



# Athletic Handbook



**Frederick County (Maryland) Public Schools**

**High School  
(Grades 9-12)  
Athletic Handbook**

**Office of Athletics and Extracurricular Activities**  
System Accountability and School Administration

**Kevin Kendro**  
Supervisor, Athletics and Extracurricular Activities

**Theresa Wisner**  
Administrative Secretary, Athletics and Extracurricular Activities

**FCPS Central Office**  
191 South East Street  
Frederick, MD 21701  
301.696.6845

**FCPS Athletics Website**  
[www.fcps.org/athletics](http://www.fcps.org/athletics)

**Twitter**  
@FCPSAthletics

## **Table of Contents**

- I. Contact Information**
- II. General Information**
- III. Responsibilities/Duties**
- IV. Participation Requirements**
- V. Expectations for Student-Athletes and Coaches**
- VI. Health and Safety**
- VII. Event Management**
- VIII. Sportsmanship and Respect for All**
- IX. Regulations, Policies and Resources**

# I. Contact Information

## Athletic Director and Coordinator of Athletics and Facilities Contact Information

Brunswick	Kirk Meehan	240.236.8611	<a href="mailto:Kirk.Meehan@fcps.org">Kirk.Meehan@fcps.org</a>
Catoctin	Keith Bruck	240.236.8090	<a href="mailto:Keith.bruck@fcps.org">Keith.bruck@fcps.org</a>
Frederick	Keivette Hammond	240.236.7083	<a href="mailto:Keivette.Hammond@fcps.org">Keivette.Hammond@fcps.org</a>
Gov. Thomas Johnson	Michael Chavez	240-236-8233	<a href="mailto:Michael.Chavez@fcps.org">Michael.Chavez@fcps.org</a>
Linganore	Howie Putterman	240.566.9855	<a href="mailto:Howard.Putterman@fcps.org">Howard.Putterman@fcps.org</a>
Middletown	Kevin Lynott	240.236.7420	<a href="mailto:Kevin.Lynott@fcps.org">Kevin.Lynott@fcps.org</a>
Monocacy Valley Montessori	Allie Titus	240.236.6110	<a href="mailto:Allie.Titus@fcps.org">Allie.Titus@fcps.org</a>
Oakdale	Mark Wolcott	240.566.9432	<a href="mailto:Mark.Wolcott@fcps.org">Mark.Wolcott@fcps.org</a>
Tuscarora	Chris O'Connor	240.236.6545	<a href="mailto:John.oconnor@fcps.org">John.oconnor@fcps.org</a>
Urbana	Karin Bauer	240.236.7711	<a href="mailto:Karin.Bauer@fcps.org">Karin.Bauer@fcps.org</a>
Walkersville	Sonny Joseph	240.236.7255	<a href="mailto:Emmett.Joseph@fcps.org">Emmett.Joseph@fcps.org</a>
FCPS	Kevin Kendro	301.696.6845	<a href="mailto:Kevin.Kendro@fcps.org">Kevin.Kendro@fcps.org</a>
FCPS	Theresa Wisner	301.696.6845	<a href="mailto:Theresa.Wisner@fcps.org">Theresa.Wisner@fcps.org</a>

## II. General Information

FCPS recognizes the value of student participation in extracurricular activities and understands such programs serve as a viable complement to a student's overall educational experience. Academic achievement for each and every student is the cornerstone of the Board's goals, as is creating a culture of wellness for all students. Therefore, time commitments for extracurricular activities will incorporate these goals to achieve a reasonable balance for students who seek to participate in extracurricular activities.

### Vision

Create a culture committed to excellence in academics, athletics and character development

### Mission

Develop a community of student-athletes, coaches and parents who accept the responsibility of creating and maintaining a positive, competitive environment valuing good sportsmanship, self-discipline, hard work, empathy, fair and courageous team play while winning with humility and losing with grace.

### Goal

To play a major role in preparing student-athletes for post-graduate options.

### Organization of FCPS Interscholastic Athletics

FCPS has eleven high schools ranging in size from 760 to 2,000 students (1A to 4A classification). Each school has an athletic director who oversees the school's athletic program. Each athletic program consists of 23 varsity, 11 junior varsity and three corollary sports. Countywide, FCPS employs more than 600 coaches to supervise and teach the nearly 8,000 student-athletes who participate in the athletic program. The supervisor of athletics administers and manages the FCPS interscholastic and corollary athletic programs.

The FCPS interscholastic athletic program is operating under the regulations of the [Maryland Public Secondary Schools Athletic Association](#) (MPSSAA), which is comprised of more than 113,000 student athletes from 198 member schools from nine districts. MPSSAA hosts 24 state tournaments each school year. The MPSSAA is a member of the [National Federation of High School Associations](#)

In fall 2015, FCPS competed in the newly formed Central Maryland Conference (CMC), consisting of all 10 FCPS high schools. Beginning fall 2017, FCPS welcomed the following Washington County Public Schools (WCPS) to the CMC - North Hagerstown, South Hagerstown, Smithsburg, Williamsport, and Boonsboro. In 2023, Clear Spring became the sixth WCPS school to join the CMC.

## **Sport Offerings**

FCPS has the following [Interscholastic High School Sport Offerings](#) including all [24 Maryland Public Secondary Schools Athletic Association \(MPSSAA\) state championship sports](#), with the addition of three [corollary \(Unified\) Sports](#), cheerleading and Girls Flag (grant-funded pilot program, Fall 2023).

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Cheerleading (JV/V)	Girls Basketball (JV/V)	Girls Softball (JV/V)
Girls Cross Country (JV/V)	Boys Basketball (JV/V)	Baseball (JV/V)
Boys Cross Country (JV/V)	Cheerleading (JV/V)	Girls Lacrosse (JV/V)
Girls Field Hockey (JV/V)	Girls Indoor Track & Field (JV/V)	Boys Lacrosse (JV/V)
Football (JV/V)	Boys Indoor Track & Field (JV/V)	Girls Tennis
Golf	Girls Swimming & Diving	Boys Tennis
Girls Soccer (JV/V)	Boys Swimming & Diving	Girls Track & Field ((JV/V)
Boys Soccer (JV/V)	Wrestling	Boys Track & Field (JV/V)
Girls Volleyball (JV/V)	Unified Bocce	Unified Track & Field
Unified Tennis		
Girls Flag (B/V)		

### **Starting Dates/Seasonal Timeframes:**

- **Fall:** The 6th Wednesday following the first Sunday of July, until the final date of the local, conference, district, regional, or state tournament.
- **Winter:** November 15th until the final date of the local, conference, district, regional, or state tournament.
- **Spring:** March 1st until the final date of the local, conference, district, regional, or state tournament.

***Note: When November 15 or March 1 falls on Sunday, practice will start the preceding Saturday.***

[MPSSAA Starting Dates: 2023-2024 to 2028-2029](#)

### **Title IX**

FCPS supports the provisions of Title IX and believes the implementation of the athletic program should reflect equity in funding, scheduling, and access to programs and facilities. The supervisor of athletics in cooperation with the athletic director and building principal annually evaluates the following areas to ensure equity in athletic programs at all FCPS high schools.

### **Quick References**

In addition to this handbook, the [FCPS Guide for Student-Athletes and Parents](#), [www.fcps.org/athletics](http://www.fcps.org/athletics) and <https://www.mpssaa.org/> are great resources that address many frequently asked questions pertaining to FCPS high school interscholastic athletics.

## **III. Responsibilities/Duties**

### **Coach**

The varsity head coach is responsible to ensure that all school system and local school policies and regulations, as well as those of the MPSSAA, the CMC, the NFHS, and all other appropriate governing body for the sport are adhered to by the coach, the paid and non-paid coaching and team staff, the student-athletes who are team/activity members, all bench personnel, and the parents of team/activity members. Each coach is accountable for providing exceptional leadership and for being the positive role model for the team and program. The highest level of sportsmanship shall be exemplified and demonstrated at all times as representatives of the FCPS interscholastic athletic program.

#### [14 Legal Duties of a Coach](#)

### **Assistant Athletic Director**

The assistant athletic director assists the athletic director as the resource person for the individual school in the area of athletics. He/She assists in building an athletic program based on sound education objectives. The assistant athletic director does not serve in a program, budget, or personnel supervisory capacity and must be a full-time employee assigned to the school where the individual serves.

### **Athletic Director/Coordinator of Athletics and Facilities**

The athletic director is the executive officer and the resource person for the individual school in the area of athletics. He/She attempts to build an athletic program based on sound education objectives. It is essential for him/her to cooperate with the principal and coaches of the school. The principal must be informed at all times of all athletic activities that affect the school.

### **Parent/Guardian**

FCPS parents and guardians should partner with FCPS in supporting their child's physical, social, mental and emotional well-being and are encouraged to speak with the head coach with any related concerns. However, playing time, coaching decisions/strategies and other students are not acceptable items to

discuss with coaches. Parents/Guardians are asked to follow the appropriate chain of command with concerns.

- Student-Athlete to Head Coach
- Parent/Guardian to Head Coach
- Parent/Guardian to Athletic Director/Coordinator of Athletic and Facilities
- Parent/Guardian to School Administration
- Parent/Guardian to Supervisor of Athletics and Extracurricular Activities

[The Parent Seat](#) (video) explains the positive role of parents during gameday.

### Spectator/Fan

In recent years, many sports fans have lost perspective and have associated collegiate and professional sports with that of high school programs. Consequently, some problem areas not associated with an educational program have occurred.

A Fan's Responsibilities include but are not limited to the following:

- Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best accommodations and offered tolerance, honesty and generosity.
- Show respect to the officials. Officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability.
- Know, understand and appreciate the rules of the contest. A familiarity with the current rules of the game in recognition of their necessity for a fair contest is essential.
- Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his/her own bias or prejudice and to have the ability to recognize that rational behavior is more important than the desire to win.
- Recognize and appreciate skill and performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and proper sportsmanship.

### Officials

Umpires, referees, and other sports officials preside over competitive athletic or sporting events to help maintain standards of play. They detect infractions and decide penalties according to the rules of the game. FCPS officials are expected to enforce rules objectively using unbiased and culturally proficient practices.

Without our dedicated sport officials, our student-athletes cannot compete and our coaches cannot coach. ***#ThankYouOfficials***

[NFHS Officials Code of Ethics](#)



## IV. Participation Requirements

### Registration Requirements

Students interested in participating in the FCPS interscholastic program must complete the following.

- **Registration:** Register for participation through the [FCPS Online Athletic Registration \(OAR\)](#) system (registration must be completed for each athletic season).
- **Physical Examination:** A student shall be examined and certified as being physically fit to participate in any tryout, practice, or contest of a school team. This examination shall be performed by a licensed physician, certified physician assistant under the supervision of a licensed physician, or a certified nurse practitioner. Verification of physical examinations must be submitted beginning on April 1 or after for each academic year of participation. Student physical examinations cover one school year only. It is recommended that the sports physical should not take the place of a student's annual physical examination with their primary care doctor as stated by the American Academy of Family Physicians (AAFP) and the American Academy of Pediatrics (AAP).  
[SY2024 FCPS Physical Form](#) / [SY2024 FCPS Evaluacion Fisica](#)
- **Insurance:** Every candidate for and participant on an interscholastic team must provide proof of parental permission and have insurance covering possible accident or injury in school-sponsored games, practice sessions and travel to and from athletic contests. Such coverage may be provided through the purchase of scholastic accident insurance, or by providing proof of similar or superior coverage. Insurance may be purchased through [Bob McCloskey Insurance](#)
- **Football Insurance:** A football accident policy is also available for purchase through a company approved to offer it through Maryland schools. Visit [Bob McCloskey Insurance](#) for policies and coverage. There is no guarantee that all medical bills and expenses will be borne by the football insurance. Every football candidate must provide proof of similar or superior coverage, or they may purchase the football coverage through the company above. If an injury occurs, parents and/or guardians should anticipate the distinct possibility of incurring medical expenses that will not be covered by insurance. The football insurance coverage offered at [Bob McCloskey Insurance](#) has an option to cover students participating in foot- ball only. At school coverage and 24-hour coverage (excludes football) may be purchased separately. Before purchasing student insurance through [Bob McCloskey Insurance](#), you may wish to consult with your insurance agent to see if policies you already hold provide adequate coverage. Note: FCPS is not affiliated with nor endorses these programs and does not handle claims or any associated problems.
- **Interscholastic Fee:** (Paid after team selection) The school system will require that each student pay a nonrefundable fee of \$95 for each team in which the student athlete is a member. The

interscholastic athletic fee is \$150 for students that play two sports in the same season (see dual participation). You will not be able to pay online until your student athlete is selected for the team and the roster has been finalized. Fees must be paid before the first regular season contest. Fees collected will contribute to the county athletic program to underwrite transportation, coaches' salaries, officials' fees, equipment and uniforms.

Academic Eligibility

To participate in extracurricular activities, a high school student must earn at least a 2.00 grade point average (GPA) and no "F" or "WF" grades in the term or semester as identified in the FCPS Academic Eligibility Chart. Parents and student-athletes are encouraged to review Reg. 500-24 and monitor grades using Schoology.

[FCPS Regulation 500-24: Academic Standards for Participation in Extracurricular Activities in High School](#)

**VI. ACADEMIC STANDARDS FOR PARTICIPATION IN EXTRACURRICULAR ACTIVITIES IN HIGH SCHOOL**

**FCPS Academic Eligibility Chart**

Note 1: Frederick County Virtual School (FCVS) grades impact eligibility in the term or semester the courses are completed as indicated on the FCPS Academic Eligibility Chart below.

Note 2: Dual Enrollment/Dual Credit grades impact eligibility in the semester the courses are completed as indicated on the FCPS Academic Eligibility Chart below.

Note 3: A summer session grade may substitute for the lowest second semester final grade (for determining fall eligibility purposes only).

Note 4: Except for impacting final semester GPA calculation, single term 1 and 3 course grades of "F" or "WF" will not factor into academic eligibility for end of semester 1 or 2. Single term 2 and 4 course grades will factor into the Final Course Grades for the semester taken.

ACADEMIC ELIGIBILITY	Interim Report Term 1	Term 1 Report Card	Interim Report Term 2	Term 2 Report Card	Final Course Grade Semester 1	Interim Report Term 3	Term 3 Report Card	Interim Report Term 4	Term 4 Report Card	Final Course Grade Semester 2	Summer Session
<b>Become ELIGIBLE</b> Min. 2.0 GPA No "F" grades No "WF" grades	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes
<b>Become INELIGIBLE</b> Below 2.0 GPA OR "F" grades "WF" grades	No	Yes	No	No	Yes	No	Yes	No	No	Yes	No

### MPSSAA (COMAR) Eligibility

Student eligibility for participation in interscholastic athletics at the high school level shall be based on the following criteria:

- Students shall be officially registered and attending the member MPSSAA school they are authorized to attend under regulations of the local school system. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements.
- Each local school system shall establish standards of participation which assure that students involved in interscholastic athletics are making satisfactory progress toward graduation.
- Students who are 19 years old or older as of August 31 are ineligible to participate in interscholastic athletics.
- Students in grades 9, 10, 11, and 12 may participate in interscholastic athletic contests for a maximum of four seasons in any one sport.
- Middle, intermediate, or junior high school students are not eligible to compete or practice with high school teams. However, ninth grade public school students who reside in the attendance area of a high school organized grades 10—12 may participate in the interscholastic athletic program of that high school.
- Students shall present to their high school principal a certificate of permission to participate signed by their parent(s) or guardian(s).
- Students shall be examined and certified to the high school principal as being physically fit to participate in any try-out, practice, or contest of a school team. The examination shall be performed by a licensed physician, certified physician assistant under the supervision of a licensed physician, or certified nurse practitioner.

### [MPSSAA Handbook Chapter 03.02 - Page 18](#)

### MPSSAA Amateur Status

- A. Students who have not used or are not using their athletic skill as players for financial gain, or who have not competed under assumed names as players, shall be considered amateurs. Employment as an instructor, counselor, or official may not be considered a violation.
- B. Students who have ceased to be amateurs in a particular sport may not represent their school in interscholastic athletics in that sport.

Students who have lost amateur standing may apply for reinstatement to the MPSSAA Appeals Committee after the lapse of 60 days. The 60 days shall commence with a letter of determination from the MPSSAA Appeals Committee.

### Name, Image and Likeness (NIL)

In June 2021, the U.S. Supreme Court unanimously decided that the NCAA's rules limiting education-

related benefits for student-athletes violated federal antitrust laws. National Collegiate Athletic Association v. Alston, 141 S.Ct. 2141 (2021). Although the Court's decision applied specifically to NCAA rules, the ruling has generated expansion of name, image, and likeness (NIL) opportunities for high school students. Thus, the Maryland Public Secondary Schools Athletic Association (MPSSAA) is issuing this guidance to members, parents, and students to clarify how student-athletes may engage in NIL activities for financial gain and still retain athletic eligibility under MPSSAA regulations.

### [MPSSAA Guidance for Name, Image, and Likeness Related to Interscholastic Athletics](#)

#### FCPS In Season Transfer

Students who legally and voluntarily transfer from one FCPS high school into another FCPS high school and request to participate on an interscholastic athletic team after the season has begun may be considered, at the discretion of the coach, to be part of the team. If selected for the team, the student-athlete may not participate in a regularly scheduled game or athletic contest until at least 20 calendar days have elapsed after and including the first day he or she practices with the new school/team. The beginning of each season (fall, winter and spring) is defined as the first allowable practice date set forth by the MPSSAA.

#### Attendance

The student-athlete must attend school for the entire day in order to participate in a game or practice. In the case of extenuating circumstances, the school administration may waive this rule.

### [FCPS Regulation 400-98: Student Attendance](#)

#### Participation on Outside Teams

Students, while participating on a school team, are permitted to participate on sports teams outside of school during the high school sport's season. This participation shall meet the following criteria:

- The outside participation may not conflict with the practice or contests schedule of the school including district, regional, and State championship play unless prior written approval has been obtained from the school principal and coach;
- Students who elect to participate on an outside team and do not participate and practice with the school team throughout the designated sport's season are ineligible to represent the school in all contests that determine a county, district, regional, or State championship during that sport season.

#### Dual Sport Participation

Students may be permitted to participate in two interscholastic sports during the same season with submission of the Dual Sport Application and approval from coaches and school administration.

### [Dual Sport Participation Application Form and Contract](#)

### Transgender Participation

Students are permitted participation in FCPS Athletics in a manner consistent with their gender identity. The gender identity of student-athletes is not required to be disclosed to coaches, teammates, opponent's coaches, or anyone else if not authorized by the student. If special events, such as out-of-state tournaments or competitions specify particular disclosures, those will be discussed in advance and confidentially with the student. Any concerns may be addressed to the Supervisor of Athletics and Extracurricular Activities who will ensure fair and consistent treatment, and compliance with the Maryland Public Secondary Schools Athletic Association (MPSSAA) rules.

[FCPS Regulation 400-36: Creating Welcoming and Affirming Schools for Transgender and Gender Nonconforming Students](#)

[MPSSAA Guidance for Participation of Transgender Youth in Interscholastic Athletics](#)

## **V. Expectations for Student-Athletes and Coaches**

### Try-Outs/Team Selection

FCPS recognizes the value of student participation in extracurricular activities and understands such programs serve as a viable complement to a student's overall educational experience. However, many sports have participation/roster limitations based on the structure and rules of the sport.

All Frederick County Public Schools students will have fair, and equitable opportunities to be considered for athletic team membership with tryouts being conducted using objective, unbiased and culturally proficient team selection practices. Each candidate should be made aware of specific criteria and expectations on which the team will be considered.

Prospective players must be afforded the time and attention necessary to evaluate his or her skills and abilities as they relate to their specific sport. Final team selection must span a minimum of a 3-day period. Any cuts made before day 3 should be based on extremely low skill level and/or safety concerns.

Coaches should consider, but not limit to, using the following selection categories:

- Athletic ability based on specific sports skills
- Academic Performance
- Attendance
- Attitude
- Commitment
- Work Ethic
- Citizenship

- Value to the team

Coaches may NOT consider the following for team selection:

- Participation in school/team sponsored out-of-season organized training activities (OTAs)
- Participation on non-school affiliated teams or clubs

Coaches ultimately are empowered to select team members based on their expectations as they relate to the best interest of the team as it represents their school and their school's philosophy.

When student-athletes are not selected-for teams, it is important for coaches to be sensitive and caring when having these difficult discussions. Although there is no easy way to accomplish this, the preferred method is a face-to face-discussion with the student-athlete. When meeting with the student-athlete the following points should be discussed:

- Overall assessment of the tryout based on written skills assessment/tryout rubric
- Where the student-athlete ranked based on written skills assessment/tryout rubric
- What to work on for next year
- Individual rubric criteria and/or scores must be made available to student-athletes and parents upon request
- Coaches may not discuss other student-athletes at any time
- Coaching staff must keep all conversations with students confidential

#### Recruiting

No coach or school personnel are to discuss or otherwise promote transfers or changes in residence or residence arrangements with any student, parent or other person of influence or knowingly permit such activity to take place for the purpose of facilitating athletic participation.

#### Out-of-Season Guidelines

FCPS coaches may work with athletes outside of their traditional sports season within the policies and guidelines set forth by FCPS and the MPSSAA. FCPS Staff is defined as any individual who is on the coaching staff in a paid or volunteer position.

Out-of-Season activities fall under various categories which are listed and linked below. Staff must clarify the category for each scheduled out-of-season activity and ensure that all policies and procedures are followed.

All out-of-season activities are voluntary for both student-athletes and coaches and participation may not be used for team selection or coach performance evaluations. Coaches do not receive compensation for school system sponsored out-of-season activities.

[FCPS/MPSSAA Out of Season Activity Guidelines](#)

### Supervision Plans

The safety of student-athletes (on and off the field) is a top priority in FCPS. Coaches and athletic directors shall promote the vision, mission and goal of FCPS athletics and ensure safe competition and participation for all student-athletes. This includes implementing systems and procedures that ensure that facilities are supervised and safe, while setting expectations for student-athletes and parents to support the supervision plan.

An effective supervision plan requires the coordinated efforts of administrators, athletic directors, coaches, student-athletes, parents/guardians, and other school staff members. The roles and responsibilities of each group are summarized below:

### [FCPS Athletic Supervision Template](#)

### Hazing

Hazing will not be tolerated to any degree and will be punishable as outlined in Board regulation 400-8. Any action taken or situation created that causes or is reasonably likely to cause harassment, physical harm, serious mental or emotional harm, extreme embarrassment, ridicule, or loss of dignity to another student for purposes of initiation into a student organization or activity will not be tolerated.

Bullying, harassment, intimidation, discrimination, or hazing are all morally wrong and offensive and FCPS will not tolerate such conduct on the part of any employee, supervisor, manager, administrator, student, or visitor.

### [Hazing in High School Athletics: Recognition and Prevention](#)

### Student Conduct

Any behavior that is deemed disruptive or detrimental to the team may bring consequences ranging from diminished playing time to dismissal from the team. As a result of misconduct (as described by the principal and/or coach) the principal and/ or coach shall be responsible for deciding appropriate punishment.

Students holding leadership positions or representing the school through academics, athletics and/or activities such as a club or organization, who commit an offense classified as a serious, unlawful act in the community or a serious offense resulting in suspension may be removed from the position. Arrest, conviction, or legal judgment is not required.

### [FCPS Regulation 400-08: Student Discipline](#)

### Equipment Responsibility

It is the responsibility of the student-athlete to maintain and return all equipment and uniforms issued

to them. Parents will be financially responsible for any equipment or uniforms which are lost, stolen, or misplaced during the time the student-athlete is responsible for them. The price of replacing these items will be the actual cost to the school for purchasing new replacement items. Until any charges for lost equipment have been paid, the student-athlete may not receive a report card or be eligible to participate on any other high school athletic team.

[Waiver of Liability & Release for Use of Personal Football Helmet](#)

[Waiver of Liability & Release for Use of Personal Lacrosse Helmet](#)

## VI. Health and Safety

FCPS prioritizes the health and safety of all stakeholders in our education-based athletics program. The outline below not only safeguards the well-being of student-athletes, but also contributes to their holistic development, allowing them to thrive academically, physically, and emotionally.

### FCPS Sports Medicine Advisory Committee (SMAC)

The mission of the Sports Medicine Advisory Committee (SMAC) is to provide information, vision, and guidance to Frederick County Public Schools (FCPS) while emphasizing the health and safety of students participating in interscholastic athletics. All FCPS health and safety related decisions are vetted through the SMAC.



[Sports Medicine Advisory Committee](#)

### Coach Training & Background Requirements

Coach training and background requirements can enhance the quality of coaching, prioritize student-athlete safety and development, and promote the values and principles of sportsmanship. This helps establish a professional standard for coaches, ensuring they possess the necessary skills, knowledge, and character traits to positively impact the lives of student-athletes.

[FCPS Coaching Requirements](#)

### Emergency Action Plans

[EAPs](#) are an essential tool that helps FCPS plan and prepare for emergencies in an effort to facilitate a swift and effective response.



### Automated External Defibrillators (AEDs)

COMAR states that an Automatic External Defibrillator (AED) is provided on-site and located within a brief walk from an athletic practice or event and that an AED must be freely accessible during all school functions. Each FCPS High School has six (6) AEDs. FCPS teams that practice off campus must bring an AED to that site.

### [FCPS Regulation 400-83: Automated External Defibrillator \(AED\) Program](#)

### Heat Acclimatization/Practice Restriction Charts

Heat acclimation is particularly important for student-athletes who participate in activities in hot environments. By undergoing a gradual acclimation process, they can enhance their heat tolerance, improve performance, and reduce the risk of heat-related injuries or illnesses during exercise or competitions in hot conditions. It is important to note that heat acclimation should be carried out under appropriate supervision and guidance to ensure safety and effectiveness.

### [Heat Acclimatization](#)

### Heat & Humidity Procedures

Heat and humidity can lead to heat-related illnesses, such as heat exhaustion or heatstroke, which can be life-threatening. By implementing procedures like monitoring weather conditions, providing hydration stations, adjusting training schedules, and educating student-athletes and coaches on heat-related risks, safety procedures can minimize the chances of such incidents and maintain a safe environment for student-athletes.

### [FCPS Heat Guidelines](#)

### Cold Weather Procedures

Cold weather can pose significant health risks, such as frostbite and hypothermia, if proper precautions are not taken. By implementing the following protocol, FCPS has established guidelines for when it is safe to practice or compete in cold conditions, and when it's necessary to modify or postpone activities to protect student-athletes.

### [Cold Weather Protocols](#)

### Weather-Related Cancellations & Postponements

If schools are closed on a regularly scheduled school day, all after-school and evening activities shall be canceled, including events scheduled by outside user groups. On non-school days when the snow emergency plan is in effect in Frederick County, all after-school, evening and weekend programs and activities shall be canceled, including events scheduled by outside user groups.

### [FCPS Weather-Related Procedures](#)

### [FCPS Regulation 400-02: Closing Of School Because Of Weather, Maintenance, Or Other Reasons](#)

### NFHS Thunder & Lightning Guidelines

Thunderstorms can bring about dangerous conditions, including lightning strikes, which pose significant risks. Therefore, having well-defined [thunder and lightning procedures](#) helps ensure everyone's well-being. These procedures involve monitoring weather conditions, suspending or postponing activities when lightning is detected within a certain radius, and providing safe shelter for individuals. When thunder is heard or lightning is seen, play is suspended for 30 minutes. Any subsequent thunder or lightning will reset the clock and another 30-minute count should begin.

### Concussions

[Concussions](#) are a type of traumatic brain injury (TBI) that occur when the brain experiences a sudden jolt or impact, causing temporary dysfunction. Concussions require careful attention, proper management, and adherence to medical guidance to ensure the best possible recovery and long-term brain health.

### Athletic Trainers

The role of an athletic trainer is vital in the field of sports medicine and ensuring the health and safety of student-athletes. Here are some key responsibilities and functions of an athletic trainer: Injury Prevention, Injury Evaluation, Immediate Care, Rehabilitation and Recovery, Injury Management, Education and Counseling, Emergency Preparedness. Overall, athletic trainers play a crucial role in the comprehensive care of athletes. With the current shortage of athletic trainers, it should be noted that all FCPS coaches (head, assistant and volunteer) are trained to act as first responders as needed.

### Substance Abuse

Alcohol, drug, and tobacco use are extremely serious offenses. Not only is the quality of life of the student-athlete in jeopardy but the quality of life of innocent bystanders may be in jeopardy as well. Individuals participating in athletics depend on one another to be mentally and physically prepared to give their best effort each day. This cannot happen if the student-athlete is using alcohol, tobacco, or drugs that are not prescribed by a physician. Student-athletes using, possessing, or distributing drugs, alcohol, or tobacco on school premises or at a school sponsored event shall be subject to discipline as outlined in FCPS Regulation 400-8 "Student Discipline." The administration, athletic director, and coaching staff reserve the right to determine the severity of punishment, which could range from reprimand to dismissal from the program.

### Appearance and Performance Enhancing Drugs (APEDs)

Appearance and performance enhancing drugs and substances, or APEDs, refer to products that can be either naturally or synthetically produced and used with the intention of enhancing appearance or improving athletic performance. This use of APEDs is often referred to as "doping," and is detrimental to interscholastic athletics and the health and safety of every individual.

### [NFHS: Use of Appearance and Performance Enhancing Drugs and Substances](#)

#### Use of Safety Equipment

Checking equipment in high school athletics is crucial for several reasons. Firstly, it ensures the safety of student-athletes by identifying any defects or malfunctions in their gear. This reduces the risk of injuries during practices and competitions. Additionally, proper equipment maintenance allows athletes to perform at their best, as well-maintained gear can enhance their performance and prevent any hindrances. Overall, thorough equipment checks contribute to the well-being, performance, and overall experience of high school athletes. If student-athletes choose to use their own equipment, they must submit the paperwork below to the appropriate Athletic Director.

#### [Waiver of Liability & Release for Use of Personal Football Helmet](#)

#### [Waiver of Liability & Release for Use of Personal Lacrosse Helmet](#)

## **VII. Event Management**

The main priority for all aspects of event management is to provide a safe, positive and welcoming environment for all in attendance. In addition to the athletic director, assistant athletic director, administration, police officers and private security, school staff are hired to ensure [FCPS Interscholastic Athletics Admission Guidelines](#) are followed.

#### Administration of Athletic Events

Athletic Directors should schedule and staff all home athletic events in a manner aligned with the goal of providing a safe, positive and welcoming environment for all in attendance. Responsibilities include, but are not necessarily limited to the following:

- Provide event staff for each home contest based upon the [Revised Staffing Allocations](#)
- Schedule security as appropriate for all events, using local contracts as established by the Office of Safety and Emergency Management (see yearly memo for contracts and contacts).
- Enter and confirm schedules in rSchool
- Confirm officials for contests as necessary (often using Arbiter)
- Train/confirm volunteers for clock/scoreboard/announcements
- Welcome emergency personnel (EMT's) for Football games
- Schedule and confirm transportation.
- Coordinate with Custodial staff for event cleanup and staffing for weekend events.
- Act as the Administrator or Principal's Designee at all contests, ensuring security and adherence to all FCPS and local school policies and regulations.
- Supervise collection of gate receipts and process gate reconciliation forms for all county and state level home contests, and record and send state and FCPS portions of all gate collected to the proper contact.
- Welcome opposing teams and coaches, provide them facilities to congregate, park and warm

up, and inform them of any pertinent event information.

### Admission

It is the Athletic Director's responsibility to promote and communicate all admission policies and event admission prices. This includes communicating the difference between FCPS contests, MPSSAA Regional and State level contests, and optional school-based fundraising tournaments. Communication should include the various passes that will be accepted at the gate.

### [Admission prices and Guidelines](#)

### GoFan

The online ticketing system used by FCPS schools and the MPSSAA is [GoFan](#). Athletic Directors should upload all schedules to the GoFan network and will need to include the weekly reports in their gate reconciliation receipts. Athletic Departments are encouraged to create and administer season ticket sales programs through GoFan. Proceeds from season ticket sales go entirely to the school.

### NFHS Network

FCPS has partnered with the [NFHS Network](#) to broadcast all stadium, gymnasium and pool contests as available. Athletic Directors are responsible for inputting schedules and schedule changes into the NFHS network's Console Mobile system so they can be broadcast. The system also has a help button, for when the system goes offline.

### Scheduling

Athletic Directors are responsible for the scheduling of all contests for each team and each program. The CMC, in conjunction with FCPS has a scheduling committee that works to build a skeleton for all CMC sports based upon divisional placement and location. This schedule is built for competitive equity, and leaves flexibility for specific schools and programs to schedule additional contests. Athletic Directors should fill schedules and confirm each game before the season begins. Athletic Directors must also schedule Regional Contests during postseason play, communicate with Regional Directors to confirm games, obtain officials, and share results.

### [CMC Championships & MPSSAA Doubleheaders: Who Plays First?](#)

### Safety and Health

Athletic Directors should conduct regular inspection of buildings, grounds, bleachers, athletic facilities, scoreboards and equipment used for athletic events to ensure proper and safe working conditions for all spectators and contestants. This includes overseeing all coaches' commitment to student-athlete safety. Adherence to all rules and recommendations of the Sports Medicine Advisory Committee and all National, State, and FCPS Health and Safety guidelines as outlined above.

### [FCPS Pre-Contest Safety and Sportsmanship Message](#)

## VIII. Sportsmanship and Respect for All

FCPS is committed to providing a safe and positive atmosphere, free of any type of inappropriate behaviors or practices for all involved in athletic events. It is FCPS' expectation that good sportsmanship is displayed on the field and in the stands before, during and after an athletic contest. Promoting good sportsmanship is a team effort that includes student-athletes, coaches, officials, school and athletic administrators, spectators and parents/guardians. Sportsmanship Counts in FCPS. Spectators displaying unsportsmanlike conduct may be asked to leave the athletic contest. Please remember to "Respect the Game."

### Student-Athlete Ejection

Players 'ejected' (removed by officials) from games or contests must 'sit out' the next game or contest. An FCPS Ejection Report must be filed by the next school day following the ejection. In addition to sitting out the next contest, student-athletes who are ejected from a competition must take the NFHS online course, "Sportsmanship." A certificate of completion must be emailed to the Supervisor of Athletics before the next athletic contest. If there are questions related to the nature of the ejection warranting taking the class, please contact the Supervisor of Athletics for direction. All ejections will still warrant a one-game suspension.

[FCPS Ejection Form](#)

[NFHS: Sportsmanship Course](#)

### Coach Ejection

Coaches 'ejected' from regular season games or contests will be subject to the same disciplinary consequences as players. Below is an additional NFHS class that schools have utilized when a coach has been ejected.

[NFHS: Teaching and Modeling Behavior Course](#)

### Egregious Behavior

In alignment with the [MPSSAA's Sportsmanship Plan of Action](#) that details enhanced sportsmanship enforcement during playoffs and state tournaments, FCPS is adopting the same criteria for egregious behaviors during regular season contests. Any ejections that fall under this category will automatically warrant, at minimum, a two (2) contest disqualification.

Egregious behavior is being defined as:

- Fighting;
- Physical or verbal personal attacks directed towards an official, coach, student-athlete, spectator, or school personnel;

- Use of racial, ethnic, homophobic or other derogatory or discriminatory language, slurs or practices.

#### FCPS Procedures for Accusations/Use of Racial Slurs or Discriminatory Practices

FCPS is committed to providing a safe and positive atmosphere, free of any type of inappropriate behaviors or practices for all involved in athletic events. Below are the procedures that must be followed when the use or accusation of racial slurs or discriminatory practices are reported, heard, or observed at an athletic contest:

1. Officials have been directed to immediately report the situation to the coach and athletic director or designated game administrator/manager.
2. Coaches have been directed to immediately report the situation to the athletic director or designated game administrator/manager.
  - a. If student-athletes hear or observe racial slurs or discriminatory practices, they should report it immediately to their coach.
  - b. If coaches become aware of accusations of racial slurs or discriminatory practices during a game and cannot leave the sideline, etc., they should send a member of their coaching staff to report it immediately to the athletic director or designated game administrator/manager.
  - c. Spectators should be educated on and directed to immediately report the situation to the athletic director or designated game administrator/manager.
3. Athletic Directors have been directed to immediately report the situation to the following staff.
  - a. The game administrator on site (if present) and their own school's principal
  - b. The opposing athletic director
  - c. The supervisor of athletics

[MPSSAA Sportsmanship Presentation](#)

[FCPS Sportsmanship Video](#)

## **IX: Resources, Regulations and Policies:**

#### Resources:

- [FCPS Athletics](#)
- [MPSSAA](#)
- [NFHS](#)
- [FCPS Guide for Student-Athletes and Parents](#)
- [NFHS Network](#)
- [GoFan](#)
- [FCPS & CMC Athletic Schedules](#)
-

## Athletic-Related FCPS Regulation and Board Policies

\*Note: All FCPS Regulations and Board Policies can be found [HERE](#).

- [FCPS Regulation 500-24: Academic Standards for Participation in Extracurricular Activities in High School](#)
- [Board Policy 509: Extracurricular and Co-Curricular Activities](#)
- [FCPS Regulation 400-54: Title IX Athletic Program Review](#)
- [FCPS Regulation 300-16: Coaches For Interscholastic Athletics](#)
- [FCPS Regulation 400-08: Student Discipline](#)
- [FCPS Regulation 400-15: Out-of-District Enrollment](#)
- [FCPS Regulation 400-16: Admission of Non-Resident \(Out of County/State\) Students - Tuition](#)
- [FCPS Regulation 400-42: Weather Guidelines for Outside Activities](#)
- [FCPS Regulation 400-48: Bullying-Harassment-Intimidation Complaint Process For Students](#)
- [FCPS Regulation 400-66: Section 504 of The Rehabilitation Act of 1973 - Implementation Guidelines](#)
- [FCPS Regulation 400-54: Title IX Athletic Program Review](#)

## MPSSAA RULES/COMAR:

- [Code of Maryland Regulations \(COMAR\) / Maryland Public Secondary Schools Athletic Association](#) (Pages 18-37)