

# CENTRAL DAUPHIN CROSS COUNTRY RULES OF PARTICIPATION

(Updated: 08/15/2022)

1. Team members must adhere to all rules established by the Central Dauphin School District as outlined in the *Student Athlete Rules and Regulations* and the *Student Code of Conduct* pamphlets. Violations of these policies will result in disciplinary action and may result in dismissal from the team.

**I understand the *Student Athlete Rules and Regulations* and *Code of Conduct*.**

Athlete	Date	Parent/Guardian	Date

2. Team members who demonstrate un-sportsmanlike conduct, engage in demeaning behavior, incite dissension, cause disruption or otherwise interfere with the team will be disciplined and repeat offenses may result in dismissal from the team.  
**Social Media Contract:** Team members understand that is not acceptable to make public posting that reflect negatively upon my teammates, coaches, other sports teams, and school district. The consequences of doing so may be removal from the team.
3. Team members **must be passing ALL credits (courses)** on a weekly basis to be eligible to participate.
4. Practice begins at 3:00 pm unless otherwise noted in advance. Weekend practices/meets will be scheduled in advance. Team members should meet in our designated area for attendance/warm-up/stretching/work-outs/cool-down. Team members are expected to attend all scheduled practice sessions/meets and to participate in all work-outs/meets as scheduled/directed unless injured or when a valid excuse is made. Excessive/unexcused absences or tardiness may result in suspensions from meets or dismissal from the team. Team members will not be excused from practice to attend work.
5. Team members **must be at practice the day before a meet to be permitted to run in that meet**. Team members must be in school by 10:30 am the day of or the day before a Saturday meet to be eligible to participate in that meet. Team members obtaining an early dismissal have 2 hours and 45 minutes to return to be eligible to participate in a meet.
6. Team members **must travel to and from meets on the team bus**. Parents wanting to bring athletes home must present themselves to the coach and sign-out on the *Special Travel Arrangements* form before leaving a meet.
7. Team members receiving detention may receive a 1 meet suspension. Team members receiving ISS/OSS will not be permitted to participate while serving their discipline and will receive a 1 meet suspension for their first offense and may be dismissed for a second offense.
8. Team members should immediately report all injuries, no matter how insignificant, to a coach. Most injuries can be treated by the athletic trainer. Occasionally the athletic trainer will recommend that you see a physician. **(Be aware that once you see a physician, the trainer must receive a clearance from that physician before you may return to practice.)**
9. Team members are responsible for care/maintenance of all equipment. Damaged/missing equipment will be charged to the team member. Unpaid obligations may result in withholding a report card or denying the marching privilege at Graduation.
10. Team members may leave the team provided they have satisfied all equipment obligations and initiated an exit conference with the coach elaborating on the reasons for leaving the team. Athletes dismissed from the team may jeopardize future athletic eligibility for a period of 1 year unless this condition is waived by the coach.

**I have read the above rules and regulations and agree to abide by them.**

Athlete	Date	Parent/Guardian	Date