



GUIDE FOR STUDENT ATHLETES AND PARENTS

GENERAL STANDARDS AND FORMS FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

PURPOSE: This Athletic Brochure is designed to be useful as a guide for student-athletes and parents. The intent is to condense into one brochure that information which is necessary to effectively understand and participate in the athletic program in Frederick County Public Schools. The brochure includes a collection of information pertaining to state and county procedures and regulations. There may be questions which arise that may not be covered in this brochure. Remember, this brochure is only a guide. Only open communication between coaching staff, athletic director, parents, student-athletes and school administrators will ensure an effective athletic program.

ENROLLMENT: Students shall be officially registered, as required by Maryland school laws and attending a member MPSSAA school. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements.

AGE: Students who are 19 years or older as of August 31 are ineligible to participate in interscholastic athletics for the school year ahead.

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).*

ATHLETIC INSURANCE AND PARENTAL PERMISSION: 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 https://www.bobmccloskey.com/md/md_k-12/

FOOTBALL INSURANCE: A football accident policy is also available for purchase through a company approved to offer it through Maryland schools. Visit https://www.bobmccloskey.com/md/md_k-12/ 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 https://www.bobmccloskey.com/md/md_k-12/ 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 https://www.bobmccloskey.com/md/md_k-12/, 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 ATHLETIC FEE: 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.

SEASON OF COMPETITION: Students may participate in interscholastic athletic contests a maximum of four seasons in any one sport in grades 9, 10, 11, and 12.

OUTSIDE TEAM MEMBERSHIP: The outside participation shall not conflict with the practice or contest schedule of the school including district, regional and state championship play. A principal and coach must authorize in advance an absence from a school scheduled practice or competition.

ACADEMIC ELIGIBILITY: Please reference FCPS Regulation 500-24: Academic Standards for Participation in Extracurricular Activities in High School.

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.

ATTENDANCE: Each student-athlete is required to attend school and classes regularly. On the day of an event (game or practice) a student-athlete must attend for the entire day; in the case of extenuating circumstances, the school administration may waive this rule.

DRUG, ALCOHOL, TOBACCO AND DRUG PARAPHERNALIA POLICY: 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."

SERIOUS ACTS BY STUDENT LEADERS: 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.

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.

Any student-athlete ejected from an athletic contest will be suspended for the next contest. In addition to sitting out the next contest, student-athletes who are ejected from a competition must take the NFHS online course, "Sportsmanship."

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.

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 will annually evaluate the following areas to insure equity in athletic programs at all FCPS high schools.

Questions or concerns about the application of Title IX should be directed to the executive director of legal services who serves as the Title IX coordinator for Frederick County Public Schools.

STARTING DATES FOR PRACTICE: Fall sports, August 9; winter sports, November 15; spring sports, March 1.

OUT-OF-SEASON PRACTICE: Member schools and coaches shall confine all organized or formal practices for all students or teams to MPSSAA seasonal limitations. Any school group or team gathering consisting of three or more student-athletes that has assembled for the purpose of drilling would constitute a violation. Any paid or volunteer coach may coach a non-school team provided the team has no direct affiliation with the school (additional MPSSAA and FCPS limitations and out-of-season rules apply).

RECRUITING STATEMENT: 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.

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.

DUAL SPORTS IN A SINGLE SEASON: FCPS is allowing dual-sport participation. The "FCPS Dual Sport Participation Contract" must be completed and signed by the student-athlete, their parent/guardian, both coaches, the athletic director and principal. *This must be completed before the first allowable MPSSAA play date.* The athletic participation fee for dual-sport student-athletes is \$150.

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.

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."

Click here: [FCPS Systemic Procedures for Reporting Accusations/Use of Racial Slurs or Discriminatory Practices](#)