3.2 Dead Period.** A Dead Period is a time where no activities (i.e. practice, weight training, conditioning, agility training) are permitted by DCPS. There should not be any student-athletes utilizing DCPS facilities for workouts. This period is designed for the student-athletes to rest before the next phase of your program and to ensure all paperwork has been prepared for the official first day of practice.
- 24.3.3 Football Summer Workout Roster.** All teams participating in summer football workouts must submit a completed Summer Workout Roster before you begin workouts. Do not begin summer workouts without submitting a fully completed Football Summer Workout Roster. The Summer Football Workout Roster must include the Athletic Trainer stamp and all appropriate.
- 24.3.4** Summer Football Workouts cannot be mandatory.
- 24.3.5** Summer Football Workouts should include conditioning and football-related drills.
- The use of helmets and shoulder pads is prohibited.
 - Tackling is also prohibited.
 - Football are permitted.
 - Blocking sleds or any other heavy football related equipment is prohibited
- 24.3.6** Individual instruction is permitted according to the 50% rule. In football, the ratio is one coach per six (6) athletes. Skills may be taught but no team drills, which involve offensive or defensive schemes. Example: You can have a quarterback and wide receiver working on routes, but you can't line up your quarterback and receivers and run an organized pass pattern involving all receivers, running backs and quarterbacks. Also, if you are working on skills and you have ten (10) players you must have two (2) coaches conducting the drills. If a group of players wants to play a pick-up game of seven (7) on seven (7) and no skill work is being conducted, you only need one coach to supervise. No coaching is to be conducted just the monitoring of the game. No formal or informal practices may be held.
- 24.3.7** Summer football workouts will be observed by DCIAA Office personnel throughout the summer.
- 24.3.8** All coaches must have completed all certifications and be cleared to coach to participate in Summer Football Workouts. If a coach fails to ensure that all coaches are cleared, they will be penalized with a 1-game regular season suspension. All volunteer coaches must also be cleared. Each staff can have a max of 8 volunteer coaches outside of the paid positions.
- 24.3.9 Passing Leagues.** All requests to participate in Passing Leagues or Tournaments must be approved by the Athletic Office. The Passing League Request Form must be submitted two weeks prior to the date of the event. Passing League Activities are permitted but are not functions of the DCIAA.

24.4 ATHLETIC COMPETITION

- 24.1.1 Rules for Competition.** NFHS and adopted DCIAA Football rules are the official playing rules for all contests.
- 24.1.2 Official Ball.** The official league supported football is the Wilson F1003. The ball must be NFHS certified for high school use.
- 24.1.3 Sideline Designation.** The visiting team shall occupy the sideline opposite the home stands. If the home team elects to share the sideline, the sideline will be divided from the 40-yard line to the 20-yard line. No team shall be permitted in the divided portion of the sideline.
- 24.1.4 Score Reporting.** It shall be the responsibility of the home team to report the score. Each school shall report their non-league scores. The score shall be reported to the Athletics Tracking QuickBase System.
- 24.1.5 Scheduling.**
- 24.1.5.1 Senior High School.** A maximum number of ten regular season contests and four

scrimmages are permitted. Junior Varsity Football. A maximum number of ten contests are permitted.

- 24.1.5.2 Junior Varsity League Games.** The Department of Athletics will schedule league games. All high school member schools must play a single “round-robin” within their designated division. A home-and-home series will also be played on a rotating basis with one divisional opponent. A Cross Division Opponent is also scheduled in “round-robin” play.
- 24.1.5.3 Divisional Breakdown.** High school shall play in two divisions, “Stars” and “Stripes.” There shall be a city championship held for both. Stars and Stripes divisions are permitted to have a maximum of 7 teams.
- 24.1.5.4 Promotion to the Stars Division.** Teams must win two (2) Gravy Bowl Championships (Stripes Championships) in a three (3) year span.
- 24.1.5.5 Placement in the Stripes Division.** If realignment is triggered by a Stripes team, the Stars team with the lowest division winning percentage over the most recent three (3) year span will move to the Stripes Division if the total number of teams in the division is more than seven (7). If realignment is not triggered by a Stripes division team over a three (3) year span, a Stars Division team that exhibited three (3) consecutive last place division finishes will be moved to the Stripes Division. If there are more than seven (7) teams in the Stripes Division, the Stripes team with the highest division winning percentage over a three (3) year span will be promoted to the Stars Division.
- 24.1.5.6 Stars and Stripes Placement Winning Percentages** – In cases where the winning percentages are the same, the DCPS Tie Break Procedure will be used to determine the outcome.
- 24.1.5.7 Junior Varsity Football.** The junior varsity games will be scheduled based on the number of schools fielding a team for that season.
- 24.1.5.8 Middle School.** A maximum number of ten (10) regular season contests are permitted.
- 24.1.5.9 Middle School League Games.** Middle school games will be scheduled based on the number of schools fielding a team for that year.
- 24.1.5.10 A Middle School City Championship.** A playoff will be played to determine the city champion.
- 24.1.5.11 League Game Location.** Game site and day of the week for all league games are determined by the Department of Athletics. Homecoming game date and time may be adjusted but must be requested before the season begins.
- 24.1.5.12 First Official Contest Date.** The earliest date for a high school football contest is the 4th week of August.
- 24.1.6 Mercy Rule.** If at any time during a regular season, playoff or championship game a team falls behind 35 points, the clock will go to running time. If a team reduces the margin below 35 points, the clock will revert back to regulation timing. Once a team is behind 50 points at the beginning of the quarter, the time will be reduced to 6 minutes and the running time will still be used. If the deficit is reduced below 50 points, and a new quarter is to start, go back to regulation quarter start time.
- 24.1.7 Below 15 Players Rule** – If at any time during a regular season, playoff or championship game a team falls below 15 eligible and able-bodied players, a running clock will occur for the remainder of the contest.
- 24.1.8 Half-Time Activities.**
- 24.1.8.1 Halftime Show.** The matter of half-time activities is left to the homeschool to determine the nature of activities and the division of time between competing schools.
- 24.1.8.2 Time Limit.** Time is to be equally divided between member schools. Each school is allocated seven (7) minutes when both schools schedule a half-time event. The order of appearance is to be determined by mutual agreement between participating schools.

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

24.1.9 Overtime Procedure. An overtime period is un-timed play after a regulation game has ended with the score is tied. Each team will be permitted one (1) timeout per overtime period. There will be a three (3) minute intermission prior to starting the overtime period. The following procedures will be used in any competitions between DCIAA teams or where DCIAA teams are the home team.

24.1.9.1 First Overtime Period

- a. The head linesman and the line judge will escort the captains to center field for the coin toss. The visiting team shall be given the privilege of calling coin prior to it being tossed in the air.
- b. To start the overtime, the offensive team (TEAM A) shall put the ball in play, on the 20-yard line
- c. After TEAM A has completed its series, TEAM B will become the offensive team with the ball in its possession at the 20-yard line
- d. The team that scores the most points in the overtime series will be declared the winner
- e. If neither team scores or if both teams have scored and the score remains tied, the second overtime procedure will apply.

24.1.9.2 Second Overtime Period

- a. The team that lost the coin toss for the 1st overtime period, will have the choice of starting on offense or defense
- b. Play will begin from the 20 yard-line
- c. In the second overtime period, the team that scores the most points in the overtime series will be declared the winner.
- d. If neither team scores or if both teams have scored and the score remained tied, the third overtime procedure will apply.

24.4.1.2 Third Overtime Period

- a. A new coin toss will determine who has initial possession in the 3rd overtime period
- b. Play will begin from the 10-yard line.
- c. In the third overtime period, the team that scores the most points in the overtime series will be declared the winner.
- d. If neither team scores or if both teams have scored and the score remains tied, a fourth overtime period will begin from the 10-yard line. Play will continue until a winner is declared by points.

24.5 UNIFORM RULES

24.5.1 Game Uniforms. The home team will wear uniforms with dark jerseys. The visiting team will wear uniforms with light jerseys. At the agreement of the head coaches involved, an exception to this rule may be made to ensure that a contrast in colors exists.

24.5.2 Jersey Numbers. Player uniforms will be numbered in accordance with NFHS rules. If a team chooses to change jerseys during a game, each player must wear the same numbered jersey after the change.

24.5.3 Coaches Uniform. All coaches on the sideline must be dressed in coaching attire, which includes khaki pants or shorts, slacks or team sweatpants, and team polo or collared shirt. T-shirts and jeans are not acceptable.

24.5.4 Unacceptable Attire. Please review the NFHS Rulebook for all items that are not accepted.

24.6 TEAM RESPONSIBILITIES

24.6.1 Competing Teams.

- a. All field markings are provided by the home team.
- b. The home team is responsible for providing down and distance chains.
- c. Each team must furnish three top-grade game balls.

24.6.2 Hosting Middle School Games. A hosting high school’s Athletic Director shall ensure the field is cleared 30 minutes prior to the start of the game, set-up field markings, and open press box for officiating board clock operator.

Article 25: Golf

25.1 DECLARATION OF TEAMS

- 25.1.1 Requirements for Fielding a Team.** To field a team, 3 student-athletes must be eligible for participation.
- 25.1.2 Requirements for Game Play.** To play a contest, students must have proper clearance requirements (medication, emergency treatment forms, etc.) present on-site.

25.2 PRACTICE

- 25.2.1 Start.** Practice may start on March 1.
- 25.2.2 Practice locations.** Practice location shall be East Potomac Golf Course. (972 Ohio Drive, SW, Washington, DC 20002).
- 25.2.3 Number of practices.** There shall be two (2) practices scheduled weekly.
- 25.2.4 Late Additions.** There shall be no late additions after the first (2) weeks of practices. You must attend at least (1) of the first (2) practices to be eligible to finish the season.
- 25.2.5 Transportation to Practice.** Schools shall contact the DCIAA 48 hours prior to the day of practice to verify transportation. Transportation shall be provided for one day a week. Student-athletes can still attend both practices weekly but need to find transportation for the other scheduled practice.

25.3 ATHLETIC COMPETITION

- 25.3.1** There are (2) components of the Golf Program: Competitive Golf and Tutorial Golf. Students that are highly skilled will be in the competitive golf portion. They will compete in (4) matches including Championship. The others will be in the Tutorial Golf portion. These students will learn the fundamentals of the game and compete in a skills competition at the end. Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.
- Coaches and players must comply with the NFHS golf uniform requirements.
 - All teams must wear a school golf polo or designated school uniform.
 - Professional attire shall be worn by all members of the coaching staff during the contest. No jeans, sweats, hoodies, or hats are permitted.
- 25.3.2 Mascot and Logo.** All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

Article 26: Indoor Track and Field

26.1 DECLARATION OF TEAMS

26.1.1 Requirements for Fielding a Team. To field a team, 5 student-athletes must be eligible for participation.

26.2 PRACTICE

26.2.1 Start Date. Practice may start on November 1.

26.3 ATHLETIC COMPETITION

26.3.1 Rules for Competition. NFHS, USATF, and adopted DCIAA Track & Field rules are the official rules for meets. Only equipment that meets the dimensions and specifications in the NFHS sports rules shall be used in interscholastic competition.

26.3.2 Competition Site. Indoor competition has a standard 200-meter track. When feasible, there will be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.

22.13.5 Participant Seeding. It is the responsibility of the coach to provide the Department of Athletics with official meet results to verify an athlete's participation for the purposes of seeding. The coach shall submit the required information prior to the championship meet. The Assistant Athletic Director will specify how that information is to be received.

22.13.6 Scheduling. The DCPS/DCIAA Athletic Department shall schedule all-league meets. All non-league meets must be turned into the DCIAA Athletic Office via The Non-League Schedule Information form (AT-8) at least one month prior to initial Non-League competition. A member school may not participate in a sponsored meet that is in direct conflict with any DCIAA meet or Championship. The DCIAA will not re-configure the league calendar in order to accommodate non-league meets. A member school may not participate in any non-sanctioned meets.

22.13.7 Non League. DCIAA athletes are not permitted to participate in any non-league meets without receiving written permission from the DCIAA Athletic Office.

- a. All Non-DCIAA meets must be sanctioned prior to participation and must have results publicly listed
- b. Coaches must follow DCPS protocol regarding "field trips" for all Non-League contests. Please refer to Section 8.3.4 for specifics on receiving proper approval.
- c. Any DCPS student that is not deemed eligible by the DCIAA is not allowed to compete in any outside competition, while representing the DCPS affiliate.
- d. Eligible Students. Only academically eligible student-athletes who are attending a member school may participate in any athletic contests during the season.

26.3.3 Disqualification Conduct. Competitors are not allowed to receive any assistance while competing in an event. This assistance includes, but not limited to:

- a. Pacing by a teammate not in the race or persons not participating in the event (i.e running along side a competitor)
- b. Competitors joining hands with each other during a race
- c. Coaching a competitor from a restricted area
- d. Using an aid during the race or trial. Aide is defined specifically as any device that contains a heart rate monitor, gps, pacing through a pulse or a beep and other such functions.

- e. And all other assistance that is defined by the LEA. Please communicate with the Meet director to receive more examples.
- f. Any violation of the above-mentioned assistance will result in disqualification. It is the coaches responsibility to ensure the above-mentioned disqualification conduct does not occur.

26.4 ORDER OF EVENTS

Indoor competition shall consist of the following order of events unless changed by the meet director.

| With Preliminary Heats | | Without Preliminary Heats | |
|------------------------|-------------|---------------------------|-------------|
| HH Trials | High Jump | 4x800m Relay | High Jump |
| Dash Trials | Long Jump | 55m HH | Long Jump |
| 4x800m Relay | Triple Jump | 55m Dash | Triple Jump |
| HH Finals | | 1600m Run | |
| Dash Finals | | 4x200m Relay | |
| 1600m Run | | 500m Dash | |
| 4x200m Relay | | 800m Run | |
| 500m Dash | | 300m Dash | |
| 800m Run | | 3200m Run | |
| 300m Dash | | 4x400m Relay | |
| 3200m Run | | | |
| 4x400m Relay | | | |

26.5 MEET REGISTRATION

- 26.5.1 Meet Entries. Registration for all DCIAA Indoor Track and Field meets must be done on www.dc.milesplit.com.
- 26.5.2 Coaches must register for a new account and claim their team at least fourteen (14) days prior to the first meet of the season.
- 26.5.3 Teams who fail to register by the deadline will not be permitted to compete in the meet.
- 26.5.4 It is the responsibility of the coach to ensure athletes are properly registered for each event, this includes providing the accurate seeding time/mark. Failure to comply with the proper procedure and meet the deadline will result in a penalty for the student-athlete and/or team.
- 26.5.5 Coaches should not register ineligible student-athletes, or student-athletes not deemed eligible in the Athletic Tracking database. Non-compliance will result in disciplinary action.
- 26.5.6 In order to prove registration coaches must print a confirmation page from the milesplit athletics website.
- 26.5.7 Coaches are presented with an event sheet prior to the start of the meet. It is their responsibility to ensure that their entries are correct and the correct athlete is presented at each event.
- 26.5.8 After the registration deadline has passed no substitutions for events are allowed.

26.6 MEET LOCATION

- 26.6.1 All indoor track meets will be held on a certified 200-meter indoor track facility.

26.7 ATHLETE PARTICIPATION

26.7.1 Elementary and Middle School

- a. An elementary student-athlete shall only compete in a maximum of three (3) events including

- relays.
- b. Teams will be allowed to have 3 participants per gender, per event, and 1 relay at each meet
- c.
- d. A middle school student-athlete shall only compete in a maximum of four (4) events including relays.
- e. An elementary and middle school student-athlete must compete in at least one (1) DCIAA sponsored indoor meet prior to contesting for the Indoor Championship.
- f. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter. If the athlete is scratching an event, they must inform the head judge of that event or the event will be charged to them.
- g. The student-athlete must report to the field judge prior to competition.

26.7.2 High School

- a. A high school athlete shall not compete in more than four (4) events at any DCIAA. This includes field events and relays.
- b. A High School athlete shall not be entered in more than four events (4). Meet management reserves the right to scratch the athlete from excess events.
- c. A high school athlete who participates in more events than allowed, shall forfeit all individual places and points and shall be disqualified from the competition in that particular meet. If that athlete has forfeited one of their qualifiers meets for the championship, they will no longer be able to contest.
- d. The athlete entry and participation limitations do not apply to the multi-event competition.
- e. A high school athlete must compete in at least one (1) DCIAA sponsored indoor meet prior to contesting for the Indoor Championship.
- f. An event will be charged to the competing athlete when he/she reports to the event judge or starter. If the athlete is scratching an event, they must inform the head judge of that event or the event will be charged to them.
- g. An athlete must report to the field judge prior to competition.

26.8 TEAM PARTICIPATION/RELAYS

26.8.1 Elementary and Middle School

- a. Any team with less than five (5) entrants will not be considered a team for competition and extra duty pay.
- b. A team must be represented (have at least 1 athlete) at ALL DCIAA meets to qualify for the Championships.

26.8.2 High School

- a. Any team with less than five (5) entrants will not be considered a team for competition and extra-duty pay.
- b. A team must be represented (have at least 1 athlete) at all DCIAA meets to qualify for championships.

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

| | | | |
|---------------------------|------------------|--------|------------------|
| Dual Meets | 5, 3, 1 | Relays | 5 |
| Tri Meets | 5,3,2,1 | Relays | 5,3 |
| Quad Meets | 6,4,3,2,1 | Relays | 6,4,2 |
| League and Division Meets | 10,8,6,5,4,3,2,1 | Relays | 10,8,6,5,4,3,2,1 |

26.8.4 Scoring for Ties. In the event of a tie, the points for the tie shall be added together and divided by the number of competitors who are involved in the tie.

26.9 JURY OF APPEALS

26.9.1 Rules for Appeals. The Meet referee, in conjunction with the meet director, shall make all final decisions concerning questions which are not specifically placed under jurisdiction of other officials or other irregularities, and shall disqualify any runner for violation of the rules. The Use of video replay or television monitoring equipment from sources other than the equipment provided by the DCIAA will not be used to make decisions regarding appeals. Please note a protest or appeal cannot be submitted against a decision made by the starter.

26.9.2 Valid Reasons for Appeal.

- a. Correcting an error in team scoring, which has up to 24 hours upon completion of the meet to be appealed and corrected. The coach must submit the request, with evidence, in writing, and a investigation will be concluded.
- b. Misapplication or misinterpretation of the rules by another team. Or Any discrepancies involving violations or alleged violations of any rules.
- c. Failure of a meet official to follow a procedure contained in the terms and conditions of the competition.

26.9.3 Appeal Protocol. A Coach must protest to the referee, in writing, if the coach feels the rules have been misapplied or misinterpreted

26.10 UNIFORMS

26.10.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

- a. Coaches and players must comply with the NFHS track uniform requirements.
- b. Home teams must wear a white uniform.
- c. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans are permitted.

26.10.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

26.11 TEAM RESPONSIBILITIES

26.11.1 It is the responsibility of the team to provide volunteers to assist the team with preparation and keeping track of athletes prior to the start of the race.

26.11.2 It is the responsibility of the team to have and keep track of the Emergency Treatment sheet for each athlete competing.

26.11.3 It is the responsibility of the team to ensure its athletes are at the designated location on time for transportation pick-up on the day of competition.

26.12 CITY CHAMPIONSHIPS

26.12.1 School/Team Requirement. Any school that does not participate in all DCIAA sanctioned Indoor Track meets is not eligible to compete in the City Championships.

26.12.2 Elementary and Middle School Participant (Individual) Requirement. An elementary or middle

school student-athlete shall compete in one (1) DCIAA Indoor Track meet prior to the Indoor Track Championship.

26.12.3 High School Participant (Individual) Requirement. A high school student-athlete shall compete in one (1) DCIAA Indoor Track meet prior to the Indoor Track Championship.

26.12.4 Participant Seeding. It is the responsibility of the coach to provide the Department of Athletics with official meet results to verify an athlete's participation for the purposes of seeding. The coach shall submit the required information prior to the championship meet. The Assistant Athletic Director will specify how that information is to be received.

Article 27: Lacrosse

27.1 DECLARATION OF TEAMS

- 27.1.1 Requirements for Fielding a Team.** To field a team, 11 student-athletes must be eligible for participation on high school teams.
- 27.1.2 Requirements for Game Play.** To play a contest, at least 10 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

27.2 PRACTICE

- 27.2.1 Start Date.** Teams may not begin practice before a start date designated by the DCIAA.
- 27.2.2 Request for Practice Location.** Any teams needing the assistance of the DCIAA to secure practice facilities must place that request by November 1.
- 27.2.3 No Scrimmages without Prior Practice.** No scrimmages or games can be conducted until a team has completed three official practices.

27.3 PRACTICE

- 27.3.1 Rules for competition.** NFHS and adopted DCIAA Lacrosse rules are the official playing rules for all competitions.
- 27.3.2 Scheduling** The DCPS/DCIAA Athletic Department shall schedule all league competitions, including the locations for those competitions. All non-league games/matches must be turned in to the Department of Athletics six (6) weeks prior to the first available date of non-league play. Non-League Agreement (AT-7 and AT-8) must be completed for non-league games and scrimmages. DCIAA does not pay for officials, venue, security or transportation for non-league games.
- 27.3.3 Middle School Lacrosse Competition Limits.** Maximum number of 15 games and 4 scrimmages are permitted.
- 27.3.4 Scrimmages.** Scrimmages are to only take place prior to the start of non-league and league contests. No scrimmages are allowed during league and/or non-league play or dead periods. All scrimmages must be submitted on a non-league agreement.

27.4 UNIFORM RULES

- 27.4.1 Definition of a Uniform.** A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.
- Coaches and players must comply with the NFHS Lacrosse rules.
 - Home teams must wear a white uniform.
 - Professional attire shall be worn by all members of the coaching staff during the contest. No jeans, sweats, hoodies, or hats are permitted.
- 27.4.2 Mascot and Logo.** All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

27.5 TEAM RESPONSIBILITIES

27.5.1 Game Balls. The home team must furnish 15 top-grade game balls.

27.5.2 Game Book. The home team is responsible for the official game book and providing a scorekeeper. If the home team does not have a game book, then the visiting team's score is official.

Article 28: Outdoor Track

28.1 DECLARATION OF TEAMS

26.6.2 Requirements for Fielding a Team. To field a team, 5 student-athletes, per gender, must be eligible for participation.

28.1.1 Elementary and Middle School Roster Limit. A maximum of 44 student-athletes will be allowed, per school, to participate in each meet.

28.2 PRACTICE

28.2.1 Start Date. Practice may start on March 1.

28.3 ATHLETIC COMPETITION

28.3.1 Rules for Competition. NFHS and adopted DCIAA Track & Field rules are the official rules for meets. Only equipment that meets the dimensions and specifications in the NFHS sports rules shall be used in interscholastic competition.

28.3.2 Competition Site. Outdoor competition has a standard 400-meter track. When feasible, depending on the layout of the track, there will be a coaches' box designated by meet management.

28.3.3 Participant Seeding. It is the responsibility of the coach to provide the Department of Athletics with official meet results to verify an athlete's participation for the purposes of seeding. The coach shall submit the required information prior to the championship meet. The Assistant Athletic Director will specify how that information is to be received.

28.3.4 Disqualification Conduct. Competitors are not allowed to receive any assistance while competing in an event. This assistance includes, but not limited to:

- Pacing by a teammate not in the race or persons not participating in the event (i.e running along side a competitor)
- Competitors joining hands with each other during a race
- Coaching a competitor from a restricted area
- Using an aid during the race or trial. Aide is defined specifically as any device that contains a heart rate monitor, gps, pacing through a pulse or a beep and other such functions.
- And all other assistance that is defined by the LEA. Please communicate with the Meet director to receive more examples.
- Any violation of the above-mentioned assistance will result in disqualification. It is the coaches responsibility to ensure the above-mentioned disqualification conduct does not occur.

28.3.5 Order of Events. Outdoor competition shall consist of the following order of events unless changed by the meet director:

| One Session High School Meet (with no preliminary heats) | |
|--|-----------------------------|
| Running Events | Field Events (3/4 Attempts) |
| 4x800m Relay | Discus Throw |
| 100m HH (33") / 110m HH (39") | High Jump |
| 100m Dash | Long Jump |
| 1600m Run | Shot Put |
| 4x100m Relay | Triple Jump |
| 400m Dash | |
| 300m LH (30") / 300m LH (36") | |
| 800m Run | |

| | |
|--|--|
| 200m Dash 3200m Run 4x400m Relay | |
|--|--|

| Two Session High School Meet (with preliminary heats) | |
|--|---|
| Running Events | Field Events (3/4 Attempts) |
| 4x800m Relay (Final) 100m HH (33") / 110m HH (39") (Prelim) 100m Dash (Prelim) 400m Dash (Prelim) 100m HH (33") / 110m HH (39") (Final) 100m Dash (Final) 1600m Run (Final) 4x100m Relay (Final) 400m Dash (Final) 300m LH (30") / 300m LH (36") (Prelim) 200m Dash (Prelim) 800m Run (Final) 300m LH (30") / 300m LH (36") (Final) 200m Dash (Final) 3200m Run (Final) 4x400m Relay (Final) 1500m Steeplechase(Final) <i>* Steeplechase will only be run if the circuit is up to NFHS standards. DCIAA reserves the right to eliminate the steeplechase from the season if necessary for NFHS regulation purposes.</i> | High Jump Long Jump Shot Put Triple Jump |

| Middle and Elementary School Meets | |
|--|--|
| Running Events | Field Events 3/(4 Attempts) |
| 800m Run 100m Hurdles 1600m Run 100m Dash 400m Dash 4x100m Relay 200m Dash 4x400m Relay | Long Jump Discus High Jump Shot Put (4kg) |

28.4 SCHEDULING

28.4.1 League Games. The DCIAA shall schedule all-league meets. All non-league meets must be turned into the DCIAA Athletic Office via The Non-League Schedule Information form (AT-8) at least one month prior to initial Non-League competition. A member school may not participate in a sponsored meet that is in direct conflict with any DCIAA meet or Championship. DCIAA will not re-configure the league calendar in order to accommodate non-league meets. A member school may not participate in any non-sanctioned meets.

28.4.2 Non League. DCIAA athletes are not permitted to participate in any non-league meets without

receiving written permission from the DCIAA Athletic Office.

- a. All Non-DCIAA meets must be sanctioned prior to participation and must have results publicly listed
- b. Coaches must follow DCPS protocol regarding “field trips” for all Non-League contests. Please refer to Section 8.3.4 for specifics on receiving proper approval.
- c. Any DCPS student that is not deemed eligible by the DCIAA is not allowed to compete in any outside competition, while representing the DCPS affiliate.

28.5 MEET REGISTRATION

28.5.1 Meet Entries. Registration for all DCIAA track and field meets must be done on www.dc.milesplit.com.

- a. Coaches must register for a new account and claim their team at least fourteen (14) days prior to the first meet of the season.
- b. Teams who fail to register by the deadline will not be permitted to compete in the meet.
- c. It is the responsibility of the coach to ensure athletes are properly registered for each event, this includes providing the accurate seeding time/mark. Failure to comply with the proper procedure and meet the deadline will result in a penalty for the student-athlete and/or team.
- d. Coaches should not register ineligible student-athletes, or student-athletes not deemed eligible in the Athletic Tracking database. Non-compliance will result in disciplinary action.
- e. In order to prove registration coaches must print a confirmation page from the milesplit athletics website.
- f. Coaches are presented with an event sheet prior to the start of the meet. It is their responsibility to ensure that their entries are correct and the correct athlete is presented at each event.
- g. After the registration deadline has passed no substitutions for events are allowed.

28.6 ATHLETE PARTICIPATION

28.6.1 Elementary and Middle School

- a. An elementary student-athlete shall only compete in a maximum of three (3) events including relays.
- b. A middle school athlete shall only compete in a maximum of four (4) events.
- c. An elementary and middle school athlete shall participate in the Developmental Meet in order to participate in the City Championships.
- d. An elementary and middle school student-athlete shall compete in one (1) outdoor meet prior to the Outdoor Championship.
- e. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter. If the athlete is scratching an event they must inform the head judge of that event or the event will be charged to them.
- f. A student-athlete must report to the field judge/meet referee prior to competition.

28.6.2 High School

- a. A high school athlete shall not compete in more than four (4) events, including relays and field events.
- b. A high school athlete shall not be entered in more than four events (4). Meet management reserves the right to scratch the athlete from excess events.
- c. A high school athlete who participates in more events than allowed will forfeit all individual places and points and shall be disqualified from the competition in that particular meet. They are also

- subject to forfeiting their placement in the championship meet.
- d. The student-athlete entry and participation limitations do not apply to the multi-event competition.
- 2. A high school athlete shall compete in one (1) outdoor meet prior to the Outdoor Championship.
 - a. An event will be charged to the competing athlete when he/she reports to the event judge or starter. If the athlete is scratching an event they must inform the head judge of that event or the event will be charged to them.
 - b. An athlete must report to the field judge prior to competition.

28.7 TEAM PARTICIPATION/RELAYS

28.7.1 Elementary and Middle School

- a. Any team with less than four (5) entrants will not be considered a team for competition.
- b. Teams will be allowed to have 3 participants per gender, per event, and 1 relay at each meet
- c. A team/school must participate (be represented) at all DCIAA Developmental/Invitational meets in order to qualify for the Championships.
- d. Each relay team can enter up to five (5) entrants for alternate purposes but only four (4) will compete.
- e. No team shall enter more than one (1) relay team in any race unless state otherwise by the meet director.

28.7.2 High School

- a. Any team with less than four (5) entrants will not be considered a team for competition.
- b. A team must participate in both DCIAA Developmental/Invitational meets in order to qualify for the Championships.
- c. A team must participate in both DCIAA Developmental/Invitational meets in order to qualify for the Championships.
- d. Each relay team can enter up to five (5) entrants for alternate purposes but only four (4) will compete.
- e. No team shall enter more than one (1) relay team in any race unless state otherwise by the meet director.

28.7.3 Scoring. For scoring purposes, a team is made up of one or more competitors representing a single school. The top 8 times will be scored in the Senior High, Middle School and Elementary School levels if more than 8 athletes check-in prior to the closing of an event. Once an event has been closed, it will not be reopened to accommodate late check-ins. The number of places to be scored for each event, unless otherwise changed by meet management shall go according to the following:

| | | | |
|---------------------------|------------------|--------|------------------|
| Dual Meets | 5, 3, 1 | Relays | 5 |
| Tri Meets | 5,3,2,1 | Relays | 5,3 |
| Quad Meets | 6,4,3,2,1 | Relays | 6,4,2 |
| League and Division Meets | 10,8,6,5,4,3,2,1 | Relays | 10,8,6,5,4,3,2,1 |

28.7.4 Scoring for Ties. In the event of a tie, the points for the tie shall be added together and divided by the number of competitors who are involved in the tie.

28.8 JURY OF APPEALS

28.8.1 A Jury of Appeals, if appointed, consists of three (3) coaches from three (3) participating schools and shall be appointed by the meet manager. The Jury of Appeals shall serve as the final board of appeals if any. Situations that deem a protest or appeal are as follows.

- a. Coach protests to the referee, if the coach feels the rules have been misapplied or misinterpreted.
- b. Misapplication or misinterpretation of the rules.

- c. Correcting an error in team scoring, which has up to 48 hours after the end of the meet to be appealed and corrected.
- d. Correction of meet results involving an ineligible participant at any time during the meet.
- e. Failure to meet management to follow a procedure contained in the terms and conditions of the competition.
- f. Any discrepancies involving violations or alleged violations of any rules.
- g. A decision made by a finishing judge, referee, or timer.
- h. An illegal or unfair start.

28.9 UNIFORMS

28.9.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

- d. Coaches and players must comply with the NFHS track uniform requirements.
- e. Home teams must wear a white uniform.
- f. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans are permitted.

28.9.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

28.10 TEAM RESPONSIBILITIES

28.10.1 It is the responsibility of the team to provide volunteers to assist the team with preparation and keeping track of athletes prior to the start of the race.

28.10.2 It is the responsibility of the team to have and keep track of the Emergency Treatment sheet for each athlete competing.

28.10.3 It is the responsibility of the team to ensure its athletes are at the designated location on time for transportation pick-up on the day of competition.

28.11 CITY CHAMPIONSHIPS

28.11.1 School/Team Requirement. Any school that does not participate in all DCIAA sanctioned Outdoor Track meets is not eligible to compete in the City Championships.

28.11.2 Elementary and Middle School Participant (Individual) Requirement. An elementary or middle school student-athlete shall compete in one (1) DCIAA Outdoor Track meet prior to the Outdoor Track Championship.

28.11.3 High School Participant (Individual) Requirement. A high school student-athlete shall compete in one (1) DCIAA Outdoor Track meet prior to the Outdoor Track Championship.

28.11.4 Participant Seeding. It is the responsibility of the coach to provide the Department of Athletics with official meet results to verify an athlete's participation for the purposes of seeding. The coach shall submit the required information prior to the championship meet. The Assistant Athletic Director will specify how that information is to be received.

Article 29: Soccer

29.1 DECLARATION OF TEAMS

29.1.1 Requirements for Game Play. A game shall not be started with fewer than seven (7) properly uniformed players on each team to be considered a legal game.

29.1.2 Squad Limits.

29.1.2.1 High School. The game shall be played by two (2) teams, each consisting of not more than eleven (11) players on the field, one of whom shall be the goalkeeper. A maximum of 22 players may be on the active roster. A maximum of 18 players are allowed to dress per game.

29.1.2.2 Middle School. The game shall be played by two (2) teams, each consisting of not more than seven (7) players on the field, one of whom shall be the goalkeeper. A maximum of 22 players may be on the roster.

29.2 PRACTICES and OFF SEASON WORKOUTS

29.2.1 Out of Season Workouts Defined. Out of Season is defined as anytime your team is participating in any athletic activity outside of the designated sports season including, but not limited to, conditioning and weight training sessions.

29.2.2 Spring Practice. Two (2) weeks of practice shall be conducted in soccer. The (2) week period shall be determined by the Athletic Department. All students must be medically cleared in order to participate in the practice.

29.2.3 Pre-Season Conditioning. Voluntary conditioning and weight training may occur prior to the start of the season with medically cleared athletes.

29.2.4 Off Season Conditioning and Weight Training. Only student-athletes who have been cleared by health care services may participate in off-season conditioning and weight training. Coaches may not host official practice during this time. Coaching is defined in Article 3.

29.2.5 Heat Acclimatization. High and middle school players should be provided five (5) days of conditioning, prior to the official start of practice, to become acclimated to the heat.

29.2.6 Weather Conditions (Heat & Humidity)

- a. During the month of August through the 2nd Saturday in September, no outdoor practice can be held between 11:00am and 3:00pm.
- b. If heat index warrants, a mandated light practice will be called by the Department of Athletics.
- c. Reduction in the amount of time for practice or start time may also be deemed necessary, by the DCIAA Athletic Department, for outdoor practice.
- d. If heat-related restrictions are put in place for practice, a mandatory 10-minute water break must be conducted three (3) times during a two (2) hour practice.

29.3 ATHLETIC COMPETITION

29.3.1 Rules of Competition. NFHS and adopted DCIAA Soccer rules are the official playing rules for all games. The DCIAA will adhere to the NFHS Soccer Rules, as has been modified for all soccer games and competitions.

29.3.2 Completed Games. A regular season soccer game that has completed one-half or more of play is an official game. A game that has been called due to inclement weather, prior to the first half being completed is a suspended game. The DCIAA Athletic Department shall determine when the suspended game will resume. The suspended game can be scheduled to resume as soon as 24 hours

from the original game.

- 29.3.3 Score Reporting.** It shall be the responsibility of the home team to report the score. Each school shall both their league and non-league scores. The score can be reported through the Athletics Tracking Database.
- 29.3.4 Maximum Contests.** A maximum number of eighteen (18) regular season contests, 3 per week, and four (4) scrimmages are permitted.
- 29.3.5 Team Responsibilities.** If the field permits, the home team shall be responsible for providing a responsible person to operate the game clock.
- 29.3.6 Time of Play.** The official time shall be kept by the head referee during the regular season.
- High school contests will be played in two (2) 40-minute halves.
 - Middle school contest will be played in two (2) 30-minute halves.
 - Elementary school contests will be played in two (2) 20-minute halves with no overtime.
- 29.3.7 Overtime Rules.** There will be no overtime in regular season games. Overtime will only occur in playoff and championship games. If a team ties during the regular season, the game will end in a tie and the point system will be as follows. Teams will earn 3 points for a win, 1 point for a tie, and 0 points for a loss. Overtime will proceed in the following fashion. Note that the DCIAA does not follow FIFA overtime rules.
- Between the end of the game and the first overtime period, there shall be a 5-minute sudden victory. A coin toss as specified in the NFHS Rule 5-2-2(d) (3), shall be held in advance of the sudden-victory overtime period.
 - The first goal scored in the sudden-victory overtime period shall complete the game.
 - If there is no winner in the first sudden-victory overtime period, the teams shall change ends of the field and a second 5-minute sudden-victory overtime period shall be played after a 2-minute interval.
 - If a tie still exists following the second sudden-victory overtime period, the head coaches and team captains for both teams will meet with the official at the halfway line to review the procedure for penalty kicks.
 - The referee will choose the goal at which all kicks from the penalty line will be taken.
 - Each coach will select five (5) players from the field to take penalty kicks and a goalkeeper to defend penalty kicks.
 - A coin toss will occur. The winning team will have the choice of kicking first or second.
 - Teams will alternate kickers and there if no follow-up on the kick, the defending team may change the goalkeeper.
 - The team scoring the greatest number of these kicks will be declared the winner.
 - If at the end of these five rounds of kicks the teams have scored an equal number of successful kicks, additional rounds of one kick each will be used until the tie is broken. No player will be allowed to take a second kick until all other players on their team have taken a first kick, including the goalkeeper.
- 29.3.8 Mercy Rule (“Points Rule”).** If at any time after the half, one team leads by a large number of goals (as specified below), the match shall be immediately end. All games involving two DCIAA schools will follow a mercy rule, including in the playoffs and championship. During non-league games, teams will follow DCIAA rules if a DCIAA team is the home site.
- 29.3.8.1 High School.** Matches will end after a lead of 10 or more goals.
- 29.3.8.2 Middle School.** Matches will end after a lead of 8 or more goals.
- 29.3.9 Protests.** During the playing of a game, no protest shall be made to the coach of the opposing team and/or the officials in charge of the contest. A formal protest should be submitted the next business day.
- 29.3.9.1 Authority to Protest.** Athletic Directors shall be responsible for determining whether a

formal protest shall be made.

29.3.9.2 Formal Protest. If a formal protest is entered, such protest should include all available information and supporting documentation submitted in writing by the principal of the protesting school to the Executive Director of Athletics and the principal of the opposing school by close of business the following school day.

29.3.10 Playoff and Championship Rules.

29.3.10.1 Coach Attire for Playoffs and Championships. Professional attire shall be worn by all members of the coaching staff during the contest. Professional attire is defined as business casual. No jeans, Sweats, Hoodies, or Hats permissible. Khakis are allowed.

29.3.10.2 Failure to Comply. Coaches who do not adhere to the uniform attire will face disciplinary action.

29.3.10.3 Bench Rules. Only players that are listed on the active roster shall be allowed to sit on the bench during playoff and championship games.

29.3.10.4 Team Responsibility. A person designated to retrieve balls shall be designated by each team for a total of two (2) ball retrievers.

29.4 UNIFORMS

29.4.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

- a. Coaches and players must comply with the NFHS soccer uniform requirements.
- b. Home teams must wear a white uniform.
- c. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans are permitted.

29.4.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

29.5 Elementary Soccer

29.5.1 Declaration of a Team. A game shall not be started with fewer than five (5) properly uniformed players on each team to be considered a legal game.

29.5.2 Squad Limits. The game shall be played by two (2) teams, each consisting of not more than seven (7) players, one of whom shall be the goalkeeper.

29.5.3 Start Date. Elementary teams may begin practice on March 1.

29.5.4 Rules of Competition. Youth Soccer and adopted DCIAA Soccer rules are the official playing rules for all games. The DCIAA will adhere to the Youth Soccer Rules, as has been modified for all soccer games and competitions.

29.5.5 Time of Play. The official time shall be kept by the head referee during the regular season. Elementary school contests will be played in two (2) 20-minute halves with no overtime.

29.5.6 Mercy Rule ("Points Rule"). If at any time after the half, one team leads by 8 or more goals, the match shall be immediately end. All games involving two DCIAA schools will follow a mercy rule, including in the playoffs and championship. During non-league games, teams will follow DCIAA rules if a DCIAA team is the home site.

Article 30: Softball

30.1 DECLARATION OF TEAMS

30.1.1 Requirements for Fielding a Team. To field a team, 10 student-athletes must be eligible for participation on high school teams.

30.1.2 Requirements for Game Play. To play a contest, at least 9 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

30.2 PRACTICE

30.2.1 Start Date. Practice may start on a date designated by the DCIAA.

30.2.2 Pitchers and Catchers. Pitchers and catchers may start on a date designated by the DCIAA

30.2.3 Request for Practice Location. Any teams needing the assistance of the DCIAA to secure practice facilities must place that request by November 1.

30.2.4 No Scrimmages without Prior Practice. No scrimmages or games can be conducted until a team has completed five official practices.

30.3 ATHLETIC COMPETITION

30.3.1 Rules for Competition. NFHS and adopted DCIAA Softball rules are the official playing rules for all games.

30.3.2 Competition Time Limit Restrictions.

- a. There is a two-hour time limit for all regular season and playoff games.
- b. The two-hour time limit shall apply whether the 5th inning is finished or not.
- c. If a game does not reach five innings between the two (2) hour time limit, the game will be treated as a suspended game. The Department of Athletics shall have the authority to determine if the game shall resume at a later date.
- d. A new inning cannot start after one hour and forty-five minutes, except when necessary to break a tie score.
- e. If the game is tied at the two (2) hour time limit, teams may continue to play for an additional 15 minutes to break the tie.
- f. If the game remains tied at the completion of that inning or after 15 minutes have elapsed, the game will be treated as a suspended game. The Department of Athletics shall have the authority to determine if the game shall resume at a later date.
- g. The two (2) hour time limit is in effect for the playoffs. However, during playoffs, all innings in progress at the two (2) hour time limit must be completed.
- h. There is no two (2) hour time limit in the championship game.

30.3.3 Mercy Rule. The mercy rule is in effect for all games involving two DCIAA teams, including playoffs and championships. At non-league games, the mercy rule is in effect if the home team is a DCIAA team.

30.3.3.1 Ten Run Rule. The ten (10) run rule is in effect after the fifth (5th) inning. The game is officially over after playing five (5) innings if the losing team is down by ten (10) or more runs and has finished the at-bat.

30.3.3.2 Fifteen Run Rule. The game is officially over if a team is down by 15 or more runs after three (3) innings and an hour and a half have elapsed.

30.3.4 Complete Game. Seven innings will constitute a complete game, except where other rules apply.

29.5.6.1.1 Two (2) hour time limit and five innings constitute a complete game.

29.5.6.1.2 The ten (10) run rule is in effect after the fifth (5th) inning. The game is officially over after playing 5 innings if the losing team is down by 10 or more runs and has finished the at-bat.

29.5.6.1.3 The game is officially over if a team is down by 15 or more runs after 3 innings and an hour and a half have elapsed.

29.5.6.1.4 Upon agreement, coaches can call a game at any time.

30.3.5 Game Protest. Coaches must immediately declare any and all game protests at the time of the incident to the umpire and opposing coach. Official written notification must be submitted to the Department of Athletics within 24 hours of the incident by the principal.

30.3.6 Scheduling

30.3.6.1 High School Competition Limits. Teams may play a maximum of 25 games and 4 scrimmages. Non-league games must be submitted by the date designated by the DCIAA. A maximum of four tournaments are permitted with each counting as one game towards the 25 game maximum.

30.3.6.2 Middle School Competition Limits. Teams may play a maximum of 15 games and 4 scrimmages.

30.3.6.3 League Games. The DCIAA will schedule all league games, including locations. Teams will play a single round-robin schedule.

30.3.6.4 Non-League Games. All non-league game agreements must be submitted by the date designated by the DCIAA. Game limits apply and league contest supersede non-league games.

30.3.6.5 Game Date Change. Requests for changes to the schedules must be submitted to the Softball Coordinator prior to the season.

30.3.7 Field Dimensions

30.3.7.1 Base Path. Bases shall be 60 feet apart.

30.3.7.2 Pitching Distance. The pitcher's plate shall be 43 feet from the rear tip of home plate.

30.3.7.3 Fixing Field Condition. Any game started on a non-regulation field shall be fixed once it is recognized. The game will continue after corrections are made.

30.3.7.4 Field Condition Protest. Any game started on a non-regulation field shall not be protested. Once a game starts if it is found that the pitching distance, base distance or batter's box are incorrect, the correction shall be made immediately, the game shall continue, and no protest can be made.

30.3.8 Pitch Limit

30.3.8.1 Weekly Limit. A pitcher may not pitch more than 14 innings in a week (Monday through Saturday). This count is to be kept by the coach and recorded in the scoring book.

30.3.8.2 Inning Limit. A pitcher may pitch a maximum of 10 innings within two consecutive days and may not pitch more than 10 innings in a single day. This count is to be kept by the coach and recorded in the scoring book.

30.4 UNIFORMS

30.4.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

a. Coaches and players must comply with the NFHS softball uniform requirements.

- b. Home teams must wear a white uniform.
- c. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans are permitted.

30.4.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

30.5 TEAM RESPONSIBILITIES

30.5.1 Game Balls. The home team must furnish two top-grade game balls. Additional game balls will be furnished simultaneously by both teams at the request of the umpire. At the end of the game, remaining balls will be divided equally between the participating teams, with the home team receiving the odd number.

30.5.2 Game Book. The home team is responsible for the official game book. If the home team does not have a game book, then the visiting team's score is official.

30.6 SUMMER LEAGUE

30.6.1 Participation Rules. High schools may participate in a summer league. Five (5) days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. Players for a school-sponsored team must be officially registered at the school. Each student-athlete must have a current completed Universal Health Certificate (physical form), a signed and dated parental consent, and a signed and dated emergency information form. No Exceptions! Each school will determine if she is registered and must complete the DCIAA HS Summer Softball Roster. Summer League play must be completed by the first weekend in August. The school may register under the school name, but school-issued uniforms are prohibited. Schools must register their team and league participation with DCIAA prior to the beginning of the play. Violation of any of these requirements will result in coach and team penalty.

30.6.2 Summer Roster. All teams participating in summer baseball must submit a completed Summer Softball Roster before play can begin. The Summer Softball Roster must include the Athletic Trainer stamp and all appropriate signatures.

30.6.3 Coach Clearance. All Coaches must be on the Security Clearance list to participate in Summer Softball. If a team fails to ensure that all coaches are cleared, they will be penalized with a 1-game regular season suspension. All Volunteer Coaches must be cleared.

Article 31: Stunt

31.1 DECLARATION OF TEAMS

- 31.1.1 Requirements for Fielding a Team.** To field a team, 10 student-athletes must be eligible for participation on high school teams.
- 31.1.2 Requirements for Game Play.** To play a contest, at least 8 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.
- 31.1.3 Squad Limit.** A maximum of 15 players may be on a roster. No more than 12 will play at a time.

31.2 PRACTICE

- 31.2.1 Start Date.** Practice may start on March 1.

31.3 ATHLETIC COMPETITION

- 31.3.1 Rules for Competition.** NFHS Spirit and adopted USA Cheer rules are the official playing rules for all games.
- 31.3.2 Participation.** The participating teams in stunt are required to attend at least four (4) regular season games/tournaments to be eligible for the DCIAA Championship tournament. There will be a maximum of ten (10) regular season games/tournaments.
- 31.3.3 Pre-Game**
- Twenty (20) minutes prior to the start of the game, each team will be given fifteen (15) minutes on their territory to do warm-up skills. Teams may warm-up on their practice mats at any time during the game. No routine music may be played during team warmups.
 - The home team will call the coin toss to determine initial possession, and representatives return to their bench to begin play.
 - Following the coin toss, the referee will call for the routine number from the coach with the possession. The routine to perform will be selected by the team with possession.
- 31.3.4 Game.** Stunt is played by two teams who perform preset routines on the playing field at the same time. These routines consist of varying skill levels of partner stunts, pyramids, tosses, jumps and tumbling. The routines are determined by USA Cheer and published annually prior to the start of the season. The purpose of each team is to score by executing the routine with fewer errors than their opponent.
- Regulation consists of four (4) quarters of play: Partner Stunts, Pyramids and Tosses, Jumps and Tumbling, Team Routine
 - Each of the first three (3) quarters will consist of four rounds. Each round will consist of one of six (6) available routines based on the category of the current quarter.
 - The fourth quarter (Team Routine) will consist of three (3) rounds. Each round will combine the routines of that level in one continuous routine in the following order: Partner Stunts, Jumps and Tumbling, and Pyramids and Tosses.
- 31.3.5 Forfeit.** Following the routine call during any round, the opposing team may forfeit the round. This is done by the coach signaling to the referee with forearms crossed in front of the chest to form an "X." Once a forfeit is called, the opposing team may take the floor with the opportunity to win the point using the forfeit scoring rules.

31.3.5.1 Self-Forfeit. If a team with possession does not have a routine remaining that they can perform, they can call a routine and immediately forfeit. The other team may take the floor with the opportunity to win the point using the forfeit rules.

31.3.5.2 Double-Forfeit. If a team self-forfeits and the other team cannot perform the routine, they may also forfeit. If either or both teams forfeit, possession switches to the team that did not have possession at the beginning of the round.

31.3.6 Timeout. Each team will have one 60-second timeout to use per half and per every six rounds of overtime. Timeouts do not carry over from one half to the next or from one six-round overtime segment to the next.

31.3.7 Scoring. Scoring officials will determine the total number and degree of errors made by each team. The team with the fewest deductions is declared the winner of the round. If each team has the same number of deductions, the round ends in a tie. For example, if the home team has one major error and the away team has 3 minor errors.

31.3.7.1 Quarters 1-3. The round winner receives 1 point. The round loser receives 0 points. A tie round results in each team receiving 1 point.

31.3.7.2 Quarter 4. Each section of the routine is scored individually using the same scoring as the first three quarters. A team may score anywhere between 0 to 3 points. For example, if the home team wins the first section (1-0), the teams tie the second section (1-1), and the away team wins the third section (0-1). These individual section scores would be added together to end with a score of 2-2 for the round.

31.3.7.3 Final Scores. The final scores are determined by the combined scores from each of the four quarters. The winner is the team with the most points at the end of the game.

31.3.8 Overtime. In the event of a tie at the end of regulation, the coaches will meet at the center of the mat for a coin toss. The away team will call the coin toss to determine possession of the first overtime period. The winner of the coin toss will determine the quarter for the 1st round in overtime. All quarters – including the 4th-quarter may be called in overtime. Routine 1 of the quarter called by the coin toss winner will be performed by both teams. Overtime rounds are performed and scored exactly as in regulation. The team that wins the round is declared the winner of the game. If the first-round results in a tie, possession alternates, and overtime continues to round two. If the winner is not determined after the 3rd overtime, play defaults to all 4th-quarter routines until a winner is determined.

31.4 UNIFORMS

31.4.1 Definition of a Uniform. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

- a. Coaches and players must comply with the NFHS spirit rules uniform requirements (same as volleyball).
- b. Home teams must wear a white uniform.
- c. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans are permitted.

31.4.2 Mascot and Logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

Article 32: Swimming

32.1 PRACTICE

32.1.1 Start Date. Practice may start on the first official day of the winter sports season.

32.1.2 Practice Facilities and Scheduling. Practice sites and times will be determined by the DCPS Athletics Department and DPR. Any adjustments to the practice schedule must be sent from the school-based Athletic Director to the DCPS Athletics Department via email. The DCPS Athletics Department will be responsible for communicating this information to DPR. Coaches and Athletic Directors should not contact DPR for schedule adjustments.

32.1.3 Alternate Practice Sites. In the event, a DCPS Swim Meet is scheduled at your facility during your practice time, you must request that your practice is moved to an alternate site.

32.2 ATHLETIC COMPETITION

32.2.1 Rules for Competition. NFHS and adopted DCIAA Swimming rules are the official rules for meets. Only equipment and facilities that meet the dimensions and specifications in the NFHS sports rules shall be used in interscholastic competition.

32.2.2 Competition Site. DCPS and DPR Aquatic Facilities.

32.2.3 Competition

- a. Pre-meet conference will now include referee, starter, coach and team captain for all non-competition swim meets.
- b. No team shall be stationed directly across from the starter
- c. No student-athlete can walk in front of the starting table once set up. All must enter the starting area from the side where the Deck Referee stands (directly across from the starter).
- d. No coach is allowed in timing area once meet begins.

32.2.4 Order of Events. Swim meets shall consist of the following order of events unless changed by the meet director.

| Middle School | | |
|---------------|------------------|-------|
| # | Order of Events | |
| 1 | 200 Medley Relay | Girls |
| 2 | 200 Medley Relay | Boys |
| 3 | 100 Free | Girls |
| 4 | 100 Free | Boys |
| 5 | 100 IM | Girls |
| 6 | 100 IM | Boys |
| 7 | 50 Free | Girls |
| 8 | 50 Free | Boys |
| 9 | 50 Fly | Girls |
| 10 | 50 Fly | Boys |
| 11 | 50 Back | Girls |
| 12 | 50 Back | Boys |
| 13 | 50 Breast | Girls |
| 14 | 50 Breast | Boys |
| 15 | 200 Free Relay | Girls |
| 16 | 200 Free Relay | Boys |

| High School | | |
|-------------|------------------|-------|
| # | Order of Events | |
| 1 | 200 Medley Relay | Girls |
| 2 | 200 Medley Relay | Boys |
| 3 | 200 Free | Girls |
| 4 | 200 Free | Boys |
| 5 | 200 IM | Girls |
| 6 | 200 IM | Boys |
| 7 | 50 Free | Girls |
| 8 | 50 Free | Boys |
| 9 | 100 Free | Girls |
| 10 | 100 Free | Boys |
| 11 | 50 Fly | Girls |
| 12 | 50 Fly | Boys |
| 13 | 100 Fly | Girls |
| 14 | 100 Fly | Boys |
| 15 | 50 Back | Girls |
| 16 | 50 Back | Boys |
| 17 | 100 Back | Girls |
| 18 | 100 Back | Boys |
| 19 | 50 Breast | Girls |
| 20 | 50 Breast | Boys |
| 21 | 100 Breast | Girls |
| 22 | 100 Breast | Boys |
| 23 | 500 Free | Girls |
| 24 | 500 Free | Boys |
| 25 | 200 Free Relay | Girls |
| 26 | 200 Free Relay | Boys |

32.2.5 Starting Area. Only swimmers and timers will be allowed in the starting area. Coaches will be restricted to team areas.

32.2.6 Timers. Each participating school shall provide at least onetimer for competitions.

32.2.7 Scheduling. The DCPS Athletic Department/DCIAA shall schedule all-league meets. All non-league meets must be turned into the DCPS/DCIAA Athletic Office, 6 weeks prior to the start of the season. A member school may not participate in a sponsored meet that is in direct conflict with any DCIAA meet or Championship. Member schools may schedule dual or tri meets with DCIAA Teams. A Non-League Agreement Form must be submitted along with a Building Use Agreement (BUA) to secure the facility.

32.2.8 Athlete Participation. Students must compete in a minimum of two (2) meets to participate in City Championships.

32.2.9 Meet Entry Guidelines.

- a. Meet entry forms must be submitted five days hours prior to the event. Failure to submit by the five-day mark, will result in team not being able to participate in the event.
- b. Students can be registered for a maximum of five (5) events. The registration can consist of four (4) individual events and one (1) relay or three (3) individual events and (2) relay.
- c. Any team with less than four (4) entrants will not be considered a team for swim meets.
- d. A team must participate in every DCIAA Developmental/Invitational meets to qualify for the Championships.
- e. Each school can enter a maximum of eight (8) entrants per race. Only 4 will count per team.
- f. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
- g. No team shall enter more than two (2) relay teams in any race.

32.3 UNIFORM RULES

- 32.3.1** Each competitor shall wear a uniform bearing the school name and colors. Swimming caps and goggles are optional.
- 32.3.2** Uniforms must meet the NFHS swim uniform standards.
- 32.3.3** Swim camps must be solid color or representing school. Student-athletes wearing swim caps representing another organization will result in a disqualification.
- 32.3.4** Student-athletes are not permitted to wear jewelry during competition. If a student competes with jewelry, will result in a student being disqualified.
- 32.3.5** Deck changing is not allowed under any circumstances.

32.4 TEAM RESPONSIBILITIES

- 32.4.1** It is the responsibility of the team to provide volunteers to assist the team with preparation and keeping track of athletes prior to the start of the race.
- 32.4.2** It is the responsibility of the team to have and keep track of the Emergency Treatment sheet for each athlete competing.
- 32.4.3** It is the responsibility of the team to ensure its athletes are at the designated location on time for transportation pick-up on the day of competition.

32.5 CITY CHAMPIONSHIPS

- 32.5.1 School Requirement.** Any school that does not participate in at least 2 DCIAA sanctioned swim meets will not be eligible to compete in the City Championships.
- 32.5.2 Participant Requirement.** A student-athlete shall compete in two (2) DCIAA Swim meets to be eligible for the City Championships.
- 32.5.3 Participant Seeding.** Swimmers will be seeded by times.

Article 33: Tennis

33.1 DECLARATION OF TEAMS

- 33.1.1 Requirements for Fielding a Team.** To field a team, 4 student-athletes must be eligible for participation on high school teams.
- 33.1.2 Requirements for Game Play.** To play a contest, at least 4 student-athletes must be eligible and dressed with proper game clearance requirements (medication, emergency treatment forms, etc.) present on-site at a game time.

33.2 PRACTICE

- 33.2.1 Start Date.** Practice may start on February 3.
- 33.2.2 Request for Practice Location.** Teams needing the assistance of the DCIAA to secure a practice location must place a request by November 1.

33.3 ATHLETIC COMPETITION

- 33.3.1 General Rules.** The DCIAA will adhere to the United States Tennis Association (USTA) Amateur Tennis Rules. Rules and regulations can be found in the “Friends at Court” book on www.nfhs.com. The DCIAA rule will take precedence in making final rulings.
- 33.3.2 Participation and Entry Limits.** Matches require a minimum of 4 players to hold an official match.
- 33.3.2.1 Minimum Players Match Format**
- a. One (1) Boys Singles – 1 point
 - b. One (1) Girls Singles – 1 Point
 - c. One (1) Doubles – 1 point per match (either all boys, all girls, or mixed)
 - i. Doubles players cannot participate in singles matches,
 - ii. Each player can participate in only one (1) singles match,
 - iii. Each school must enter its players in matches according to their established rank and position on the team. Stacking is not permitted.
 - iv. Must give opposing team 24 hours’ notice for minimum match format.
- 33.3.2.2 Full-Team Match Format**
- a. Three (3) Boys Singles – 1 point per match
 - b. Three (3) Girls Singles – 1 point per match
 - c. One (1) Doubles- 1 point per match (either all boys, all girls, or mixed)
 - i. Doubles players cannot participate in singles matches,
 - ii. Each player can participate in only one (1) singles match,
 - iii. Each school must enter its players in matches according to their established rank and position on the team. Stacking is not permitted.
- 33.3.3 Scoring.** A player or doubles team will score one (1) point for his/her/their team for each match he/she/they win in the tournament.
- a. 8 game professional set; 12-point tiebreaker at 7-7
 - b. Four (4) team points win a match when seven (7) points are played
 - c. For a legal match victory, four (4) certified players must be present at the match
 - d. The highest number of points wins when less than seven (7) points are played
 - i. EXAMPLE: Five (5) matches are played Team A wins 3 and Team B wins 2. (Team A wins

the match)

33.3.4 Line-Up Sheets

- a. Line-up sheets must be signed by both coaches and dated
- b. Coaches must use the DCIAA tennis score sheets.
- c. Line-ups must be provided by each team and should include:
 - i. School name (Home and Opponent)
 - ii. Player's name
 - iii. Score for each 10-game pro set
 - iv. Final Team Score

33.3.5 Forfeited Points. Teams will forfeit one (1) point per match if the opposing team does not produce an opponent.

33.3.6 Scheduling. Teams may participate in a maximum number of 22 matches. The Department of Athletics shall schedule all league games/matches. All non-league games/matches must be turned in to the Department of Athletics six (6) weeks prior to the first available date of non-league play. Non-League Agreement (AT-7 and AT-8) must be completed for non-league games and scrimmages. DCIAA does not pay for officials, venue, security or transportation for non-league games.

33.3.7 Scrimmages. Scrimmages are to only take place prior to the start of non-league and league contests. No scrimmages are allowed during league and/or non-league play or dead periods. All scrimmages must be submitted on a non-league agreement. Schools are required to cover security for scrimmages. Closed scrimmages are allowed and do not require security.

33.3.8 Player must get on the court, call service and serve one (1) ball in order to forfeit the point.

33.4 UNIFORM RULES

33.4.1 Uniform Defined. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

33.4.2 Players and coaches must be in the proper attire at all times at the match site. Players must wear appropriate tennis apparel.

33.4.3 All members of a team shall begin their respective matches dressed in shirts. (Collared tennis shirts, t-shirts, etc.), or one-piece outfits for girls, which are similar in color and style. Boys are permitted to wear sleeveless "Nadal-style" tennis shirts. Players may change shirts between games and at the end of a match; otherwise, shirts must be worn at all times while at the match site.

33.4.4 Caps, hats or visors may be worn. Headbands made of cloth, elastic fiber or rubber is also permissible provided they are unadorned and no wider than two (2) inches. Bandannas worn as head coverings are not permitted.

33.4.5 Spandex shorts are prohibited as a uniform bottom. Tank tops for boys and shirts which leave the midriff exposed, along with any item of clothing, including headwear, on which profane or otherwise vulgar slogans or artwork is displayed are also prohibited.

33.4.6 A player whose attire is in violation of these provisions will cause his/her school to be assessed a penalty by the DCIAA office.

33.4.7 Mascot and logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

33.5 TEAM RESPONSIBILITIES

33.5.1 Each team must bring water and hydration products to the game/matches.

33.5.2 Each team shall furnish top grade balls for play.

33.6 CITY CHAMPIONSHIPS

33.6.1 Participation Requirement. A player must participate in two DCIAA scheduled matches prior to being seeded in the DCIAA post-season tournament.

33.6.2 Seeding. Players are to be seeded according to ability. The team's best singles player is to be the #1 seed for their team. Seeds should not be changed for reasons such as "punishment".

Article 34: Volleyball

34.1 DECLARATION OF A TEAM

- 34.1.1 Requirements for Fielding a Team.** In order to field a team of 6 athletes must be eligible for participation.
- 34.1.2 Requirements for Game Play.** To play a contest, a minimum of 6 athletes must be eligible and dressed in proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at a game time. A maximum of 15 athletes are able to sit in uniform on the bench.

34.2 PRACTICE

- 34.2.1 Start Date.** Practice may start on August 1.

34.3 ATHLETIC COMPETITION

34.3.1 Scheduling

34.3.1.1 Maximum Games for HS. A maximum of 24 games and 4 scrimmages are permitted. Games per week cannot exceed 3.

34.3.1.2 League Games. The DCIAA will schedule all league games, including locations and times.

34.3.1.3 Non-League Games. All non-league games/matches must be turned in to the Department of Athletics six (6) weeks before the first available date of non-league play. A Non-League Agreement must be completed for non-league games. DCIAA does not pay for officials, entry fee, venue, security or transportation for non-league games.

34.3.1.4 Scrimmages. Scrimmages are to only take place prior to the start of non-league and league contests. No scrimmages are allowed during league and/or non-league play or dead periods. All scrimmages must be submitted on a Non-League Agreement. Schools are required to cover security for scrimmages. Closed scrimmages are allowed and do not require security. Schools shall incur all costs for medical coverage for events sponsored by the individual school for non-league contests and tournaments that occur during holiday periods.

34.3.2 Rules for Competition. NFHS and adopted DCIAA Volleyball rules are the official playing rules for all games.

34.3.3 Official Ball. Home team must provide competition ball.

34.3.3.1 High School

- a. The official ball used for HS competition must be a National Federation approved ball. Color or white leather balls may be used. No rubber balls allowed for competition.

34.3.3.2 Middle School

- b. The official ball used for MS competition is white leather covered volleyball. Color or white leather balls may be used. No rubber balls allowed for competition.

34.3.4 Pre-Game & Post-Game:

34.3.4.1 Warm-up. A 15-minute warm-up period (7-7-1) shall precede all matches as follows:

- 34.3.4.1.1 First seven (7) minutes – Visiting team practices on the full court; the home team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);
- 34.3.4.1.2 Next seven (7) minutes – Home team practices on the full court; the visiting team may practice ball-handling outside of the six-foot area from the volleyball court

sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);

34.3.4.1.3 One minute clean up – Both teams clearing the court to play

34.3.4.2 Coin Toss. Coin toss may take place before, between or at the end of the warm-up period.

34.3.4.3 Handshake. Teams will shake hands before the match starts and after the match is over.

34.3.5 Scoring. All matches shall utilize rally scoring. Rally scoring is as follows:

34.3.5.1 High School

- a. Varsity matches (regular season and playoffs), best two (2) out of three (3) set. A complete set will have 25 points with a 2-point separation or the first team to reach a score of 28.
- b. The championship match will be played as the best three (3) out of five (5) set. The fifth (5th) set in the championship match is played to 15 points with 2-point separation. There is no cap in the fifth (5th) set for HS.

34.3.5.2 Middle School

- a. A match may begin with 5 players. If you have a Libero player, you must use her as the 6th player on the team. No team can use the Libero player unless they have at least 6 players on the court.
- b. Matches (regular season and playoffs), best 2-of-3 games; each game shall be to 25 points with the exception of the third game, if necessary, which shall be to 15 points. The first 2-of-3 games will be capped at 28. The 3rd set will be capped at 21.
- c. The third (3rd) set in Championship matches are played to 15 points with 2-point separation; there is **no cap** in the third (3rd) set for MS.

34.3.6 Card System for Misconduct.

34.3.6.1 Administration of the Card System for Misconduct-Players, substitutes, team attendants.

34.3.6.1.1 First minor offense – yellow card.

34.3.6.1.2 Second minor offense – second yellow card, player disqualified (but not ejected) for the remainder of the match, point awarded to opponent.

34.3.6.1.3 Single serious/flagrant offense – red card, player disqualified (ejected) from contest for unsporting conduct, point awarded to opponent.

34.3.6.2 Administration of the Card System for Misconduct- Coaches

34.3.6.2.1 First minor offense – yellow card.

34.3.6.2.2 Second minor offense (yellow card) or single/serious flagrant offense – red card, coach disqualified (ejected) from contest for unsporting conduct, point awarded to opponent.

34.4 OFF-SEASON PRACTICES

34.4.1 Out-of-Season Workouts. Out-of-season is defined as anytime your team is participating in any athletic activity outside of the designated sports season.

34.4.2 Out-of-season workouts may consist of conditioning, weight-training, sport specific drills without the use of a ball, and nutrition only. **No balls** are to be used during workouts.

34.4.3 Must be open to all students attending that school.

34.4.4 Participation shall be voluntary and shall not be required, either directly or indirectly,

for membership on an interscholastic team.

34.4.5 A maximum of 5 (five) athletes may be in the gym at one time. If a 6th (sixth) athlete enters the gym, all activities must end immediately.

34.4.6 The gym may not be split or divided.

34.4.7 Summer Leagues. Teams must submit a Summer League request form with an updated team roster.

- a. All teams may participate.
- b. DCIAA head varsity volleyball coaches are permitted to coach summer league.
- c. Teams are not allowed to participate under their school name.

34.5 UNIFORM RULES

34.5.1 Uniform Defined. A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.

- a. Coaches and players must comply with NHFS volleyball rules.
- b. Home teams must wear a white or light-colored uniform.
- c. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans, sweats, hoodies, or hats are permissible.

34.5.2 Mascot and logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

34.6 TEAM RESPONSIBILITIES

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

34.6.2 Game Book. The home team is responsible for the official game book. If the home team does not have a game book, the visiting team's score is official.

34.6.3 Scorekeeper. The home team is responsible for providing the score keeper.

34.6.4 Line Judges. Home and away teams should provide at least one (1) line judge for all matches.

Article 35: Wrestling

35.1 DECLARATION OF A TEAM

- 35.1.1 Requirements for Fielding a Team.** To field a team of 8 athletes must be eligible for participation, including a minimum of 4 males and 4 females.
- 35.1.2 Requirements for Game Play.** To play a contest, student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at a game time.

35.2 PRACTICE

- 35.2.1 Start Date.** Teams may not begin practice before a start date designated by the DCIAA.
- 35.2.2 Request for Practice Location.** Teams needing the assistance of the DCIAA to secure a practice location must place a request by October 1.
- 35.2.3 No Scrimmages Without Prior Practice.** No scrimmages or games can be conducted until a team has completed five official practices.

35.3 ATHLETIC COMPETITION

- 35.3.1 Rules for Competition.** NFHS and adopted DCIAA Wrestling rules are the official playing rules for all competitions.
- 35.3.2 High School Rules.** Matches will follow the standard NFHS format with appropriate weight classes.
- 35.3.3 Middle School Rules.** All teams will participate in each match using the Madison Style Bracket System with the goal of getting each participant two matches.
- 35.3.4 Middle School Scoring.** Weight classes will be set using pre-determined weigh-ins that group wrestlers together at a similar weight. Total Team Points will determine the Champion.
- 35.3.5 Scheduling.**
- 35.3.5.1 League Games.** The DCIAA will schedule all league games, including locations.
- 35.3.5.2 Non-League Games.** All non-league games must be turned in to the DCIAA 6 weeks prior to the first available date of non-league play. A Non-League Agreement form must be completed for non-league games. The DCIAA does not pay for officials, venues, security, or transportation for non-league games.
- 35.3.5.3 Scrimmages.** Scrimmages are to only take place prior to the start of the non-league and league contests. No scrimmages are allowed during league play, non-league play, or dead periods. All scrimmages must submit a Non-League Agreement form. Schools are required to cover security for scrimmages. Closed scrimmages are allowed and do not require security.
- 35.3.5.4 Game Date Change.** Requests for changes to the schedule must be submitted to the Wrestling Coordinator prior to the season.

35.4 UNIFORM RULES

- 35.4.1 Uniform Defined.** A uniform is a set of standard clothing worn by members of a team while participating in an athletic activity. The uniform will be made in the team's distinctive colors, distinguishing "home" and "away" teams, and will identify the team's name. When in uniform, you are attached to that specific school.
- a. Coaches and players must comply with the NFHS Wrestling rules.

- b. In DCIAA competitions a singlet or shorts (without pockets) and T-shirt are permissible competition uniforms.
- c. If a competitor elects to compete in shorts and t-shirt the shorts must have a minimum four-inch inseam and not extend beyond the top of the knee.
- d. If a competitor elects to compete in shorts and t-shirt the t-shirt must be tucked into the shorts.
- e. If a competitor elects to compete in a short and t-shirts the t-shirt must be of appropriate fit with the sleeves not extending to the elbow. The material of the garment need not be spandex / lycra, but it will be up to the discretion of the official to determine if a garment is of excessive size or material as to pose a safety hazard to the competitors.
- f. Long sleeve t-shirts of any type are prohibited.
- g. A pair of shorts may be worn above the singlet.
- h. A mouth guard is required of competitors wearing braces or other orthodontics. A top and a bottom mouth guard is required if a competitor as top and bottom braces.
- i. High top sneakers are an acceptable form of footwear.
- j. A hair cap is not required, however, hair extending beneath the shoulders must be in a ponytail and secured with a soft elastic band. An official does have the discretion to require a hair covering if the hair extends beyond the middle of a competitor's back and the official feels the length presents a safety hazard.
- k. Hijabs, headscarves, or other head coverings worn for religious purposes may be worn during a match provided that a headgear is worn over the head covering in question.
- l. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans or sweats.

35.4.2 Mascot and logo. All new mascots and logos should be submitted to the DCIAA for approval by the Office of the General Counsel.

35.5 TEAM RESPONSIBILITY

Regardless of the physical location of a match, the home team is responsible for ensuring that all required equipment is available, usable, and set up at the site of competition. This includes scales, clocks, team and individual match scoring devices and score sheets, as well as providing scorekeepers. It is also up to the home team to ensure mats are washed properly.

