

TIMBERLANE REGIONAL SCHOOL DISTRICT

# **TIMBERLANE REGIONAL HIGH SCHOOL ATHLETICS**

STUDENT HANDBOOK

**2017-2018**



Visit us on the web for schedule updates, directions, changes, alumni directory and more.

<http://www.timberlane.net/hs/>

Click on Athletics

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### A MESSAGE TO PARENTS FROM THE ATHLETIC DIRECTOR

The Timberlane Athletic Department views itself as an extension of the educational process. As in any Education-Based Program, our student-athletes have the opportunity to learn life lessons through their athletic endeavors. Our student-athletes are expected to strive for excellence academically, athletically and socially. Characteristics such as dedication, teamwork, integrity and self-esteem may all be enhanced as our young people represent themselves, their families and the school community here at Timberlane. *Sportsmanship, respect and integrity are the cornerstones of success in Timberlane High School Athletics.*

Feel free to call the Athletic Office at 382-6541 ext. 3940 for any information regarding our athletic programs or visit our website at <http://www.timberlane.net/hs/> and click on Athletics.

Angelo Fantasia  
District Director of Athletics  
(603) 382-6541 ext. 3940



## NHIAA MISSION STATEMENT

The mission of the New Hampshire Interscholastic Athletic Association, as the leader of high school athletics, is to ensure fair play in competition and equal opportunity in interscholastic programs.

*“Winning is for a day, sportsmanship for a lifetime.”*

## TIMBERLANE ATHLETIC DEPARTMENT MISSION STATEMENT

The members of the Timberlane Athletic Department promote athletics as an extension of the educational process. Student-athletes and coaches will show respect for themselves, opponents, officials and spectators. Anyone representing the Timberlane Athletic Department will exhibit the highest level of conduct, both on and off the playing field.

Through participation in interscholastic athletics, student-athletes will benefit in spirit, mind and body.

## WELCOME TO TIMBERLANE ATHLETICS

The Timberlane Regional High School coaching staff welcomes you to become part of our athletic program. Participation in athletics will benefit you in many ways in high school and in the future.

The Timberlane coaches are knowledgeable, passionate and dedicated in their field. Most importantly, coaches care for the students as people and as learners.

## PROGRAMS

Listed below are the sports programs offered at Timberlane Regional High School. (Please note start dates for various sports and seasons.)

### **Fall Sports**

Football & Spirit	08/09/2017
All Other Fall Sports	08/14/2017

### **Winter Sports (Exact Dates are TBA)**

Swimming/Wrestling	11/2017
Skiing	11/2017
Girls Basketball/Spirit	11/2017
Ice Hockey/Winter Track/Boys Basketball	11/2017

**Spring Sports**

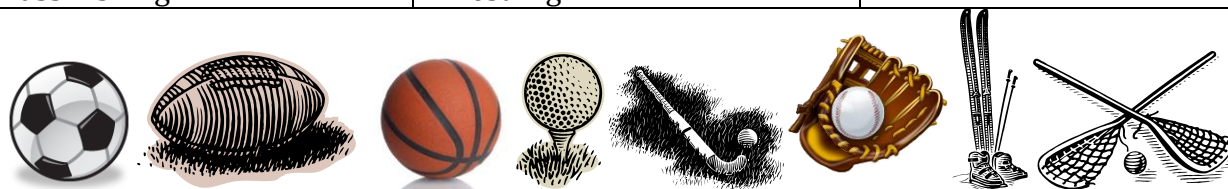
All Spring Sports (Except Volleyball)

03/19/2018

Boys Volleyball

03/26/2018

Fall	Winter	Spring
Cheerleading	Basketball (Boys)	Baseball
Cross Country (Boys)	Basketball (Girls)	Lacrosse (Boys)
Cross Country (Girls)	Cheerleading	Lacrosse (Girls)
Field Hockey	Hockey	Softball
Football	Ski Team (Boys)	Spring Track (Boys)
Golf	Ski Team (Girls)	Spring Track (Girls)
Soccer (Boys)	Swimming	Tennis (Girls)
Soccer (Girls)	Winter Track (Boys)	Volleyball (Boys)
Volleyball (Girls)	Winter Track (Girls)	
Bass Fishing	Wrestling	

**ELIGIBILITY**

Timberlane Regional High School is a member of the New Hampshire Interscholastic Athletic Association (NHIAA), thus there are state requirements as well as school eligibility standards that must be followed. These requirements are set for all levels of competition (Varsity, Junior Varsity and freshmen).

*Please note that the NHIAA Standards represent the minimum academic requirements. Timberlane Regional School District, in conjunction with the building principal, may impose more stringent standards. (Please refer to Timberlane Student Handbook.)*

**In addition to the NHIAA Standards TRSB Policy JJIC of the Timberlane Regional High School Student Handbook also cites the following :**

**5. A student's eligibility may be reviewed and denied at any time for unacceptable behavior, poor academic performance or poor attendance.**

**ACADEMIC REQUIREMENTS (TIMBERLANE SCHOOL POLICY JJIC)**

Students who lose their academic eligibility as defined below while participating in any identified athletic / co-curricular / extra-curricular activities in which the activity extends beyond the marking period will not be allowed to continue participating. Students participating in all identified athletic / co-curricular / extra-curricular activities who do not meet academic requirements will lose eligibility at the time the report card is issued.

1. A student is expected to pass all courses in the prior marking period in order to be eligible for all identified athletic / co-curricular / extra-curricular activities. Summer courses are not considered when determining eligibility unless they correct a failure from the previous quarter. For the purposes of eligibility incomplete courses are equivalent to a failing grade.
2. A student who is failing a class before the end of the quarter may still be eligible to participate in athletic/co-curricular/extra-curricular activities as provided in District procedure JJIC-R.

**PER NHIAA By- Law Article II: Eligibility Section 2 :** *” Academic Make-Ups: A student may regain eligibility by making up academic deficiencies, failures, or incompletes of the regular school year through academic/credit recovery programs completed prior to the first date to play in a sport as listed in By-Law Article XXXVI of the NHIAA Handbook. Individual schools may adopt more restrictive policies relative to academic make-up based on the school district philosophy and/or resources.”*

3. Students will not be eligible for all identified athletic / co-curricular / extra-curricular activities unless they have earned the following minimum credits (all credits approved by Administration can be used).
  - Beginning of 10<sup>th</sup> grade = 5 credits
  - Beginning of 11<sup>th</sup> grade = 10 credits
  - Beginning of 12<sup>th</sup> grade = 15 credits
4. Students will not be eligible for all identified athletic / co-curricular / extra-curricular activity if he/she has failed or received an “incomplete” within the prior grading period.
5. A student receiving a first or second suspension will be ineligible for the length of the suspension, which may include weekends.
6. On a third or subsequent suspension, a student will remain ineligible until such time an eligibility hearing is conducted and a decision is rendered.
7. Activity Eligibility Committee: This is a committee of professional staff having the responsibility of hearing cases of appeal for those students deemed ineligible by existing standards, yet can show that there may have been extenuating circumstances that contributed to the ineligibility. The Activity Eligibility Committee will hear evidence of extenuating circumstances which may have contributed to the ineligibility. The Activity Eligibility Committee will consider each case individually and will make a recommendation to the principal for or against the granting of an exception to the eligibility standards. The final authority regarding eligibility rests with the principal.

A student’s eligibility may be reviewed and denied at any time for unacceptable behavior, poor academic performance or poor attendance.
8. Any student who does not meet NHIAA academic eligibility standards is ineligible to participate in athletics until the next report card is issued.

9. Any activity for which a grade is given, or which is part of the curriculum of a graded subject is not governed by the eligibility standards i.e., a student is participating in band, orchestra, chorus, drama and performs after school hours.
10. Co-curricular and extra-curricular activities identified by a building committee that meet no more than once per week such as intramural sports and special interest clubs are not subject to eligibility requirements for high school students.
11. Eligibility requirements for high school and co-curricular and extra-curricular athletic/co-curricular/extra-curricular activities shall be outlined in the high school handbook as amended by the Timberlane Regional School Board (Policy CHCA).

## **TIMBERLANE MEDICAL CLEARANCE POLICY**

A Timberlane athlete will successfully pass a physical examination and complete the physical examination form provided by the Timberlane Regional High School Athletic Department. This must be done prior to playing or practicing a sport at Timberlane Regional High School. The exam shall be valid for two (2) years.

## **CARE OF EQUIPMENT**

1. Timberlane Regional High School provides its athletes with uniforms and other equipment. The athlete shall be responsible for the uniforms and/or the equipment issued.
2. All uniforms and equipment issued to the athletes shall be collected at the end of the season. It is the responsibility of the student to insure uniforms are returned *clean and in good condition*. An athlete will not receive any other equipment/uniform until the previous equipment is returned or reimbursed. Lockers must be cleaned **out at the conclusion of each season. The Athletic Department will not be responsible for any lost equipment. Any student-athlete who fails to complete the season is responsible for returning his/her uniform and equipment immediately upon leaving the team.**

## **CARE OF FACILITIES**

It is expected that all student-athletes will treat the facilities with care and respect. Any athlete who is caught abusing any of the indoor or outdoor facilities will be subject to disciplinary actions by the school and may be subject to team discipline.

## **ATHLETIC INSURANCE**

All athletic endeavors involve some risk of injury. ***Timberlane Regional High School will not be liable for any injuries incurred, nor for any expense or loss related to such injuries.***

All athletes who are practicing or competing for Timberlane Regional High School will be covered up to certain limits by our school insurance policy, however, there are certain guidelines and steps one must follow in order to be covered. The student's family health



insurance is considered the primary coverage for any athletic injuries that may occur.

All claims must first be submitted to your own insurance company for payment. Our insurance may pay the balance of claims if they are approved by the school and insurance company and they fall within the limits of the policy.

### **STEPS TO FOLLOW IF AN ATHLETE IS INJURED**

1. The athlete should immediately report the injury to his/her coach during their practice or game.
2. The athlete should report the incident to the trainer who will fill out an accident report. This will be forwarded to the Athletic Director, who will verify the accident.
3. A District insurance claim form will be sent to the parents of the injured athlete. The parents are to fill out their section, have the doctor who first attended their son/daughter fill out the medical section, then mail the form to the District insurance company. Claims must be received by the insurance company within 90 (ninety) days of the injury.
4. All bills should be sent directly to the District insurance company upon receipt.
5. Any questions may be directed to the Athletic Director at 382-6541 Ext. 3940.

By providing this insurance, Timberlane Regional High School assumes no responsibility for such injuries. *All claims for injuries must be made in accordance with the terms of the policy and any disputes with respect to coverage will be between the athlete's parent or guardian and the insurance carrier.*

### **ABOUT THE ATHLETIC TRAINER**

The Timberlane Athletic Department provides an Athletic Trainer from Access Sports Medicine and Orthopedics. Our athletic training services include, but are not limited to, Concussion Management, administering first aid for athletic injuries, providing initial treatment and management of acute injuries, and assessing athletic injuries at the request of the athlete, the athlete's coach or athlete's parent/guardian. The Athletic Trainer will perform only those procedures that are within their training, credential limitations and scope of professional practice to prevent, care for and rehabilitate athletic injuries.

The Timberlane Athletic Department, along with Access Sports Medicine will require all athletes and parents/legal guardians to sign the Consent to Treat Form supplied by the Athletic Training Company. Athletes of specified sports will be Impact Concussion Tested prior to participating in the athletic program. The Impact Test is valid for 2 years. Athletes are tested in grades 9 and 11. Any new student-athlete in the specified sports will need to be tested as well.

A written report of any athletic injury assessment will be confidentially maintained in the files of the Athletic Director. A copy of this report will also be available for the athlete to provide to his/her parent/guardian. The Athletic Trainer will share information about the injury assessments and post injury status as needed with the coaching staff, parent/legal guardian, Athletic Director and the school nurse.

There shall be no charge to the athlete for the above listed Athletic Training services. If the athlete is in need of further treatment by a physician, or of rehabilitation services for an injury, he/she may see the physician of his/her choice. Injured athletes that have seen a physician will need written clearance from that physician prior to resuming athletic activities.

For a list of Insurance Companies accepted by Access Sports Medicine please refer to the Timberlane Athletic website Documents section.

## **RULES AND REGULATIONS**

The following regulations have been set forth by the Timberlane Regional High School Athletic Department to govern participation in the school athletic program. Should a student-athlete violation become known at a later date, discipline shall be enforced for the next game. Should an athlete become involved in an incident at the end of a season any consequences to that incident may be carried over to the next participating season.

### **ATTENDANCE**

A student may not participate in school sports or practice unless he/she is present in school on that day. If the event is scheduled for a weekend, the student must be present on the Friday before the game. If this violation becomes known at a later date, it will be enforced the next game.

- a) Should a student be absent on the Friday before a weekend game, he/she may request permission from the Athletic Director to participate. A note will be required from the parents for the absence and participation will be at the discretion of the Athletic Director.
- b) Students are expected to be in school on time each day. Multiple tardies, absences or class cuts may result in consequences ranging from team-level discipline to suspension or dismissal from the team.
- c) Student-athletes who need to be dismissed early from school for valid reasons (i.e. doctor's appointments, etc.) must be in school until 12:00pm. The student may request an earlier dismissal from the Athletic Director or designee.

### **HAZING**

The Timberlane Regional School District will not tolerate any form of hazing within any sports team. Hazing is defined in the NHIAA Handbook as "*any conduct or method of initiating students onto any team or organization, which subjects a student to physical or mental abuse and/or publicly embarrasses or humiliates the student.*" Any incidence of hazing should be reported immediately and directly to the Athletic Director. Athletes participating in any form of hazing will be suspended or dismissed from their team for the remainder of the season. These behaviors will also be addressed by School Administration under the provisions of the Timberlane Regional School District Code of Discipline.

### **GAMES AND PRACTICE SESSIONS**

- a) Team members must be present and on time for all scheduled practices and games.



Any athlete who is present in school but absent or late to the athletic event without permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning to suspension to dismissal from the squad.

- b) Vacation Policy: All student-athletes are expected to attend practices and games during school vacations. Athletes missing practices or games during a vacation may be suspended for an equal number of games upon their return.
- c) No athlete will leave the site of an athletic activity without permission from the coach.
- d) A player who misses a scheduled bus for an away athletic activity will not be permitted to participate in the activity. A player must use school transportation to athletic events except when the athlete has secured prior written permission from the Athletic Director, the athlete's parent, and the coach. A coach may approve transportation home from an athletic event when the athlete is discharged to the parents.
- e) Any Timberlane Athlete who is ejected from a high school game will automatically be suspended from the next scheduled contest/game.
- f) In accordance with NHIAA Rules, any player receiving a second game disqualification during the season will be required to forfeit any participation in the interscholastic sport, at any level, for the balance of that season.

**\*\*Any player involved in a fight shall receive a two game suspension for the first offense. A second offense will lead to a disqualification in that sport for the balance of the season.**

## **SUBSTANCE ABUSE POLICY**

The District treats the matter of substance use and/or abuse seriously. *NH State Statute prohibits underage alcohol use (RSA 179:10 and RSA 179:10-a), underage tobacco use (RSA 126-K:6), and use of controlled drugs (RSA 318-B:2). The United States Supreme Court acknowledges the legal standard for sport and athlete specific athletic codes of conduct.*

It is believed that a student-athlete who uses alcohol, drugs or tobacco products is in need of assistance, direction and support. Please reference chart below.

### **1. First Offense**

Any student-athlete found to be in possession of, or using any form of, alcohol and/or drugs will be suspended for 20% of his/her season.

Students found to be in possession of, or using tobacco, products, *including E-Cigarettes and/or Vaping materials* on school grounds or at school-related activities will receive a one game suspension.

Any student-athlete found to be in the presence of underage alcohol use or drug use may be suspended for 10% of his/her season.

Students will be referred to the Timberlane High School Student Assistance Counselor. The athlete shall also meet formally with the Athletic Director, coach

and parents and sign a contract agreeing to abstain from substance use and abuse. Other appropriate treatment options may be recommended or required.

## **2. Second Offense**

Any student who violates the alcohol and/or drug possession or use rules during the same season will be dismissed from the team for the remainder of that season. The student-athlete will also forfeit his/her right to any post-season team awards.

Any student who violates the alcohol and/or drug possession or use rules in a subsequent season that same school year will be suspended for 40% of that season.

Any student who violates the tobacco policy a second time will be suspended from the team for an additional 20% of that season. A third offense will result in dismissal from the team. The student-athlete will forfeit his/her right to any post-season team awards.

A second offense of the Tobacco Policy even in a subsequent season will result in a student being suspended for 20% of that season. A third offense in season or subsequent season will result in a student being suspended for 40% of that season. A third offense in the same season will result dismissal from the team and the student-athlete will forfeit his/her right to any post-season team awards.

Any student-athlete who is found to be in the presence of underage alcohol use or drugs a second time in season or in a subsequent season will be suspended for an additional 20% of that season. A third offense in season or in a subsequent will result in dismissal from the team for the remainder of the season. The student-athlete will forfeit his/her right to any post-season team awards.

All instances of possession or usage violations of alcohol, drugs and tobacco will be referred to the High School Substance Abuse Coordinator.

Should an athlete become involved in a possession or usage violation incident at the end of a season, consequences may carry over to the next participating season. This will be determined by School Administration.

The 20% rule applies to each sport. This rule also applies to any club sport offered. Discipline may be rounded up to the next highest contest number.

\*\*\*Offense Consequences are Per School Calendar Year

Violation	Offense	In Season Consequence	Subsequent Season Consequence
Alcohol/Drug Possession	1 <sup>st</sup>	20% Suspension (may practice)	
Alcohol/Drug Possession	2 <sup>nd</sup>	Dismissal	40% Suspension (may practice)
Alcohol/Drug Possession	3 <sup>rd</sup>		Dismissal From Program
In Presence of Alc./Drugs	1 <sup>st</sup>	10% Suspension (may practice)	
In Presence of Alc./Drugs	2 <sup>nd</sup>	20% Suspension (may practice)	20% Suspension (may practice)
In Presence of Alc./Drugs	3 <sup>rd</sup>	Dismissal	Dismissal
Possession of Tobacco Products	1 <sup>st</sup>	1 Game Suspension	
Possession of Tobacco Products	2 <sup>nd</sup>	20% Suspension (may practice)	20% Suspension (may practice)
Possession of Tobacco Products	3 <sup>rd</sup>	Dismissal	40% Suspension (may practice)

## ATHLETIC POLICY VIOLATIONS AND APPEAL PROCEDURES

In the event an athlete is found in violation of the Athletic Policy, documentation may be filed in the Athletic Department Office. Consequences may range from team-level discipline to suspension and/or dismissal from the team.

A Timberlane student receiving a school suspension will be ineligible for athletic participation during the time of that school suspension, which may include weekends.

All students have the right to appeal Athletic discipline consequences to the proper School Administration.

### APPEAL OF DISCIPLINARY CONSEQUENCES

Upon notification of a consequence due to a violation, the athlete may appeal the ruling through the following channels:

1. Coach
2. Athletic Director
3. Principal

#### 4. Assistant Superintendent of Schools

Only consequences resulting in dismissal from a team can be appealed to the Assistant Superintendent of Schools.

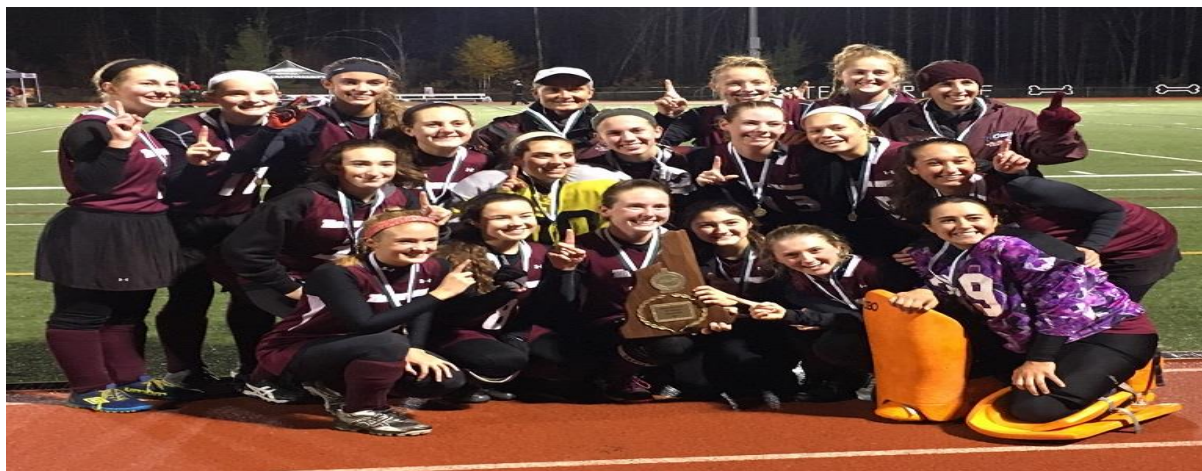
It is important for all student-athletes to understand that involvement in athletic programs is a privilege. With the responsibility of being an athlete, comes a commitment for the athlete to be truthful and forthcoming with information. An athlete who is under investigation is expected to:

- Be truthful about the violation being investigated
- Be forthcoming with all information
- Not be deceptive or untruthful
- Be cooperative

### ABOUT THE MEDIA

During the course of any given season an athlete may be contacted by the media (newspapers, TV, radio, etc.). Athletes are welcome to make comment; however, they should refrain from commenting on any officiating at a particular event. Negative criticism of officials published in the media may result in the school receiving sanctions from the NHIAA.





**TIMBERLANE/HAMPSTEAD SCHOOL DISTRICTS**  
**School Administrative Unit No. 55, 30 Greenough Road, Plaistow, NH 03865**  
**SCHOOL HEALTH SERVICE FORM**

HEALTH RECORD for: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

To parents of Entry-Level Children or Transfer Students:

**New Hampshire State Law, RSA 200:32**, requires that a complete medical examination by a licensed physician, physician assistant or advanced registered nurse practitioner upon-or prior to entrance to a public school system and thereafter as often as deemed necessary by the local school authority. Your child's physician must complete the **PHYSICIAN'S REPORT OF SCHOOL HEALTH EXAMINATION** found on the reverse of this form.

**New Hampshire State Law RSA 141-C:20-a** requires immunizations against certain diseases. The vaccines and doses listed below are the minimum requirements for school attendance, following the "Recommended Childhood Immunization Schedule", United States 2003/2004 school year.

**1. DTP/DT/DtaP/Td Minimum Doses.**

<7 Years of Age: Four doses, 4th dose on or after the 4th birthday, or five doses.

>= 7 Years of Age: Three or four doses, with the last dose on or after the 4th birthday, or five doses.

10 years since last T d: One dose of a tetanus-toxoid containing vaccine. (Td is the preferred vaccine)

**2. POLIO Minimum Doses.**

For grades K-12: Three doses of an all eIPV or all OPV schedule. The last dose must have been administered after the 4th birthday. Four doses of any combination of eIPV and/or OPV regardless of age at administration. When a combination of polio vaccines have been administered, 4 doses are necessary even if the 3rd dose was administered after the 4 birthday.

(Acceptable intervals: Dose I shall have been administered no less than 6 weeks of age, all subsequent doses shall be separated by a minimum of 4 weeks.)

**3. MEASLES Minimum Doses.**

For grades K and, or 1 and 2: Two doses of measles-containing vaccine. Grades 7th - 12th: Two doses of measles-containing vaccine. All grades not mentioned above: One dose.

**4. RUBELLA AND MUMPS Minimum Doses**

For grades I -12: One dose of rubella and mumps-containing vaccine administered on or after age 12 months.

**5. HEPATITIS B VACCINE Minimum Doses**

Three doses required for those children born after 1/1/93.

**6. VARICELLA (CHICKENPOX) VACCINE Minimum Doses**

Entry to 1<sup>st</sup> grade and entry to 6th grade: One dose. Two doses, if first dose was administered >= 13 years of age.

Immunizations	Administration Dates (MM/DD/YYYY)					Booster
	1	2	3	4	5	
DTP / DtaP						
DT						
Td						
Polio -eIPV						
Polio - OPV						
Measles						
Rubella & Mumps						
Hepatitis B						
HIB						
TB Test						
Varicella						

**No child will be admitted to a Timberlane/Hampstead School until these state requirements have been met and this form is returned to school.**

Revised December 2003

**PLEASE COMPLETE BOTH SIDES OF FORM**



**TIMBERLANE/HAMPSTEAD SCHOOL DISTRICTS**  
**School Administrative Unit 55, 30 Greenough Road, Plaistow, NH 03865**

**School Health Services**

**PHYSICIAN'S REPORT OF SCHOOL HEALTH EXAMINATION**

Name of Pupil \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

**Developmental History: Estimate of Functional Capacity**

	Advanced for Developmental Phase	Consistent with Developmental Phase	Delayed for Developmental Phase
GROSS MOTOR			
FINE MOTOR			
LANGUAGE SKILLS			

**Physician Examination:**

Height _____	Pharynx _____
Weight _____	Thyroid _____
Nutrition _____	Lymph Glands _____
General Body Type (Describe as tall & thin, short & heavy) _____	
Lungs _____	Cardiovascular _____
Murmur _____	Blood Pressure _____
Posture (Remark on presence or absence of scoliosis and Lordosis and define scoliosis as functional or organic) _____	
Pulse Rate _____	At Rest _____
After Exercise _____	2 min after exercise _____
Skin _____	Abdomen _____
Vision _____	Hernia _____
Hearing _____	Genitalia _____
Audiogram _____	Skeleton _____
Tympanogram _____	Feet _____
Nose _____	Reflexes _____
Mouth _____	Allergies _____
Teeth _____	Medication _____

Is this child capable of carrying a full program of schoolwork, including gymnastics and athletics?

Yes [ ] No [ ]

Must the school program be modified to meet the needs of this child? Yes [ ] No [ ]

Any restrictions in the use of stairs? Yes [ ] No [ ]

Any special seating accommodations? Yes [ ] No [ ]

Other (Please specify) \_\_\_\_\_

**REMARKS AND RECOMMENDATIONS:**

Date of Exam \_\_\_\_\_ PHYSICIANS SIGNATURE \_\_\_\_\_

Today's Date \_\_\_\_\_ PRINTED PHYSICIAN'S NAME \_\_\_\_\_

Revised December 2003

**PLEASE COMPLETE BOTH SIDES OF FORM**

## NHIAA RULES AND REGULATIONS

Please find below excerpts of the NHIAA rules and regulations the Timberlane Regional High School Athletic Department, our athletes, coaches and volunteers must follow. A full version of these rules can be found at [www.NHIAA.org](http://www.NHIAA.org).

### NHIAA BY-LAW ARTICLE II

#### Eligibility Preface

Eligibility regulations of the NHIAA apply to each category of interscholastic participation: Varsity and sub-varsity levels. Students entering grade nine in the fall for the first time do not have to meet the Scholastic Standing requirements of By-Law Article II, Sect. 2. Subsequent to their initial entry during the first fall marking period of their grade nine year they must meet the minimum requirement for Scholastic Standing. All other standards for eligibility must be met. In order to represent a member school in interscholastic athletics, a student must be in attendance as a full time student in the district where his/her parents/guardians legally reside. (Exception: Charter, Home Educated and Non Public Students – Sect. 13). No students will represent their school in an interscholastic athletic event unless the principal of that school has certified the student's eligibility through the official Eligibility Affidavit as filed with the NHIAA. The sole responsibility for determining athletic eligibility rests with the principal of the high school. The principal is the official representative of the school at all hearings and appeals. This responsibility cannot be delegated unless prior approval from the NHIAA has been granted.

#### Sect. 1: Age of Contestants

A student who has reached the age of 19 on or after September 1<sup>st</sup> may represent the school in any interscholastic athletic contest during that school year. **Rationale for Age of Contestants**

**Rule:** An age limitation requirement: provides commonality between student-athletes and schools in interscholastic competition; inhibits "redshirting," allows the participation of younger and less experienced players; enhances the opportunity for more students to participate; promotes equality of competition; avoids over-emphasis on athletics, and helps to diminish the risk of injury associated with participation in interscholastic athletics.

To ensure equality of competition and opportunity, a standard must be established at some point to determine the cut-off date for age eligibility. Use of a specific cut-off date gives notice to all parties involved in interscholastic athletics and maintains equality of participant eligibility among schools.

#### Sect. 3: Semester Rule

A student is eligible for competition, whether or not he/she competes in interscholastic athletics, for no more than eight (8) consecutive semesters beyond the eighth grade. Approved participation by seventh and eighth graders does not count toward the eight (8) allowed semesters. Also, if a student terminates at one school he/she may not transfer to another school to increase eligibility.

**Rationale for the Semester Rule:** A maximum participation requirement: promotes timely progress toward graduation by discouraging students from delaying or interrupting their high school education; disallows students to enroll for one (1) semester each school year to increase athletic ability and skill; promotes equality of competition; diminishes risks stemming from unequal competition, and places emphasis on the academic mission of the school.

A maximum participation requirement promotes harmony and fair competition among member schools by maintaining equality of eligibility. Each student is afforded the same number of semesters of athletic eligibility, which increases the number of students who will have an opportunity to participate in interscholastic athletics.

A maximum participation requirement is conducive to the prevention of redshirting; helps avoid exploitation by coaches or boosters who otherwise might seek to obtain transfers or to delay a student's normal progress through school, and prevents displacement of younger student-athletes by older student-athletes wishing to protract unfairly their high school athletic careers.

#### **Sect. 4: Transfer Rule**

A. A student who transfers enrollment with a corresponding move into a new school district by his/her parents or guardians shall be declared eligible immediately if all other eligibility requirements are met.

A change of residence under this By-Law shall consist of the moving of all household properties to the new address and the parents and student(s) actually living there. A second family residence shall not meet the requirements of this standard. The term parents shall mean the student's 1) natural parents, 2) adoptive parents, 3) foster parents, if the student is placed in a foster home after becoming a ward of the court, 4) custodial parent, if parents are divorced, 5) legal guardian but only in the case where neither parent is living or legally competent, or 6) a family whom a student has been living with for at least 365 days.

B. Residence is defined as the place where the student's parents have established their permanent home. This means that the family regularly eats and sleeps in a specific place of lodging. It is a place where the student and his/her parents are habitually present and to which when departing, they intend to return directly.

C. A student who transfers enrollment without a corresponding move into a new school district by his/her parents or guardians shall be required to be in attendance in the new school for one (1) year from the date of enrollment in order to establish athletic eligibility. This includes those students who transfer from a non-member school (i.e. prep school, etc.) back to the local school and those students who change schools as a result of change in guardianship (i.e. move to live with different parent/guardian without parent/guardian changing residence).

D. A student transferring to an NHIAA member school without a parental/guardian change in legal residence may not be added to the roster of a sports team (at any level) after the opening of a sports season (first date to play) in that sport.

E. A student who transfers to a new school within one calendar year of the relocation of his/her coach to that school without a corresponding change in residence is considered to have transferred for athletic reasons and is not eligible to participate in sports coached by that coach for one calendar year from the date of enrollment in the new school.

F. Other:

1. Eighteen year old emancipated individuals and homeless students who change their legal residence and school in compliance with local board of education residency requirements are ineligible for 365 days. Requests for waivers may be submitted to the Executive Director. Upon receipt of a Transfer Rule Affidavit from the school principal, the Executive Director will review each case on an individual basis. Only one (1) transfer in 12 months will be permitted.

2. Students placed in a school by outside agencies (i.e. courts, State Department of Welfare, other school districts, medical referrals) become eligible upon registration and enrollment in the receiving school provided all other eligibility requirements are met. The principal is to verify

eligibility to the Executive Director. These requirements may be waived, if all the following conditions are met:

1. The student has not transferred for the purpose of participating in interscholastic athletics and there has been no recruiting of the student for athletic purposes.
2. The Transfer Rule Affidavit is completed and submitted to the NHIAA and approved in writing by the Executive Director.
3. All other eligibility requirements are met.

**DEFINITION OF TRANSFER FOR PRIMARILY ATHLETIC PURPOSES:**

A transfer for primarily athletic reasons includes, but is not limited to:

1. A transfer to obtain the athletic advantage of a superior, or inferior, athletic team, a superior athletic facility, or a superior coach or coaching staff;
2. A transfer to obtain relief from a conflict with the philosophy or action of an administrator, teacher, or coach, relative to athletics;
3. A transfer seeking a team consistent with the student's athletic abilities;
4. A transfer to obtain a means to nullify action by the previous school.

**Rationale for the Transfer Rule:** A transfer/residency requirement: assists in the prevention of students switching schools in conjunction with the change of athletic season for athletic purposes; impairs recruitment and reduces the opportunity for undue influence to be exerted by persons seeking to benefit from a student-athlete's prowess. A transfer/residency requirement: promotes stability and harmony among member schools by maintaining the amateur standing of high school athletics; by not letting individuals other than enrolled students participate and by upholding the principle that a student should attend the high school in the district where the student's parent(s) guardian(s) reside.

**Sect. 7: Non-School Competition**

A. A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events. Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances. Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student athlete is a participant, whichever is greater. This Penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

*\*Waiver requests must be submitted in writing to the Principal two week prior to the event/competition. The Principal and Athletic Director will review the request in a timely manner. All decisions made by the Principal and Athletic Director are final.*

B. International Competition:

Students and/or teams desiring this kind of competition must have the approval of the NHIAA. No requests for approval will be considered unless received in writing and signed by the

principal six (6) weeks prior to the date of participation. Requests are to be submitted to the NHIAA Executive Director for action.

**C. Member Schools' Students Attending Foreign Country Schools:**

Member school student athletes attending high schools in a foreign country will be under all the Eligibility By-Laws as stated in the NHIAA Handbook.

**Sect. 9: Out-of-Season Competition**

**A. School Year: Fall Starting Date Until Spring Closing Date**

1. A coach may not have any contact with his/her team or potential (*above grade 6*) team members for the purpose of planning, practicing, or playing at any time other than within the season limits prescribed by NHIAA.
  - a. A coach is defined as anyone presently under contract or anyone under contract the previous year.
  - b. That no district provided operational school funds are used to subsidize out-of-season activity. Use of Booster funds or fundraised monies is permissible only to subsidize team activity that is open to all.
2. A coach or other representative of the school shall not require an athlete to participate in a sport or a training program for that sport outside the NHIAA defined sports' season of that sport.
3. A coach shall be limited to one (1) one-hour pre-season meeting with his/her team and may call one (1) "out-of-season" meeting to elect captains and to collect equipment.
4. There are no restrictions on meetings that may take place exclusively for fund raising purposes.
5. A school may not, in any way, subsidize students who might attend a summer camp outside the authorized seasonal limits for a sport.

**B. Summer:\***

A high school coach who is employed by a school district (paid or volunteer) may coach his/her sport under the following conditions:

1. The school year has ended for the school.
2. That no school funds are used (excludes facilities and equipment).
3. The program is open to all youth of the area served on an equal basis and is so advertised.
4. Special emphasis must be made by principals and athletic directors to insure that coaches do not require an athlete to participate in any activity. The option of participation must be made by the athlete/parents.

\*Student-athletes may participate in non-school summer programs once the spring sports season is completed for your school (including tournament play).

**C. Captains Practice:** Captains practices are not permitted under any circumstances whether during the school year or summer.

**D. Other:** Coaches may coach in All-Star competitions (eg. A.A.U.) and are exempt from this By-Law only if the following conditions exist:

1. That the NHIAA, through the Executive Director, has been properly notified by the member school principal of the coaches selection.
2. That no school funds or equipment are used.
3. That no more than 25% of the group/teams can come from his/her school team or potential (above grade 6) candidates of that school. Expanding or rotating groups/teams is not permitted as a means to circumvent this policy. Regardless of how a program is structured, the coach cannot have contact with more than 25% of his/her existing or potential players.
4. Whenever possible, the players from that same school must be divided between different groups/levels.



5. That where a conflict exists between the participation on a school sponsored team and an outside team; the school team will receive priority consideration.
6. Sports activities that are permitted out of season must also meet the following conditions:
  - a. No use of school owned or issued warm-ups and/or uniforms
  - b. A student may accept a symbolic award or merchandise which does not have a value or cost in excess of \$20.00

#### **E. Out of Season Competition Definitions:**

1. **OPEN GYM:** School sponsored “open gym” or “after school” activities are permitted in the member school’s facilities out-of-season if they adhere to the following principles.
  - a. Diversity of students - Program must be open to all students on an equal basis.
  - b. Diversity of activities - A variety of sports must be activities that are offered throughout the year, not a focus on one (1) sport.
  - c. Student conducted - Students must be able to choose from school offered activities. A coach of a sport under NHIAA jurisdiction shall follow all the regulations under the NHIAA Out of Season Competition By-Laws.
  - d. Recreation emphasis - The program cannot be an organized program of instruction and/or competition.
  - e. A high school coach who is employed by a school district (paid or volunteer) may supervise an open gym under the conditions listed in a-d.

#### **2. CONDITIONING PROGRAMS:**

School sponsored “conditioning programs” are permitted “out-of-season” if they do not involve equipment which is specific to a sport conducted on an interscholastic basis. Examples of prohibited equipment include, but are not limited to: basketballs, volleyballs or nets, hockey stick (field or ice), or pucks/balls, track starting blocks, shots, discuses, hurdles, or high jump and pole vault standards, football helmets, pads or dummies, baseball/softball bats, balls or bases, wrestling mats, gymnastic apparatus. Generic equipment such as cones, weights, jump ropes and other fitness apparatus are permitted in a conditioning program. The conditioning program must be open to all students on an equal basis.

#### **3. INTRAMURALS:**

A high school coach who is employed by a school district (paid or volunteer) may organize a school sponsored intramural program in any sport as long as there is no instruction and the activity is recreational in nature.

### **Sect. 10: All-Star Competition**

The NHIAA does neither sanction nor endorse any All-Star team or competition in any sport at any level. A student athlete who is a member of an NHIAA school team may not participate in an All-Star game/event, in season or out, without losing eligibility in that sport for one (1) full year (365 days) from the date of such participation with the All-Star team.

Following completion of high school eligibility in a sport and prior to graduation from high school, a senior student athlete may participate in an All-Star competition.

**NOTE:** Underclass student athletes' participation in non-NHIAA sponsored athletic competition shall not cause athletic ineligibility if the activity is not in conflict with NHIAA Eligibility By-Law Article II; Sect.

7: Non-School Competition or Sect. 9: Out-of-Season Competition. Such activities include, but are not limited to AAU Baseball and Basketball, Select Soccer, Spirit Competitions, Junior Olympic Volleyball, Futures Field Hockey, and similar type competition.



In order to participate in such activities during the school year, a report submitted by the high school principal must be on file at the NHIAA that includes the name(s) of the participants in the form of a roster. Additionally, the high school coach should be reported as well if involved in a program. The NHIAA does neither endorse nor sanction these activities.

#### **Sect. 14: Sports Season**

For eligibility purposes, the sports season begins on the starting date of that sport as listed in By-Law Article XXXVI relative to “Corresponding Dates for All Sports.” It is not the date of a team’s first regular season contest. The sports season ends following the final date that the school will be represented in NHIAA regular season, post-season tournament, or Council of New England Secondary School Principals' Association (CNESSPA) events in that sport.

*For further information on eligibility see the Athletic Director.*

### **INFORMATION FOR THE COLLEGE BOUND STUDENT ATHLETE**

Any athlete who may be considering continuing their athletic career at the college level should become familiar with the NCAA requirements for college bound athletes. Visit their website at <http://www.ncaapublications.com/productdownloads/EB17.pdf>

About student course selections: The NCAA reviews all courses offered at Timberlane and determines which are approved for use in establishing a student athlete’s initial-eligibility. Visit their website to review the listing and enter the information below to access Timberlane’s approved courses: <https://web1.ncaa.org/eligibilitycenter/common/>

#### **School Information**

School Code: 300508

School Name: TIMBERLANE REG HIGH SCHOOL

Address: 36 GREENOUGH ROAD

City, State: PLAISTOW, NH 03865

*Please note it is important that potential college bound athletes meet with their Guidance Counselor to determine if they are on track to meet the NCAA eligibility standards.*

**Are you on track?**



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