



**Athlete / Parent  
Handbook for  
GHSA Sanctioned  
Interscholastic  
Athletic Activities  
2011 -2012**

# **Athlete / Parent/ Guardian Handbook for GHSА Sanctioned Interscholastic Activities**

## **Fulton County Schools Athletic Coordinators**

KIRK ALEXANDER, Alpharetta High School

DEVON JONES, Banneker High School

PHILLIP THOMAS, Centennial High School

MILO MATHIS, Chattahoochee High School

MIKE CLOY, Johns Creek High School

MEKIA TROY, Creekside High School

FRED WHEELER, Langston Hughes High School

CRAIG BENNETT, Milton High School

THOMAS AMOROSSO, North Springs High School

CHAD DAVENPORT, Northview High School

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JOHN COEN, Roswell High School

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GEORGIA HIGH SCHOOL ASSOCIATION  
BEGINNING AND ENDING DATES FOR 2011-12

Activity	First Practice Date	First Play Date	Maximum Games/Dates	Last Play Date	Area/Region Qualifiers	State Playoff Dates				
						1st Round	2nd Round	Quarters	Semifinals	Finals
Football	Aug. 1 (see FB section for details)	Aug. 26	10 (7 JV)	Nov. 5	Nov. 5	Nov. 11-12	Nov. 18-19	Nov. 25-26	Dec. 2-3	Dec. 9-10
Cheerleading	Aug. 1	Aug. 13	6 (4 JV)	Nov. 4	Nov. 5	Nov. 11				Nov. 12
Softball	Aug. 1	Aug. 8	16 (11 JV)	Oct. 8	Oct. 8	Oct. 12-13	Oct. 19-20		Oct. 27-28	Oct. 29
Volleyball	Aug. 1	Aug. 12	15 (11 JV) Dates	Oct. 8	Oct. 8	Oct. 12, 13	Oct. 18	Oct. 22	Oct. 26	Oct. 29
Cross Country	Aug. 1	Aug. 15	10 (7 JV)	Oct. 29	Oct. 29					Nov. 5
Swimming	Oct. 17	Nov. 7	10 (7 JV)							Feb. 10-11
Basketball	Oct. 24	Nov. 12	25 (18 JV)	Feb. 18	Feb. 18	Feb. 24-25	Feb. 28-29	March 2-3	March 7-9	March 9-10
Wrestling	Oct. 31	Nov. 18	20 (14 JV) Dates	Feb. 1	Jan. 6-7 Feb. 3-4	Feb. 10-11				Jan. 13-14 Feb. 16-18
Gymnastics	Jan. 16	Feb. 6	10 (7 JV)	April 19	April 20-21					April 27
Tennis	Jan. 16	Feb. 6	18 (13 JV)	April 21	April 21	By April 27	By May 2	By May 8	May 11-12	May 11-12
Golf	Jan. 30	Feb. 13	12 (8 JV) Dates	April 27	April 27					May 7
Soccer	Jan. 23	Feb. 13	18 (13 JV)	April 25	April 25	May 1-4	May 8-9	May 11-12	May 15-16	May 18-19
Lacrosse	Jan. 30	Feb. 20	18 (13 JV)	May 4	May 4	May 8-9		May 11-12	May 15-16	May 19
Track – Girls	Jan. 23	Feb. 13	10 (7 JV)	April 21	April 21	April 28				May 3-5
Track - Boys	Jan. 23	Feb. 13	10 (7 JV)	April 21	April 21	April 28				May 10-12
Baseball	Jan. 30	Feb. 20	26 (18 JV)	April 28	April 28	May 4-5	May 9-10	May 15-16	May 21-22	May 26, 28

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**Sanctioned Interscholastic Athletic Activities**


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**This handbook is designed as minimum standards for the Fulton County Board of Education schools that are members of and participate in Georgia High School Association Interscholastic Athletic sanctioned athletic events. Participating schools may increase the standards for participation but are required to submit to the Fulton County Schools Director of Athletics and to print/distribute to parents/guardians and students any addenda for each section that exceeds the minimum standards set in this handbook.**

# Introduction

## *To the Parent / Guardian / Student Athlete*

Parent / Guardian / Student Athlete Awareness of Athletic Policies, and Procedures - Upon entering high school or at the time a student tries out for an interscholastic athletic team, he/she will be presented with this handbook. Each parent(s)/guardian(s)/student athlete shall be expected to read all of the enclosed material and complete all required forms including but not limited to athletic participation and transportation, health insurance, and physical examination. This handbook is designed as minimum standards for the Fulton County Board of Education schools that are members of and participate in Georgia High School Association Interscholastic Athletic sanctioned athletic events. Participating schools may increase the standards for participation but are required to submit to the Director of Athletics and to print/distribute to parents and students addenda for each section that exceeds the minimum standards set in this handbook.

 **To the Parent(s) / Guardian(s)** - This material is presented to you because your son or daughter has indicated a desire to participate in GHSA Sanctioned Interscholastic Athletic Activities. These GHSA interscholastic athletic activities include baseball, basketball, competition cheerleading, cross country, football, golf, gymnastics, lacrosse, soccer, softball, swimming, track and field, tennis, volleyball, swimming, and wrestling. The Fulton County School System believes that participation in interscholastic athletic activities provides a wealth of opportunities and experiences which will assist students in personal growth and development

We believe that a properly controlled, well-organized interscholastic athletic activity program meets with students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and that will further each student's educational maturity.

Interscholastic sports and athletic activities are exciting and often involve forceful contact with the ground, playing surface, or another player. Because of these conditions inherent to the sport or activity, participation in a school's interscholastic athletic activity program exposes an athlete to many risks or injury. In an effort to make the sports and athletic activities as safe as they can, the coaching staff will instruct players in the rules and correct mechanics of skills. It is vital that athletes follow the coach's skill instructions, training rules, and team rules to decrease the possibility of serious injury. The parent / guardian should be aware that student-athletes should: participate in proper warm-up and stretching before strenuous activity takes place either during practice or at a contest; (2) check his/her equipment before use for each practice and contest; (3) perform only those skills and techniques instructed and/ or supervised by his/her coach; (4) be aware of his/her surroundings, taking no unnecessary risks on either home or away playing surfaces; (5) contact his/her coach immediately if an injury occurs, no matter how slight the injury might be; (6) read the National Federation of High School and Georgia High School Association information on supplements and hot/cold weather training advisories; read and understand the section on eligibility, transportation, codes of conduct, and basic participation policies; and, reads and understands the "Athlete / Parent / Guardian Handbook for GHSA Sanctioned Interscholastic Athletic Activities 2010-2011".

A student who elects to participate in the interscholastic athletic activity program is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct may mean exclusion from participation. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team or activity.

When your son/daughter enlisted in one of our interscholastic athletic activity programs, he/she committed our staff to certain responsibilities and obligations which are:

- (1) to provide adequate equipment and facilities;
- (2) to provide as well-trained coaches as possible; and,
- (3) to provide full schedules with qualified officials as directed by the GHSA.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would encourage you to join your school's Booster Club(s) to help provide the financial support essential to your school's interscholastic athletic activities program, and we would like to take this opportunity to acquaint you with the specific policies that are necessary for a well-organized program.

It is the role of the school system to make rules that govern the spirit of competition for the schools. These rules need a broad basis of community support, which is achieved only through communication to the parent / guardian. It is our hope to accomplish this objective through this publication.

### **"How To Be An All-Star Parent / Guardian"**

"How do you define an All-Star parent guardian? Very simply, he or she is a parent / guardian who is a good sport and a gracious, supportive fan. To become an All-Star parent / guardian of an athlete there are times when you must stop parenting! When your son or daughter changes into uniform and becomes an athlete, you have to change also --- from parent / guardian to fan. Your job, not on the sidelines but in the home bleachers, is not to be a parent / guardian, but to be your child's greatest fan!

There is no trick to learn here. You already know how to do this. Remember how you applauded the “downs” as well as the “ups.” You never said things like, “What’s taking you so long? Or “how come the kid down the street is walking better than you? Or “Why do you keep making the same mistakes over and over again?” No, you were the world’s most appreciative audience and most positive supporter.

Why should it be any different now that your child is an athlete? Your job is not to be the coach or the certified expert even if you are retired from a professional sports team. You are there so that you can share “the thrill of victory and the agony of defeat “– together. In fact your child needs your support more in defeat than in victory. Did you ever notice that strangers feel free to come out of the stands to congratulate the winner? But, in defeat, sometimes the athlete’s own teammates and coaches ignore him/her and the fans do not come out to console or congratulate him/her on a good game or match. As a parent / guardian you have to be there to cushion setbacks with a positive “We’ll get them next time!”

Let the three “B’s” be your guide:

- **Be there!** You can never hope to be an All-Star parent / guardian unless you show up at games. Regardless of the skill level of your child or the success of the team – go to the games. Be supportive. Don’t be a fickle, fair-weather fan or an absent, too busy parent / guardian.
- **Be positive!** On the sidelines or in the stands, if you can’t say something positive, don’t say anything at all. Nothing good comes from negative statements and nothing negative comes from positive ones. If you can’t say something positive and supportive during the contest at least be silent.
- **Be seated!** Even though it’s good to be positive, it’s not good to overdo it. Don’t stick out. Be an admirer – not a cheerleader. Players should not confuse your voice from the home stands with that of the public address system’s announcers.

Once you demonstrate that you are a positive acknowledging fan, interesting things happen. Your child will want and expect that you attend all games. When this happens you will know that you are considered to be an important member of your child’s personal All-Star support team.”

...by Rob Gilbert, Ph.D.



**To the Student-Athlete** - Being a member of a Fulton County Schools interscholastic athletic activity is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great competitive tradition is not built overnight; it takes hard work from many people over many years. As a member of an interscholastic activity team, you will be faced with either the task of maintaining an already successful tradition or the task of establishing a successful tradition. It is not easy to build a great tradition in interscholastic athletic activity competition. When you represent your school, we assume that you not only understand your school’s goals and traditions, but also that you are willing to assume the responsibilities that go with them.

Interscholastic sports and athletic activities are exciting and often involve forceful contact with the ground, playing surface, or another player. Because of these conditions inherent to the sport or activity, participation in a school’s interscholastic athletic activity program exposes an athlete to many risks or injury. In an effort to make the sports and athletic activities as safe as they can, the coaching staff will instruct players in the rules and correct mechanics of skills. It is vital that athletes follow the coach’s skill instructions, training rules, and team rules to decrease the possibility of serious injury. The athletes should: (1) participate in proper warm-up and stretching before strenuous activity takes place either during practice or at a contest; (2) check his/her equipment before use for each practice and contest; (3) perform only those skills and techniques instructed and/ or supervised by his/her coach; (4) be aware of his/her surroundings, taking no unnecessary risks on either home or away playing surfaces; (5) contact his/her coach immediately if an injury occurs, no matter how slight the injury might be; (6) read the National Federation of High School and Georgia High School Association information on supplements and hot/cold weather training advisories as printed in this handbook; read and understand the section on eligibility, transportation, codes of conduct, and basic participation policies; and, reads and understands the “Athlete / Parent / Guardian Handbook for GHSA Sanctioned Interscholastic Athletic Activities 2010-2011”.

**Conditioning and tryouts for programs in and out of season** are open to all students providing they meet the standards of academic eligibility, parental permission; basic physical/health qualifications; and medical/health insurance. **DEAD WEEK: NO PRACTICES, WORK OUT SESSIONS, or MEETINGS.** During the summer (i.e., between the ending of one school year and the beginning of the next) the only restrictions on practices and competition are that all activities must be strictly voluntary, and the

“**Dead Week**” must be observed, as follows: Schools are prohibited from participating in voluntary workouts, camps and/or clinics, weight training or competitions during the week (Sunday through Saturday) in which the Fourth of July falls each year. While athletes may work out on their own, they cannot do so at their school or any other Fulton County school site under the supervision of a coach or at any non-school site under the supervision of a coach.

**Participation in athletics is a privilege;** athletes try out voluntarily and, for some of our teams, risk being cut. During the tryout period the coach will provide an explanation of his/her expectations. It is the athlete's responsibility to demonstrate to the coach that he/she can meet these expectations. No athlete is guaranteed a place on the team simply because of his or her grade level or past participation. Athletes cut from a team are encouraged to try out for another team if there is space on that team and the final cuts have not been made. The athlete cut from a team may request a meeting with the coach during which the athlete will be informed as to the reason for the cut. Decisions made by the coaches will be explained to athletes at an appropriate time and in an appropriate setting, usually in a in a athlete-requested meeting with the coach.

**Athlete Playing Time** - One of the most emotional issues surrounding an athlete's involvement in high school athletics is playing time. There are many factors that determine playing time, such as practice attendance, attitude, commitment, effort and athletic ability. There are many decisions made on a regular basis by the coaching staff. It is the coach's responsibility to decide which athletes should start a contest, which athlete should play what position, and how long each athlete should play. These decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the athlete in practice sessions, scrimmages and, at times, games.

**Varsity Teams** - The emphasis at the varsity level shifts towards fielding competitive teams. Our teams will compete against opponents at the highest level of execution and the goal is to win as many games as possible while constantly emphasizing fair play and sportsmanship. This emphasis may result in the major burden of the contest being carried by the most competitive, skilled team members and uneven playing time among the athletes, with some athletes not playing in every game. Once again, it is the coach who makes the decision on who starts, plays and for how long. However, teams cannot be successful without committed substitutes. These players should be ready at all times to step up and take on the burden of competition when called upon. It is the hard work in practice each day that prepares the whole team for the upcoming games.

**Conflict Resolution** - Athletics involvement is highly emotional and very time consuming. Sometimes conflicts arise between athletes, coaches, and occasionally parents. When conflicts or issues arise, it is important that they be addressed immediately, and as directly as possible, so that it can be resolved promptly. Athletes and their parents / guardians should use the following process as a guideline when seeking resolution to conflicts or issues between and athlete and coach:

*The First Step: Contacting the Coach* - The **athlete** should present the conflict/issue to the **coach** as soon as possible. If personal contact is not practical, an athlete may ask his/her team captain to approach the coach. If the personal or captain route is not possible, contact may be made by the athlete's parent at an appropriate time. In order for the contact to be as productive as possible, times that should be avoided are: prior to, during or immediately following a contest; during an active practice session when other athletes or parents are present or when it would be readily visible to others that the discussion is taking place or when it is apparent that there is not sufficient time to allow for a complete discussion. This includes the time immediately before leaving for an away contest. Perhaps the best solution is to ask the coach, either over the phone or in person, if an appointment could be made to discuss the issue. An athlete or parent / guardian may also leave a note for the coach in the athletic office.

*The Second Step: Contacting the School's Athletic Coordinator* - If a satisfactory solution is not reached through direct contact with the coach, the **athlete and/or parent / guardian** should contact the school's **Athletic Coordinator**. The coach should be informed that this contact is going to be made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. Since athletic seasons are relatively short, there should be no delay in airing any and all concerns. It is important for all athletes and their parents / guardians to know that any comments, concerns or issues raised to the Athletic Coordinator will be addressed and communicated to the coach. Athletes and parents / guardians may also expect to hear from the Athletic Coordinator as to the disposition of their concerns. Although there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

*The Third Step: Contacting the Principal* - If there is still not a satisfactory resolution, the athlete or parent / guardian may contact the high school **Principal**. The school's Athletic Coordinator should be informed that this contact is going to be made. The decision of the Principal is the final decision of the appeal process to resolve the conflict.

**Statement of Philosophy** - The Fulton County interscholastic athletic activity program should provide a variety of experiences to aid in the development of favorable habits and attitudes that will prepare students for adult life in a democratic society. The interscholastic athletic activity program shall be an integral part of the total school program as conducted in accordance with existing Board of Education policies, rules and regulations and the Georgia High School Association Constitution and By-laws. While the Board of Education encourages the highest level of performance, it discourages any and all pressures which might tend to neglect good sportsmanship and/or good mental health.

### ***Athletic Goal and Objectives***

**GOAL** - The athlete participant shall become a more effective and productive citizen in a democratic society.

**OBJECTIVES** - The athlete participant shall learn:

1. To work with others - In a democratic society a person must develop self- discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. To be successful - Our society is very competitive. We do not always win, but we succeed when we continually strive to do our best. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. To develop sportsmanship - To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others the way we would have them treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
4. To improve - Continual improvement is essential to good citizenship. As an athlete, you must establish goals and you must continually try to reach those goals. Try to better yourself in the skills involved and those characteristics set forth as being desirable in your chosen activity.
5. To enjoy participation - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from participation, and to give sufficiently of themselves in order to preserve and improve the program.
6. To develop desirable personal health habits - To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

### **Governances**

*The Fulton County Board of Education (FCBOE)* - The Board of Education is the ruling agency for the Fulton County School System. Its responsibilities include:

- (1) Interpreting the needs of the community.
- (2) Developing policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of the Fulton County School System.
- (3) Approving means by which professional staff may make these policies effective.
- (4) Evaluating the interscholastic athletic program in terms of its value to the community.

*The Georgia High School Association (GHSA)* - All schools are voluntary members of the Georgia High School Association and compete only with member schools or out-of-state schools that are approved by the GHSA. As GHSA member schools, the high schools of the Fulton County School System agree to abide by and enforce all rules and regulations set forth by the GHSA. The primary role of the GHSA, which is empowered by the Georgia State Board of Education, is to maintain rules and regulations that ensure equity in competition for the athletes and a balance with other educational programs. The GHSA solicits input and is responsive to requests for modification from member schools, appointed committees, and coaches' associations. The GHSA attempts to enforce such rules that assure the greatest good for the greatest number to ensure that competition is conducted in an appropriate manner.

*The Georgia High School Association (GHSA) Regions* - Each Fulton County High School is a voluntary member of a GHSA Region. The Region was established for the purpose of promoting selected interscholastic athletic activities among member schools and the assurance of such advantages as may be gained by a union of effort. Region membership facilitates the arranging of schedules, equalizing competition, conducting Region meets, tournaments, playoffs, and determining Region championships. The Region provides each school the opportunity for competition without excessive travel and with

schools of similar size. Membership requires abiding by Region schedules, rules, and regulations. The GHSA Executive Committee determines each school's Region membership assignment.

*The National Federation of State High School Associations (NFHS)* - The National Federation consists of the fifty individual state high school athletic/activities associations. The purposes of the Federation are to serve, protect and enhance the interstate activity interests of the high schools belonging to the state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications, and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.

### **Requirements for Athlete Participation**

- ✓ **Pre-Participation Physical Evaluation** - A yearly physical examination is required. The physical must be completed by a medical doctor and submitted to the coach prior to participation. The physical covers all sports for one calendar year. The form will be kept on file in the high school athletic office. The recommended pre-participation physical evaluation form is the form which was adopted by the GHSA. It consists of an athlete's personal and family medical history and an athlete's physical examination completed by a medical physician. (see Appendix)
- ✓ **Parental Consent for Athletic Participation and Transportation** - All athletes and parent(s) / guardian(s) must realize the risk of serious injury which may be a result of athletic participation. Fulton County School System requires that a Parental Consent for Athletic Participation and Transportation Form is signed by the athlete and his/her parent(s) / guardian(s). Parent(s) / Guardian(s) acknowledge that they have read and understand the "Athlete / Parent/ Guardian Handbook for GHSA Sanctioned Athletics Interscholastic Activities 2011-2012" when they sign this form. (see Appendix)
- ✓ **Emergency Medical Authorization** - Each student-athlete's parent(s) / guardian(s) shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) / guardian(s) are not available. The form will be kept by the school's athletic department for use as needed during the emergency. (see Appendix)
- ✓ **Insurance** - The school district provides an opportunity to purchase insurance to cover student athletic injuries. Parent(s) / guardian(s) are required to sign a form stating that they have purchased either the necessary school insurance or possess a family insurance plan that covers athletic injury. If a family insurance plan is used, the family must provide the school with the name of the insurance company and the policy number on the appropriate form. Where possible, a scholarship fund should be set up to assist students who are in financial need as determined by the principal or his/her designee. Some method of discreet communication through a school contact person should be made available for students. There are NO WAIVERS for insurance; ALL ATHLETES MUST HAVE INSURANCE. (see Appendix)

### **Student-Athlete Eligibility**

#### **(From the Georgia High School Association Constitution and By-Laws)**

Refer to: <http://www.ghsa.net/files/documents/Constitution/2010-11.pdf> for further updates on student eligibility and other components of the Georgia High School Association Constitution and By Laws

### **GHSA BY-LAW 1.00 - STUDENT**

#### **1.10 - CERTIFICATION OF ELIGIBILITY**

1.11 **Students gain eligibility** to practice or compete for the school in which they are enrolled after they have been certified by the principal of that school, after the eligibility forms have been processed by the GHSA office, and after the students have met the standards of:

- (a) academic requirements
- (b) age
- (c) semesters in high school
- (d) residence in the school's service area
- (e) transfer rules

Note: Students establishing eligibility as entering 9th graders are automatically eligible for the first semester.

1.12 The **certification of eligibility** shall be submitted initially in each sport or activity no later than twenty (20) days before the date set by the GHSA for the first contest in that sport or activity.

- (a) This due date does not consider the date of the first contest scheduled.
- (b) **EXCEPTION:** Literary, One-Act Play, Debate, and Riflery certification is due twenty (20) days prior to the first scheduled contest.

1.13 If a student ruled ineligible by the GHSA, competes interscholastically due to the terms of a **court restraining order or injunction** against his/her school and/or the GHSA, and then has the court order vacated, stayed, reversed, or ruled unjustified; the Executive Director shall take one or more of the following actions against the school involved in the interest of restitution and fairness to the competing school(s):

- (a) Require that individual and/or team records and performances achieved during participation by the ineligible student be vacated or stricken.
- (b) Require that team victories be forfeited to the opponent(s).
- (c) Require that team awards earned by the school or individual awards earned by the ineligible student be returned to the GHSA.

## 1.20 - ENROLLMENT AND TEAM MEMBERSHIP

1.21 **To be eligible to participate and/or try-out** for a sport or activity, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.

- (a) Enrollment is defined as follows:
  - (1) Fall Semester: when the student participates in a practice or contest before classes begin, or the student attends classes.
  - (2) Spring Semester: when the student attends classes.
  - (3) A student may be enrolled in only one (1) high school at a time.
- (b) The student must be in regular attendance.
- (c) The student must be taking courses that total at least 2.5 Carnegie Units that count toward graduation.  
NOTE: If an eligible student transfers from a school that uses a block-schedule format to a school using a traditional format (or vice versa) and that student cannot get a full schedule of classes with equivalent credit, the school may petition the Executive Director for a waiver of this rule for the semester the transfer occurs.
- (d) All or part of the course load of a student may be taken online through a virtual school as long as the student's grades are being kept at the school in which the student is enrolled. Grades from virtual school courses must be on file at the school by the first day of the new semester in order for the student to be eligible.

1.22 Students enrolled in **grade 9 in a middle or junior high school** which is a feeder school to the high school may participate in interscholastic activities for the parent school.

1.23 All-male schools may enlist female students from other schools to be on sideline cheerleading squads as long as the following conditions are met:

- (a) Each cheerleader must be eligible at the school at which she is enrolled, and must have a signed release from an administrator at that school.
- (b) Each cheerleader must have a GHSA Pre-participation Physical Evaluation Form on file at the school where she will be cheering as well as at the school at which she is enrolled.
- (c) Each cheerleader must have insurance coverage comparable to all other participants in GHSA activities.
- (d) Supervision must be provided by the all-male school for all practices and games.

## 1.30 - AGE

To be eligible to participate in interscholastic activities, a student must not have reached his 19th birthday prior to May 1st, preceding his year of participation.

## 1.40 - LIMITS OF PARTICIPATION

1.41 Students must have a certificate of an **annual physical examination on file** at the school prior to participating in any athletic try-outs, practices or games that indicate the students are physically approved for participation.

- (a) Physical examinations will be good for twelve (12) months from the date of the exam. EXCEPTION: Any physical examination taken on or after April 1 in the preceding year will be accepted for the following GHSA school year.
- (b) The physical exam must be conducted by a licensed medical physician, doctor of Osteopathic medicine, nurse practitioner or a physician's assistant.
- (c) The exam must be signed by an M.D. or D.O., but the doctor's stamp is acceptable if it is in script, and if information appears elsewhere on the form identifying him/her as a medical doctor.
- (d) The GHSA requires that member schools use the latest edition of the pre-participation physical evaluation form approved by the American Academy of Pediatrics, et. al., found on the GHSA web site.

1.42 A student has **eight (8) consecutive semesters** or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.

- (a) A student is not considered to have entered the 9th grade when a 9th grade course is taken if:
  - (1) the student is regularly enrolled in a member's feeder school in a grade below the ninth, AND
  - (2) the course is taken as an advanced course, AND
  - (3) the principal of the school attended by the student certifies to the GHSA that the subject and course(s) meet the criteria set forth above.
- (b) Credits earned toward high school graduation which are taken below the ninth grade may be used when considering high school eligibility.

1.43 **Sub-varsity competitors** must meet all eligibility requirements with the exception of the migratory rule.

1.44 Students in grade 9 and higher may participate on **both the varsity and sub-varsity teams** in the same sport

with the following limitations:

- (a) Football – a player may not participate in interscholastic competition more than six (6) quarters per week. The week starts with the varsity game. Violations of this participation rule will result in a mandatory fine and an automatic forfeiture of the game in which the student exceeded the limit. Additional penalties may be imposed by the Executive Director in extreme circumstances.
- (b) Basketball – a player may not participate in interscholastic competition more than five (5) quarters per calendar day.  
EXCEPTION: Sub-varsity teams are allowed to play two (2) full games at the same level in tournaments on non-school days with at least a four-hour interval between games.
- (c) Soccer – a player may not participate in interscholastic competition more than three (3) halves per calendar day.
- (d) All other sports - the combination of games, play days, or weigh-ins (varsity and sub-varsity) in which the student participates may not be greater than the limit allotted to the varsity in that sport.

Note: While the GHSA allows for eighth grade students to participate on sub-varsity teams at their local high school, **it is the practice that Fulton County Schools does not permit eighth grade students to participate on sub-varsity teams at their local high school due to their participation in intramural and extramural activities at their middle school.**

1.45 **Eighth grade students** may participate on a sub-varsity team of a high school provided they attend a feeder school of that high school.

- (a) Students in grade 8 are never eligible for a varsity event in any activity.
- (b) Eighth grade students who play on a high school team must meet all middle school requirements as put forth by the State Department of Education.
- (c) An eighth grade student who is declared ineligible at a middle school or retained for academic reasons, is considered to be ineligible for participation on a sub-varsity high school team.
- (d) Eighth grade students participating on a sub-varsity team may only participate in 60% of the number of games allotted to the varsity team in that sport.
- (e) Students below the eighth grade are not eligible to participate on any high school team.
- (f) Students enrolled in grade 8 in a middle school or junior high school which is a feeder school to the member high school may participate in Spring football practice. These students must be pre-enrolled at that member high school, and once pre-enrolled, the student has established eligibility at that high school.
- (g) Students enrolled in grade 8 in a middle school or junior high school which is a feeder school to the member high school may try out for cheerleader at the high school. Eighth grade students at a non-feeder school that has no system high school may participate in cheerleader tryouts at the member high school serving the student's area of residence. Such a student must be pre-enrolled at that member high school, and once pre-enrolled, the student has established eligibility at that high school.

1.46 The number of contests, starting and ending dates, and the number of practice days allowed for each sport or activity can be found listed in a calendar at the front of this publication.

1.47 **Girls** may participate **on boys' teams** when there is no girls' team offered in that sport by the school. Boys are not allowed to play on girls' teams even when there is no corresponding boys' sport. NOTE: Cheerleading is a co-ed sport.

1.48 **Advisory Notice - Pregnant Students:** In response to the increasing number of pregnant students attending member schools, and the continued participation of these students in GHSA activities, the following advisory notice is being offered:

- (a) During the first 18 weeks of pregnancy, students, with written consent from a physician, may be allowed to participate in athletic activities except those activities in which a fall or other rapid deceleration is likely to occur.
- (b) Pregnant students should not be allowed to participate in any athletic activities after the 18th week of pregnancy.

1.49 Schools having students participate in athletic activities with **artificial limbs** must certify that the artificial limb is no more dangerous to participants than a natural limb.

- (a) A permission form must be filed with the GHSA office.
- (b) The form may be found in the Miscellaneous section on the GHSA web site.

## 1.50 - SCHOLASTIC STANDING / SCHOLARSHIP

1.51 To be eligible to participate, practice, and/or try out in interscholastic activities, a student must be academically eligible. A student is required to pass classes that carry at least 2.5 Carnegie Units counting toward graduation the semester immediately preceding participation.

Exception: First semester ninth grade students.

- (a) Passing in all GHSA member schools is a grade of seventy (70).
- (b) If a student is taking a multiple-period subject such as a vocational course for a full morning or afternoon it may be counted for more than one subject. The number of subjects counted will be equivalent to the

number of units given.

(c) Students participating in junior varsity or “B” team competition must meet all scholastic requirements, try-outs that the school has designated.

(d) If an eligible student transfers from a school that uses a block-schedule format to a school using a traditional format (or vice versa) and that student cannot get a full schedule of classes with equivalent credit in the semester of the transfer, the school may petition the Executive Director for a waiver of this rule for the first semester after the transfer occurs.

(e) For schools offering courses with yearlong grading, eligibility must be computed for each semester.

(1) At the end of the first semester, the school must determine that the student has a grade of 70% or higher in classes carrying at least 2.5 Carnegie Units.

(2) The second semester grade will be the grade given for the entire course and shall include the end-of-course test grade.

(3) Remediation programs designed to bring the student’s first semester grade up to 70% or higher may be used (in accordance with GHSA guidelines) if the school allows such programs for all students.

By-Law 1.51 Exception 2: A cheerleader who is academically ineligible for the spring semester may try-out if he/she is passing ALL classes at the time of the try-out. The window of opportunity to try-out under these conditions is available only during the ten days set aside for try-outs that the school has designated.

1.52 Students gain or lose eligibility on the first day of the subsequent semester. The first day of the Fall semester shall be interpreted as the first date of practice for the first sport.

(a) Exception: Students who successfully complete summer school to maintain eligibility become eligible the last day of summer school.

(1) Summer school is an extension of the previous semester and courses may be:

a. remedial in nature where a previously-taken course is repeated in its entirety with a new grade being given.

b. enrichment in nature where a new course is taken that results in new credit being earned.

(2) A maximum of two (2) Carnegie unit credits earned in summer school may be counted for eligibility purposes. NOTE: Additional credits may be earned in credit recovery programs or make-up programs.

(3) Summer school credits earned in non-accredited home study programs or non-accredited private schools may not be used to gain eligibility. Accreditation recognized under the rule shall be from the Georgia Accrediting Commission (GAC) or a regional accreditation agency (such as SACS) or the Georgia Private School Accreditation Council (GAPSAC).

(4) An independent study course taken in summer school must be regionally accredited and accepted by the school system for graduation credit.

(b) Courses completed after the beginning of a new semester may not be used to gain eligibility for that semester. Example: night school classes, correspondence courses, etc.

(c) Independent study courses taken during the school year must meet the criteria of 1.52 (a) 4.

1.53 Students must **accumulate Carnegie units towards** graduation according to the following criteria:

(a) **First-year students** (entering 9th grade) are eligible academically. Second semester **first-year students** must have **passed courses carrying at least 2.5 Carnegie Units** the previous semester in order to participate.

(b) **Second-year students** must have **accumulated four (4) total Carnegie units** in the first year, **AND passed courses carrying at least 2.5 Carnegie Units** in the previous semester.

(c) **Third-year students** must have **accumulated ten (10) Carnegie units** in the first and second years, **AND passed courses carrying at least 2.5 Carnegie Units** in the previous semester.

(d) **Fourth-year students** must have **accumulated sixteen (16) Carnegie units** in the first three years, **AND passed courses carrying at least 2.5 Carnegie Units** in the previous semester.

(e) Students may accumulate the required Carnegie units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

## **ADVISORY NOTICE: CURRICULAR INNOVATIONS**

### **A. BLOCK FOUR PROGRAMS:**

1. The student takes four courses that are worth one (1) Carnegie unit each and the classes meet twice the number of hours per week as in the standard curricular programs.

2. To be eligible, a student must earn at least 2.5 Carnegie units.

3. Carnegie unit requirements are the same in all curricular programs.

### **B. BLOCK EIGHT PROGRAMS:**

1. The student takes eight courses at some time during the term, and each course is worth one-half Carnegie unit.

2. To be eligible, a student must earn at least 2.5 Carnegie units during the term.
3. Carnegie unit requirements are the same in all curricular programs.

**C. HYBRID SCHEDULING:**

1. Definition: A student takes a combination of courses scheduled as block courses, yearlong courses and/or traditional courses.
2. To be eligible, a student must be enrolled in a combination of courses that carry at least 2.5 Carnegie units.
3. To be eligible, a student must have passed a combination of courses the previous semester that carries at least 2.5 Carnegie units.

1.54 A Dual Enrollment program is defined as a program in which a fulltime student at a GHSA member high school takes one or more courses from a state public or private postsecondary institution and receives credit at the high school (toward graduation) and at the postsecondary institution.

- (a) Dual enrolled students shall take courses that are approved by the Georgia Department of Education.
- (b) Courses may be taken in a variety of formats (including distance learning and virtual courses) as long as the courses are approved.
- (c) Postsecondary semester hour credit shall be converted to high school unit credit as follows:
  1. 1-2 semester hours equates to .5 unit
  2. 3-5 semester hours equates to 1 unit
- (d) Postsecondary quarter hour credit shall be converted to high school unit credit as follows:
  1. 1-3 quarter hours equates to .5 unit
  2. 4-8 quarter hours equates to 1 unit

1.55: Students involved in approved Dual Enrollment programs shall be eligible to participate in GHSA activities provided that academic eligibility is maintained.

- (a) Courses taken each semester at the high school and/or postsecondary institution must total at least 2.5 units.
- (b) Courses passed the previous semester at the high school and/or postsecondary institution must total at least 2.5 units
- (c) Students will gain or lose eligibility on the first day of each semester at the high school and a college calendar that differs from the high school calendar may cause problems.
- (d) Students who withdraw or are dropped from a Dual Enrollment program and are returned to the high school only, may encounter eligibility problems.
- (e) Students involved in Joint Enrollment programs, Early College programs, or Gateway to College programs may not be eligible at their respective high schools.
- (f) A student who participates on an intercollegiate athletic team may not participate in any GHSA activity.

1.56 **Loss of Eligibility:** Students assigned to an **alternative school** or on **out-of-school suspension** for **disciplinary reasons, or adjudicated to YDC**, lose their eligibility. Suspension is considered to have ended when the student is physically readmitted to the classroom.

1.57 **Failure to Meet Academic Standards:** When a school administrator believes that the student has failed to meet the academic eligibility requirements due to conditions that were beyond the control of the school, the student, and/or his parents, and such that none of them could have been expected reasonably to comply with the rule, he may request that the student's case be put on the agenda of the **Appeal Board**.

- (a) Ignorance of the rule(s) on the part of any individual is not sufficient cause to set aside the rule(s).
- (b) Schools must supply all the materials requested on the Hardship Application Form on the GHSA web site.

1.58 **Credit Recovery/Make-up Work:** Students who have academic deficiencies at the end of a semester may make up those deficiencies in programs that are available to any student in the school.

- (a) Credit recovery programs are short-term programs that involve a course that has been completed and a grade given. The student is given the opportunity to work on areas of deficiency.
- (b) Make-up programs occur when a course has not been completed and an "Incomplete" grade has been given. The student is given the opportunity to work on areas of deficiency.
- (c) Credit recovery and make-up work must be completed within fourteen (14) school days after the start of the next semester. The student is ineligible until such time as the work is completed and the required passing grade has been recorded. Exception: If the end-of-course test is not offered within 14 days of the beginning of the next semester, the student may be granted a reasonable extension by the GHSA.
- (d) The GHSA Executive Director shall be authorized to approve credit recovery or make-up work completed later than fourteen days after the start of the next semester if he finds that the:
  - (1) timeframe was not met due to circumstances outside the control of the student, his parent(s), and the school, AND
  - (2) work was completed as soon as reasonably possible, AND

- (3) allowance for such a delay is offered on the same basis to all students in the school.
- (e) Credit recovery programs operated during the summer or in intersessions shall be completed within fourteen days of the beginning of the new semester. Students using those credits to gain eligibility are ineligible until the course is completed successfully. Credit recovery is used for remedial work only, and no new credit courses may be applied under this provision.
- (f) Students using credit recovery or make-up programs must have their eligibility submitted to the GHSA office on a "Form C."

**1.59 Students with disabilities:**

- (a) A student with disabilities who is enrolled in a special education program which is not physically located at the parent school (example: psycho-education center, regional occupation center, community-based instruction class, etc.) shall be eligible to participate, practice, and/or try out in interscholastic activities at the parent school if IEP (Individual Education Program) requirements are met.
- (b) Schools with students having to meet only IEP requirements for course credit must establish an accounting process for the number of courses passed each semester, and for the awarding of Carnegie units. Requirements for the date of entry into the ninth grade and for age apply to students with IEPs without variation.
- (c) Competitive interscholastic activities administered through local **special education programs** shall follow Georgia Department of Education guidelines and procedures for special education, and are exempt from GHSA requirements.

**1.60 - SCHOOL SERVICE AREAS / TRANSFER / MIGRANT STUDENTS / MIGRATORY WAIVER**

1.61 School **service areas** for member public schools are those attendance boundaries established by local boards of education from which a school normally draws its students. The school service area for a member private school is the county in which the private school is located. The school service area for a startup or converted charter school will be the same as the school from which the charter school draws its students.

1.62 A **transfer student** who has established eligibility at a former school in grades 9-12 shall be **immediately eligible** at the new school if:

- (a) The student moved simultaneously with the entire parental unit or persons he/she resided with at the former school, and the student and parent(s) or persons residing with the student live in the service area of the new school This is known as a "**bona fide move.**"
- (1) The student may choose the public or private school serving that area.
  - (2) It must be apparent that the parent(s) or the persons residing with the student and the student have relinquished the residence in the former service area and have occupied a residence in the new service area.
  - (3) Relinquishment of the former residence may be met by one of the following procedures: selling the residence; having the residence listed with a real estate agent for sale at a fair market value; having a contract with a buyer; having a lease agreement at a fair market value; or abandoning the house and shutting off unnecessary utilities. When a family claims multiple residences, the residence for which they apply for a homestead exemption will be declared the primary residence.
  - (4) The bona fide move is validated when the student's family maintains the new residence for at least one calendar year. A return to the previous residence within that year renders the student to be a migrant student. All hardship appeal processes are available.
- (b) The student was enrolled in a **private school or a magnet school** and has a bona fide move from one public school service area to another public school service area. A student in this situation may attend either the public school or a private school serving his area of residence.
- (c) The student was enrolled in a **non-member private school in Georgia or was boarded at a school out of state** and, without a bona fide move, transferred to a GHSA-member school that serves his area of residence as long as:
- (1) The student was enrolled at the high school serving his/her area of residence in grades 9-12 before attending the non-member school, OR
  - (2) The student has not yet established eligibility at grades 9-12 at a member school serving his area of residence, OR
  - (3) the student has previously established his attendance at a school other than the school serving his area of residence, and chooses to return to that school, AND
  - (4) it is the initial move of the student from a non-member school to a member school serving his area of residence.
- (d) The student transfers from a non-member home school and the receiving school grants credit so that the student has accumulated sufficient Carnegie units. At the time such credit is given, the student must also have passed a minimum of five (5) courses the previous semester. The student becomes eligible when credit is awarded officially.
- (e) The student is involved in a **foreign exchange program** that is approved and published on the "Advisory List of International Educational Travel and Exchange Programs" published by the Council on Standards

for International Educational Travel (CSIET). This list is found on the GHSA web site.

- (1) The student shall be considered eligible for a maximum period of one calendar year.
  - (2) The student shall not be a graduate of a secondary school in his home country.
  - (3) The student must maintain eligibility requirements at the member school.
  - (4) The foreign exchange program must assign students to schools by a method that insures that no student, school, or other interested party may influence the assignment for athletic purposes.
- (f) If one of his/her parents or the custodial parent is a certified teacher or administrator teaching at the receiving school. This opportunity is available one time only at any given school.
- (g) The student has one of the following family-related situations that produces a **waiver of the bona fide move rule**:

- (1) There is a Superior Court awarded **change of permanent custody** and the student moves to the residence of the parent receiving custody.
  - (a) The student must attend the member school serving that area of residence.
  - (b) A copy of the court order must accompany the eligibility forms.
  - (c) NOTE: Temporary guardianship papers issued by a Probate Court are not valid for eligibility.
- (2) There is a Superior Court final order awarding permanent **joint custody** to the parents and the student moves to a residence of his or her parent outside the service area of the previous school.
  - (a) This waiver may be made one time during a calendar year.
  - (b) A copy of the court order must accompany the eligibility forms.
- (3) There is a **death of a custodial parent** and the student moves to live with the other natural parent in a new school service area.

NOTE: A copy of the death certificate shall be submitted with the eligibility papers.
- (4) There is a military transfer of one or both custodial parents that creates a change of residence that is not a bona fide move. NOTE: A copy of the deployment order shall be submitted with the eligibility form.

(h) Students who are U.S. citizens **returning from a foreign country** shall be eligible as long as they meet all other requirements of eligibility.

(i) Students who are transferred from one school attendance area to another school attendance area by a **mandate of the local board of education** maintain their eligibility.

(j) **Married students** setting up a household (domicile) shall be eligible in the school of their residence provided they meet all other requirements of eligibility.

(k) Students at the Atlanta School for the Deaf will be eligible at the school serving their area of residence provided they meet all other eligibility requirements.

(l) The migratory rule (See 1.63) will be waived **one time** for **students entering the following boarding schools**:

Ben Franklin Academy    Rabun Gap School    Tallulah Falls School  
Georgia Military College    Riverside Military Academy

Exception: Students from foreign countries not on an approved foreign exchange program are not eligible.

(m) Students entering a school as “unaccompanied youth” under the conditions of the McKinney-Vento Act must go through the hardship appeal process to become eligible.

1.63 A “**migrant student**” is a student who transfers into a GHSA school without a bona fide move or without one of the exceptions listed in by-law 1.62. The student may practice or compete at the sub-varsity level, but may not compete at the varsity level for one calendar year from the date of his entry into the new school.

1.64 A student who is not eligible because of GHSA rules at the former school, and then transfers to a new school, cannot regain eligibility by the transfer. Ineligible students cannot gain eligibility by being adjudicated to YDC and subsequently returning to their resident school with earned credit.

1.65 Students whose transfers from member school to member school have been approved by the GHSA office after the end of regular season play or during post-season play are not eligible for participation in GHSA sponsored tournaments and/or playoffs in that particular sport for the school year of transfer.

1.66 A student who is not eligible at one school because of **suspension or expulsion** and then transfers to a member school cannot regain eligibility by such a transfer, for the length of the suspension or one calendar year, whichever is less.

1.67 A **permissive transfer** is defined as an allowance by a local board of education for students and/or their parents to choose a school to attend without regard to the location of residence.

(a) A student transferring from member school to member school on a permissive transfer is considered a migrant student.

(b): A student transferring to or from a school housing a system-wide, singular academic or vocational program on a permissive transfer is considered a migrant student.

- (1) The offering of an individual course or series of courses by one school in a system does not

provide inherent justification to grant GHSA eligibility.

(2) Special options offered by a school system that allow students to attend a school outside their area of residence do not provide inherent justification to grant GHSA eligibility.

(3) Any such permissive transfer issue may be brought before the GHSA Hardship Committee.

(c) Students transferring under the provisions of “No Child Left Behind” and the failure to make “Adequate Yearly Progress” must be processed through the normal Hardship Appeal procedures. Such students must demonstrate that they have been materially affected by the issue(s) that caused the former school to be placed on the “Need to Improve” list.

(d) When a military base is located in two school districts, a student moving onto the base for the first time may choose to attend either school district and that district will place the student appropriately. Any transfer after the initial move will be subject to standard eligibility regulations.

1.68 **Hardship Applications** may be filed to attempt to establish eligibility in the following situations:

(a) A student who changes schools because of a **temporary custody transfer** from a parent to a guardian, or from one guardian to another (See Article IV, Section 5, in the GHSA Constitution).

(b) A student whose transfer is based upon his being **emancipated**, homeless, a child from a broken home, a **ward of the DFACS**, or a **ward of a Court** (See Article IV, Section 5, in the GHSA Constitution).

(c) In order for a hardship appeal based on financial hardship to be approved, the new school must provide proof that the family attempted to address the financial problem at the previous school, and that the need-based financial aid was non-existent or insufficient to resolve the problem. Increases in tuition or other costs at a private school do not create an automatic reason to grant the appeal, because such fee increases are considered foreseeable and not unavoidable. Documentation of the financial problem is required.

1.69 When a new school opens, student eligibility shall be determined as follows:

(a) When a school district mandates an attendance area for a new school for all grades enrolled at the new school, all students living within the mandated attendance area in those grades are immediately eligible. All students living outside the mandated attendance area who desire to attend the new school are considered migrant students and are ineligible for one year. Hardship appeals may be filed if conditions warrant.

(b) When a school district mandates some students to attend the new school, allows some students to stay at their present school, and permits some students to transfer to the new school, the school shall set a deadline for students living in the attendance area of the new school to decide whether they will move to the new school, or stay at the present school. The decisions exercised at the deadline date are binding. Subsequent changes render the student to be a migrant student with the one-year period of ineligibility. Students who are granted permissive transfers to enroll at the new school from other schools within the system are considered to be migrant students. Hardship appeals may be filed if conditions warrant.

## 1.70 - RECRUITING/UNDUE INFLUENCE

1.71 **Recruiting and Undue Influence** is **defined** as the use of influence by any person connected directly or indirectly with a GHSA school to induce a student of any age **to transfer** from one school to another, or **to enter** the ninth grade at a member school for athletic or literary competition purposes, whether or not the school presently attended by the student is a member of the GHSA.

(a) The use of undue influence to secure OR retain a student for competitive purposes is prohibited, and shall lead to penalties being assessed against **either school**. NOTE: This violation may cause the student to forfeit eligibility for one year from the date of enrollment.

(b) Evidence of undue influence includes, but is not limited to:

(1) personal contact initiated by coaches, boosters, or other school personnel in an attempt to persuade transfer

(2) gifts of money, jobs, supplies or clothing

(3) free transportation

(4) free admission to contests

(5) an invitation to attend practices and/or games

(6) a social event (other than an official schoolwide Open House program) specifically geared for prospective athletes

(7) free tuition beyond the allowable standards found in by-law 1.82

(8) a coach asking a prospective student for contact information

(c) Complaints or reports of violations of this rule will be investigated and handled on a case-by-case basis. If **coaches** are found to be in violation of the recruiting rule, a copy of the investigation will be forwarded to the Professional Standards Commission of the Department of Education.

(d) A school will be afforded an opportunity to demonstrate it could not reasonably be expected to be responsible for the actions of a booster who is found to have violated the recruiting/undue influence rules

1.72 A student athlete transferring from one member school to another shall be ruled ineligible for one year because of “undue influence” if it is proven that:

- (a) the coach of the receiving school coached an out-of-school team on which the athlete played prior to the transfer; OR
- (b) the coach at the receiving school acted as a private athletic instructor for the transferring athlete, regardless of whether the coach was paid for his services and/or expertise
- (c) Articles (a) and (b) shall be enforced even in the event the student made a bona fide move into the receiving school's service area.

1.73 A booster club shall be considered to be an extension of the school and must abide by all the rules applied to coaches and other school personnel. The following persons or groups may be considered boosters: members of the school’s Booster Club; alumni; parents; guardians; or relatives of a student or former student; financial donors; or, donors of time and effort.

## 1.80 - FINANCIAL AID

1.81 Any student who receives financial aid or non-GHSA approved gifts from any source and in any form (scholarships, tuition remission, cash, gifts, etc.) arising out of or **received in connection with their participation** in any sport or literary event shall be ruled ineligible. This prohibition shall not apply to awards under By-Law #1.90 or to other items approved by the GHSA.

- (a) If tuition is charged, it must be paid by a parent, legal guardian, or other family member with the exception of payments coming from need-based financial aid.
- (b) It is not legal for donated funds to be designated for a specific student that are given by non-family members, businesses, churches or other organizations, except for programs specified by state law.
- (c) Schools may not employ students to work off their tuition costs.
- (d) The GHSA Executive Director will determine whether the financial aid or gift arose out of or in connection with participation in any sport or literary event.
- (e) If a school allows a student who has received such financial aid or gifts to participate in competition, the Executive Director shall assess an appropriate penalty.

1.82 Financial aid in the form of free or reduced tuition or other aid must be **need-based aid** as determined by a national student aid service or financial aid based on institutional policies for academic performance (classroom record and/or test scores) that is administered by persons not in the athletic department.

1.83 Member schools who award financial aid shall issue a statement to the Executive Director signed by the principal or headmaster of the school giving the following information:

- (a) number of students enrolled in the school
- (b) number of students receiving financial aid
- (c) names of students (or a listing of student identification numbers) receiving financial aid who are involved in GHSA activities
- (d) certification that the percentage of students who participate in activities and who receive financial aid is the same percentage as the number of students receiving financial aid who do not participate in activities (plus or minus 5%)

## 1.90 - AMATEUR STATUS/AWARDS

1.91 A student who represents a school in interscholastic athletic competition shall be an **amateur** in that activity.

- (a) An **amateur athlete** is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived therefrom.
- (b) Accepting nominal, standard fees or salary for instructing, supervising, or officiating in an organized youth sports program or recreation, playground or camp activity, shall not jeopardize an athlete's amateur status.
- (c) Reasonable compensation derived from private lessons in a sport is permissible.

1.92 An athlete **forfeits amateur status** in a sport by:

- (a) competing for money or other monetary compensations except for reasonable allowances for travel, meals, and lodging. NOTE: Accepting expense allowances authorized by the United States Olympic Committee for Olympic Development Programs is acceptable for GHSA students.
- (b) receiving any award or prize of monetary value which has not been approved by the GHSA.
- (c) capitalizing on athletic fame by receiving money or gifts with monetary value except college scholarships.
- (d) signing a professional playing contract in any sport, or hiring an agent to manage his/her athletic career.

1.93 Only **awards** approved by the GHSA may be accepted by a high school student-athlete as a result of participation in school or non-school competition in a sport recognized by the GHSA.

1.94 **Symbolic awards** (i.e. non-cash) presented for winning or placing in GHSA competitions are limited to \$250 per year, per student in the aggregate, paid by the local school. These are the only GHSA-approved awards

for interscholastic competition. Beyond this, a student may receive one (1) school sweater or jacket presented by the school during his high school career.

1.95 Athletes competing in golf or tennis events are limited to awards as specified in the United States Golf Association Rules of Golf, and the United States Tennis Association Handbook of Tennis Rules and Regulations, which includes (but not limited to) the following:

- (a) No cash awards may be accepted.
- (b) Merchandise awards in tennis may be accepted up to a retail value of \$250.00.
- (c) Merchandise awards in golf may be accepted up to a retail value of \$750.00.

### **Athlete Codes of Conduct**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the county and school. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the athlete is our major consideration and transcends any other consideration. All athletes shall abide by a code of ethics which will earn them honor and respect that participation and competition in the interscholastic athletic activity program affords. Any conduct which results in dishonor to the athlete, the team, the school, or the community will not be tolerated. In addition to the individual penalties associated with this handbook, all athletes fall under the jurisdiction of local school rules and policies and the Fulton County Discipline Cycle for High School Students.

**Ethics Rule:** Acts of unacceptable conduct, such as, but not limited to disruption of school, theft, vandalism, disrespect, immorality, or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate coach, the athletic director and the principal shall establish procedures to determine the penalty according to the degree of the infraction.

**Bullying and Hazing:** Bullying - A person shall not willfully attempt to inflict injury on another person, when accompanied by an apparent present ability to do so or shall not intentionally exhibit a display of force such as would give the victim reason to fear or expect immediate bodily harm: (a) on the school grounds at any time; (b) off the school grounds at a school activity, function, or event; or, (c) en route to and from school or school-sponsored activities. Hazing: "Hazing" refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate. Hazing at any age can be exceedingly harmful. Hazing at the high school level is particularly troubling because the developmental stages of adolescence create a situation in which many students are more vulnerable to peer pressure due to the tremendous need for belonging, making friends and finding approval in one's peer group. Except, as otherwise required by law, any student in grades six through twelve who commits the offense of bullying for the third time during a school year shall be assigned to an alternative school program in addition to any other disciplinary action deemed appropriate.

**Training Rules/Regulations:** Training rules/regulations about substance abuse cannot be compromised to allow participation in interscholastic activities. The athlete who uses tobacco, alcohol, illegal drugs, or any type of mood altering substance found in legal over the counter products jeopardizes team morale, team reputation, and team success and does physical harm to himself/herself.

1. Use of Tobacco - Research emphasizes that use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young competitors, and any deviation from accepted training rules marks one as unwilling to pay the price of competition and commitment. If one squad member breaks the rule, the whole team's reputation is damaged. This rule means no use of tobacco all year, in or out of season.
2. Use of Alcoholic Beverages - There is no way to justify athletes' use of alcoholic beverages, even though social pressure may be hard to resist. This rule means no use of alcoholic beverages all year, in or out of season.
3. Use of Illegal Drugs or Mood Altering Substances - Simply stated, drug abuse will not be tolerated. The use or misuse of drugs or chemicals is a social problem. Students with a strong sense of purpose have no need for mood modifiers. The rule for drugs/chemical abuse is in effect all year.

### **Penalties for Violation of Training Rules**

#### **A. Chemical Use**

1. An athlete, regardless of quantity, shall not:

- a. Buy, be in possession of, or use a beverage containing alcohol at any time;
  - b. Be in possession of, or use tobacco at any time;
  - c. Use, consume, possess, buy, sell, or distribute any controlled substance at any time.
2. Athletes are responsible for off-season and out-of-school behavior. These rules apply to an athlete's entire high school career.
  3. It is not a violation for an athlete to be in possession of a controlled substance specifically prescribed for the student's personal use by his/her doctor.
  4. Athlete possession of controlled substances under parent supervision for religious purposes will not be considered a violation of this policy.
- B. Penalties for violation include:
1. First Violation: Tobacco or tobacco related products  
After confirmation of the first violation during out-of season or during the sport's season, the athlete will receive coach's administered discipline.
  2. Second Violation: Tobacco or tobacco related products  
After confirmation of a second violation during out-of season or during the sport's season, the athlete will be permitted to try out for the sport and will lose 20% or up to a maximum of 100% of his/her next sport's participation season's competitions / events immediately following the second violation or up to 100% of his/her remaining competitions/events. The athlete may be prohibited from ever representing his/her school in inter-scholastic activities at any time in the future.
  3. First Violation: Alcohol, Drugs and/or Controlled Substances  
  
After confirmation of the first violation during the season, the student will lose a minimum of 20% or up to a maximum of 100% of his/her remaining competitions/events. If the first violation occurs out-of-season, the determination of the penalty is at the discretion of the coach and/or principal. The athlete may be permitted to tryout for the sport but will lose a minimum of 20% or up to a maximum of 100% of his/her remaining competitions/events.
  4. Second Violation: Alcohol, Drugs and/or Controlled Substances  
  
After confirmation of a second violation during the season, the athlete will lose 100% of his/her season schedule. The athlete may be prohibited from ever representing his/her school in inter-scholastic athletic activities at any time in the future. If the second violation occurs out-of-season, the athlete will lose a minimum of 20% or up to a maximum of 100% of his/her competitions/events in the sport of which the student is about to participate in or compete in following the second violation.

These rules and consequences cover the entire four years of an athlete's high school career. Because the rules are consistently applied in all Fulton County Schools, an athlete may not regain eligibility by merely transferring to another Fulton County School.

***Self-Referral by the Student:*** An athlete who wishes to seek information, guidance, counseling, and assessment with regard to use of tobacco, alcohol, and other drugs may take advantage of our self-referral program.

1. Self-referral is allowed only one (1) time in an athlete's four-year high school career.
2. Referral must be made only by the athlete or a member of the immediate family.
3. Referral must be previous to the second violation.
4. Referral cannot be used by the athlete as a method to avoid consequences once an athlete has been identified as having violated one of the codes of conduct rules.
5. Referral must be made to a coach, athletic coordinator, administrator, or guidance counselor.

***Individual Coach's Rules:*** Coaches may establish general rules and regulations with the approval of the athletic coordinator and principal for their respective activities. Coaches may also address unique situations and issue consequences to athletes in accordance with the circumstances involving the athlete and his/her membership on the team. These rules, pertaining to a particular activity, must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic office.

## Basic Interscholastic Participation Policies

- A. **Participation:** An athlete may participate in only one sport per season unless two coaches /sponsors agree to the athlete's competing in both athletic activities, and priorities are set to settle conflicts before the season.
- B. **Dropping or transferring sports**
1. Quitting is an intolerable habit to acquire. A quitter may lose the privilege of participating in the interscholastic program. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:
    - a. The athlete will consult with immediate coach and then the head coach.
    - b. The coach will report the situation to the athletic coordinator.
    - c. The athlete will return all equipment issued to him or her.
  2. The athlete cannot begin a new sport until she/he completes the regular season of the sport in which he/she is currently involved.
- C. **Equipment:** School equipment issued to the athlete is the student's responsibility. Loss of any equipment is the athlete's financial obligation, and failing to meet that obligation can result in the denial of participation in the program.
- D. **Missing practice:** An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with at the discretion of the coach.
- E. **College recruitment policy:** In the event that an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. It is important to inform the coach about the contact as soon as possible. College recruitment information is available in the school's athletic office or counseling office.
- F. **Conflicts in extracurricular activities:** An individual athlete who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.
1. The school recognizes that each athlete should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.
  2. Athletes have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.
  3. When a conflict arises, the sponsors/coaches will work out a solution so the athlete does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:
    - a. The relative importance of each event.
    - b. The importance of each event to the student.
    - c. The relative contribution the athlete can make.
    - d. How long each event has been scheduled.
    - e. Input from the parent(s) / guardian(s).
  4. Once the decision has been made and the athlete has followed that decision, he/she will not be penalized in any way by either sponsor/coach. If it becomes obvious that an athlete cannot fulfill the obligations of a school activity, he/she should withdraw from that activity.
- G. **Attendance:** Students who miss over half of the school day due to illness will not be able to participate in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the principal. Students absent from school on the day prior to a non-school day will be eligible to participate the day after the absence.
- H. **In-School and Out-Of-School Suspension:** Students will not be allowed to participate in activities on the days they have been assigned to in-school suspension and until they have served their out-of-school suspension. There should be no adjustments made in the assignment of suspension days to allow a student to participate in any activities.
- I. **Release from Class:** It is the responsibility of the student to see his/her teacher(s) the day before he/she is to be released to participate in an interscholastic activity. All work shall be made up at the convenience of the teacher.
- J. **Team selection:** In accordance with our philosophy of interscholastic activities and the desire to see as many students as possible participate in interscholastic programs while at our school, we encourage coaches to involve as many students as possible without compromising the integrity of the program. Time, space, facilities, equipment, and other factors will place limitations on the most effective team size for any particular activity. Choosing the members of teams is the responsibility of the coaches or sponsors of those teams.

- K. Reporting of injury:** All injuries that occur while participating in interscholastic activities should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed by the trainer/coach. Once a student is treated by a doctor, written permission from the doctor is required to return to the activity.

### Interscholastic Athletic Awards

- A. Varsity Award Requirements:** The Varsity Award shall be presented to an athlete who satisfies the participation requirements as set forth by the head coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)
1. 1<sup>st</sup> year award: Chenille award letter with insert signifying the sport and certificates. (Note: Should the student letter in a second sport, he/she will not receive a second chenille letter.
  2. 2<sup>nd</sup> year award: Service bar and certificate.
  3. 3<sup>rd</sup> year award: Service bar and certificate.
  4. 4th year award: Service bar, certificate, and a plaque indicating the recipient as a four-year varsity letter winner.
  5. Participants who do not earn a letter award will earn a certificate.
- B.** Junior Varsity and Freshman Awards are given on the recommendation of the coach to all athletes who complete the season. Certificates are given for both first and second year awards.
- C.** Managers, trainers, and statisticians will parallel the regular awards system if they manage for the entire season.
- D.** All members of a varsity team that wins a sub-region, region, area or state championship will receive a chenille patch that will indicate the championship. (NOTE: The Athletic Booster Club, with approval of the principal, may purchase runner-up patches for any of these events.)
- E.** Trophies or plaques may be awarded by the school in the following numbers for each varsity activity:

Baseball	2	Lacrosse (girls)	2
Basketball (boys)	4	Soccer (boys)	2
Basketball (girls)	4	Soccer (girls)	2
Cheerleading (football)	2	Softball	2
Cheerleading (basketball)	2	Swimming (boys)	2
Cheerleading (competition)	2	Swimming (girls)	2
Cross Country (boys)	2	Tennis (boys)	2
Cross Country (girls)	2	Tennis (girls)	2
Football	6	Track & Field (boys)	3
Golf (boys)	2	Track & Field (girls)	3
Golf (girls)	2	Volleyball	2
Gymnastics	3	Wrestling	3
Lacrosse (boys)	2		

- F.** Any award furnished by the Athletic Booster Club, an individual, or outside organization must be approved by the principal prior to being presented. Local conditions and circumstances may require a school to vary slightly from the guidelines. Only awards approved by the GHSA may be accepted by a high school student-athlete as a result of participation in school or non-school competition in a sport recognized by the GHSA. Symbolic awards (i.e. non-cash) presented for winning or placing in GHSA competitions are limited to \$250 per year, per student in the aggregate, paid by the local school. These are the only GHSA-approved awards for interscholastic competition.

### Dismissal of a Student-Athlete From a Team

1. When a coach makes a decision to dismiss a student-athlete from a team, the student-athlete must be informed verbally by the coach in a private setting. It is the responsibility of the coach to discuss the situation with the student-athlete and his/her parent(s)/guardian(s).
2. The student-athlete may appeal the coach's decision for dismissal from the team to the principal of the school. This appeal must be made within 48 hours of the notification of dismissal and the appeal must be made in writing by the student-athlete to the principal.
3. The student-athlete is denied participation on the team until the appeal process is completed.
4. The Principal must review the appeal and make a decision whether to uphold the dismissal from the team *or to restore the student-athlete's membership to the team. The principal's decision must be made within 72 hours of receipt of the written appeal from the student-athlete.*

5. *The Principal's decision of the appeal made by the student-athlete is the final decision and represents the conclusion of the appeal process. There is no appeal beyond the appeal to the Principal.*  
*NOTE: A Principal can remove or suspend a student-athlete from any team. The Principal must inform the student-athlete of the decision and must also inform the student-athletes parent(s) / guardian(s). Participation on an interscholastic athletic team is a privilege and not a right.*

### **Emergency Removal of a Student-Athlete From a Team**

Should it be necessary to remove a student-athlete from a team based on an emergency, the emergency removal procedures contained in the Fulton County School's High School: Code of Conduct and Discipline Handbook will be used. Refer to Procedural Rule # 15, Emergency Suspensions.

### **Transportation**

- A. Under normal circumstances Fulton County Schools provides transportation for all student-athletes, support, and coaching personnel of athletic teams in authorized school vehicles when the contest has been scheduled away from the high school site.
- B. Team members are strictly forbidden to drive an automobile transporting members of an athletic team or to be driven by another student to an athletic contest or practice site that is out-of-district. If a student-athlete misses the school's provided transportation to a contest or practice and arrives at the site by other means, that individual cannot participate in that practice or contest unless written permission has been granted by the school's Athletic Coordinator, Principal, or Coach. This individual is not considered part of the team for this contest. The coach may grant permission for play under extenuating circumstances.
- C. Under certain circumstances or exceptional situations where it creates a hardship for the family, student athletes may be excused from riding to or from an athletic event in school-authorized transportation. This privilege is to be kept to a minimum since our philosophy is that a student is a part of a team in all phases of team activity.
1. A Travel Release must be signed by the student-athletes parent/guardian;
  2. The parent/guardian of the student must submit a written request for Travel Release to the team's coach 24 hours in advance of the trip to the contest. The coach will release the student-athlete to the parent/guardian or designated adult upon presentation of the written Travel Release;
  3. Should a parent approach the coach at an away contest and request that his/her student-athlete ride home with him/her, the parent/guardian must still submit the request in writing to the coach, then and only then may the coach agree;
  4. A student-athlete will not be allowed to ride home with another student or another parent from any away athletic contest unless conditions are met under Section C.
- D. Parent(s)/guardian(s) may give special permission to the student-athlete who is over 18 years of age to drive himself/herself only to and from practices and contests located at the school or at off-campus sites within ten (10) miles of his/her school (possession of a valid driver's license is required and school parking procedures are in effect). This permission must be arranged with the school's athletic coordinator and requires a special form to be completed by the student and parent/guardian. The form is available from the school's athletic coordinator.

# APPENDIX

## Off-Season and Summer Training Tips

During the off-season and summer vacation, high school athletes may be tempted “to slack off” from the rigorous training regimen which they need to stay in shape. Whether the high school athlete aspires to be a college athlete, professional athlete, or play sports for fun, here are some tips for off-season training:

When participating in any athletic activity, especially during the hot, humid summer months, it is important to stay well hydrated. Proper hydration does not begin at game time; it’s the result of daily attention to the body’s needs. Most heat illnesses are preventable. Signs and symptoms of heat illness and dehydration include, but are not limited to: decreased performance, muscle cramping, weakness, fatigue, intense thirst, profuse sweating, blurred vision and/or cool, pale clammy skin. Younger athletes have a lower sweating capacity and higher core temperature than adolescents and adults. The composition of children’s sweat is also different from adolescent

and adult athletes, which means they do not benefit from electrolyte replacement drinks. Water is the fluid of choice for younger athletes. To diminish the risk of heat illnesses/dehydration Follow these simple tips as suggested by the American College of Sports Medicine:

- Drink 8-12 cups of water daily.
- Drink at least 16 oz. of fluid two hours prior to an event and then again 20 minutes before the event.
- Offer unlimited access to fluids during the game/practice.
- Drink cool fluids containing less than 8 percent carbohydrate.
- Drink beyond your thirst.
- Avoid caffeine, alcohol, and carbonated beverages.
- Wear lightweight, light-colored clothing.
- Take frequent breaks and rest when necessary.

### Sports Nutrition

In addition to having enough water or sports drink on hand it is equally important to have nutritious snacks available. This becomes even more critical during a long day and/or weekend of tournament play where games may start at 7 a.m. and may not finish until after 5 p.m. Grabbing a piece of pizza from the concession stand works in a pinch, but it is not the energy food of choice. Eating the wrong type of foods can actually produce a negative energy effect, slowing down your game instead of providing that needed energy boost. Gastric irritability may also occur when poor food choices are combined with strenuous physical activity. Having nutritious snacks, such as granola bars, fresh fruit and vegetables, bagels and some trail mixes can help keep young athletes performing well until there is adequate time for a complete and healthy meal. It is equally as important to replenish muscle energy sources at the end of the day as it is to “prep” them with a pre-game meal.

**Avoid Peak Sun:** Avoid rigorous workouts during the peak temperatures usually from 11 a.m. to 2 p.m. or when predicted by the weather service for your geographic area.

**Warm-Up:** All athletes need to stretch their muscles before strenuous exercise. It is a way to prevent muscle injury. Proper stretching lengthens or “loosens” muscle tissue, making it less prone to trauma and tears.

**Eat Balanced Meals:** Proper nutrition is important to maintaining your body’s peak performance for endurance sports such as football, soccer, track and others. Eat plenty of carbohydrates such as bread, cereal, and potatoes which turn into glucose and the energy you’ll need.

**Get plenty of rest:** We all know (or should!) that we get stronger NOT by training more, but rather from our adaptations to that training which we get from rest and recovery. Adequate sleep is essential as it is our time to regenerate and rebuild. Adequate sleep is also vital for alleviating stress.

## “Concussion in Sports”

### **Statement of Concerns**

Concussions at all levels of sports have received a great deal of attention in the past few years. Attention has increased even more over the past year, culminating with the NFL, NCAA and National Federation of State High School Associations testifying before the United States Congress about what each organization is doing to protect

athletes from concussion. At least four states have enacted legislation dealing with the issue of head injuries sustained in athletic competitions.

Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death, or short- and long-term changes in brain function. A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

The well-being of the athlete is of paramount concern during any athletic contest. Officials, coaches and administrators are being asked to make all efforts to ensure that concussed athletes do not continue to participate. Thus, coaches, players, officials, and administrators should also be looking for signs of concussion in all athletes and should immediately remove any suspected concussed athlete from play.

### **NFHS Rules Change**

Previous rules books for most sports included language directing officials to remove an athlete from play if "unconscious or apparently unconscious." We now know that a person does not have to lose consciousness to suffer a concussion. In fact, according to our most recent data from the High School Reporting Information Online (RIO) and the National High School Sports Related Injury Surveillance Study, only 3.2 percent of all concussed athletes lost consciousness during the 2009 football season.

That language has been changed to the following: Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. The common signs, symptoms and behaviors of concussed athletes may be found in Appendix B on page 100 of the 2010 NFHS Football Rules Book.

### **Role of Officials**

Neither officials, nor coaches, are expected to "diagnose" a concussion, as that is the job of an appropriate health-care professional. Officials are being asked to use their best judgment in observing the signs, symptoms and behaviors, but are no longer being asked to make what could be perceived to be a medical opinion. This is the same type of monitoring procedure that has been used with orthopedic injuries and the "blood rule" in the past.

The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play. The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, appropriate health-care professional, or other individual designated by school administrators. If an appropriate health-care professional on the sideline determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHOULD NOT be allowed by the coach to return to play.

The official does not need written permission for an athlete to return to play, nor does the official need to verify the credentials of the appropriate health-care professional. Ensuring compliance with the Suggested Management Guidelines is a health and safety issue and should be the responsibility of the head coach and school administration, NOT the game official.

### **School Responsibilities**

1. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.  
NOTE: An "appropriate health-care professional" must be determined by each school district with respect to state laws and local preferences. Such individuals should be knowledgeable in the evaluation and management of sports-related concussions and may, depending on controlling law, include MDs, DOs and certified athletic trainers
2. No athlete should return to play or practice on the same day after a concussion has been diagnosed
3. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition. The formulation of a gradual return to play protocol should be a part of the medical clearance.  
NOTE: Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Such risks are minimized if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.
4. These guidelines should be applied to both practices and scrimmages.

## **Questions & Answers about Methicillin Resistant Staphylococcus Aureus**

### **What is MRSA?**

- MRSA is the acronym for *Methicillin Resistant Staphylococcus aureus*, an antibiotic-resistant strain of the common *Staphylococcus aureus* bacteria (staph).
- Staph is one of the most common causes of skin infections in the United States.
- The common staph bacteria itself is not always dangerous, but the antibiotic-resistant MRSA strain is hard to treat with commonly-used antibiotic medications.
- Because of its antibiotic resistance, MRSA sometimes can lead to life-threatening infections.

### **How common are MRSA infections?**

- Healthy people carry staph on their skin or in their noses. The majority of staph infections are minor; however, staph can cause more serious infections that require special antibiotic treatment.
- MRSA is almost always spread by direct, physical contact – such as openings in the skin (cuts or abrasions), crowded living conditions, and poor hygiene.
- Previously, MRSA infections were found almost exclusively in hospitals and nursing homes, but now they are becoming a rapidly growing problem in our communities, earning the name CA-MRSA – or Community-Acquired MRSA – because of how the bacteria spreads in public or community areas.

### **Who is at risk?**

- Anyone who is in physical contact with other people on regular basis is at increased risk for acquiring MRSA and other potentially dangerous bacterial infections.
- It is estimated that 30-50% of the population carries CA-MRSA bacteria on their bodies.

### **Why are athletes so susceptible to MRSA infections?**

- Athletes have to be particularly concerned about MRSA because it is easily spread from person-to-person due to close, physical contact in athletics.
- In addition, athletic facilities provide the ideal environment for bacteria to thrive, as they can be warm and humid.
- MRSA can be spread through touching objects such as towels, clothing, workout areas and sports equipment that have MRSA germs on them. MRSA can live on the skin and survive on objects and surfaces for more than 24 hours.
- Athletes are also thought to be more susceptible to staph infections because their immune system temporarily lowers after a hard workout.

### **What does MRSA infection look like?**

- MRSA can present itself in various forms of skin infections ranging from boils, blisters, rashes, pimples, or ingrown hairs. These often occur in the armpits, groin, neck, and buttocks.
- MRSA infection sometimes has the appearance of a spider bite, which can lead to misdiagnoses.
- Symptoms of MRSA infection may include redness, warmth at the site, swelling, pus, and pain. Unexplained fever, muscular pain and/or fatigue after a skin infection are symptoms that could be related to an MRSA infection.
- MRSA-infected skin lesions (sores) can change from skin or surface irritations to abscesses or serious skin infections.
- If left untreated, MRSA can infect the blood, bones, and other organs.

### **What is the treatment for an MRSA infection?**

- Once a staph infection is suspected, a doctor can take a sample/culture of the infection and send it to a lab for testing.
- If the staph germs being tested can not be treated or killed with standard antibiotics, then the infection is diagnosed as MRSA.
- Many MRSA infections can be treated by draining the abscess or boil and may not require antibiotics.
- To prevent serious complications, only healthcare providers/doctors should drain an abscess or boil.
- Most MRSA infections are treatable with antibiotics. However, in severe cases a very strong antibiotic must be administered in a hospital.

### **How MRSA infection be prevented?**

- According to the Centers for Disease Control (CDC), good personal hygiene will help prevent skin infections. This includes:
  - Showering and washing with soap and water immediately after practice, competition and training.
  - Not sharing personal care items such as bars of soap, towels and razors, uniforms, and sports equipment that directly touch the body.
  - Taking home practice clothes, towels, and other linens on a daily basis and returning clean practice clothes back to school.
  - Washing practice clothes, uniforms and other sports-related linens in hot water and laundry detergent. Using a hot dryer, rather than air drying, also helps kill bacteria.
  - Wiping down athletic equipment and materials with sanitizer regularly.
  - Notifying coaches, athletic trainers and the school's clinic staff of any wounds that are potentially infected.
  - Keeping all wounds clean and covered and avoiding contact with others' open wounds, or anything that could possibly be

contaminated by infection (boils, blisters, etc).

- Washing hands frequently with soap and water, especially after practice, competition and training.

**What are Fulton County high schools doing about this problem?**

- The above procedures are enforced in the Fulton County Schools high school athletic programs.
- Information also is shared with student athletes and their families.
- Parents/guardians are encouraged to be on alert for any signs and symptoms of skin infections in their children.

If MRSA is suspected, please contact your healthcare provider or the Fulton County Schools' Office of Student Health Services at  
404-763-6836

# FORMS

**Release of Liability for Students Transporting Themselves  
Between School Sites During the School Day**

Effective for School Year 2011-2012

Parents/Guardians/Adult Students (over Age 18):

If your high school student (or you, if you are a student over age 18 or over) plans to drive himself or herself between school sites during the school day and/or to school-related events, activities, or sites after school hours, please complete and sign the following form, and return it to your school principal. Completing this form is not necessary for students from home to school and to home each day.

(Student's Name) \_\_\_\_\_ has my permission to drive to and from school sites during the school day and/or to school-related events, activities, or sites after school hours during the 2011-2012 school year, and/or ride with another student who is driving to and from school sites during the school day and/or to school-related events, activities, or sites after school hours during the same year.

I agree to hold Fulton County Board of Education harmless in the event of injury to this student, including any property damage while the student is driving or being driven to or from a school site and/or to school-related events, activities, or sites after school hours in a vehicle other than that provided by Fulton County Board of Education.

In addition, I agree not to assert against the Fulton County Board of Education, all current, former and future members of the School Board of the Fulton County Board of Education, former or future employees of the Fulton County Board of Education, and their heirs, executors, administrators, successors, and assigns, in any court of law, any claim or claims that the student and/or parent or legal guardian had, now have, or may have in the future, whether known or unknown, based on any injuries sustained by the student while being so transported.

I have read the above agreement, and voluntarily sign the release and waiver of liability, and further agree that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

Signature of Parent,  
Legal Guardian, or Adult Student: \_\_\_\_\_

Date: \_\_\_\_\_

-----  
(FOR SCHOOL USE ONLY)

Received by : \_\_\_\_\_ on \_\_\_\_\_  
(print full name) (print date)

Signature of receiving party: \_\_\_\_\_

**PRIOR TO PARTICIPATION IN ANY CONDITIONING, TRYOUT, PRACTICE SESSION, OR PLAY IN ANY INTERSCHOLASTIC ATHLETIC ACTIVITY, THE STUDENT-ATHLETE MUST SUBMIT THIS FORM TO THE COACH OF THE ACTIVITY. FAILURE TO SUBMIT THIS FORM WILL DELAY THE ELIGIBILITY OF THE STUDENT-ATHLETE TO JOIN THE TEAM.**

**Release of Liability for Student-Athletes Being Transported by Fulton County Schools Bus Transportation  
Or**

**By a Parent, Legal Guardian, or By Parent/Legal Guardian Designated Driver Between School Sites, Events, Activities  
During and After the School Day Effective for School Year 2011-2012**

**Fulton County School Bus Transportation Permission**

Since your high school student will be transported by Fulton County bus transportation between school sites, events, activities during and after the school day, please complete and sign the following form, and return it to your coach.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

**Designated Driver (if applicable):** All designated drivers must be family relative over 18 years of age or a parent / legal guardian of another student attending the school.

(Student's Name) \_\_\_\_\_ has my permission to be transported to and from school sites during the school day and/or to school-related events, activities, or sites after school hours as a participant on the \_\_\_\_\_ High School \_\_\_\_\_ Team. Either I or my designated driver (name of driver) \_\_\_\_\_ will be transporting the student to and/or from the event or activity. Either I or my designated driver will present himself or herself to the head coach and/or assistant coach after the event or activity has been completed in order to verify the intent to transport the above mentioned student.

I agree to hold Fulton County Board of Education harmless in the event of injury to this student, including any property damage while the student is driving or being driven to or from a school site and/or to school-related events, activities, or sites after school hours in a vehicle other than that provided by Fulton County Board of Education.

In addition, I agree not to assert against the Fulton County Board of Education, all current, former and future members of the School Board of the Fulton County Board of Education, former or future employees of the Fulton County Board of Education, and their heirs, executors, administrators, successors, and assigns, in any court of law, any claim or claims that the student and/or parent or legal guardian had, now have, or may have in the future, whether known or unknown, based on any injuries sustained by the student while being so transported.

I have read the above agreement, and voluntarily sign the release and waiver of liability, and further agree that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Designated Driver: \_\_\_\_\_ Date: \_\_\_\_\_

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(FOR SCHOOL USE ONLY)

Received by : \_\_\_\_\_ on \_\_\_\_\_  
(print full name) (print date)

Signature of receiving party: \_\_\_\_\_

**PRIOR TO PARTICIPATION IN ANY CONDITIONING, TRYOUT, PRACTICE SESSION, OR PLAY IN ANY INTERSCHOLASTIC ATHLETIC ACTIVITY, THE STUDENT-ATHLETE MUST SUBMIT THIS FORM TO THE COACH OF THE ACTIVITY. FAILURE TO SUBMIT THIS FORM WILL DELAY THE ELIGIBILITY OF THE STUDENT-ATHLETE TO JOIN THE TEAM.**

FULTON COUNTY SCHOOL SYSTEM DEPARTMENT OF ATHLETICS  
STUDENT'S APPLICATION FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS  
AND VERIFICATION OF INSURANCE

Sport: \_\_\_\_\_ Date of first practice: \_\_\_\_\_, 2011/2012

Student Name: \_\_\_\_\_ Male \_\_\_\_\_ or Female \_\_\_\_\_  
(Last name) (First name) (MI)

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ years old  
(Month) (Day) (Year)

Address: \_\_\_\_\_  
(# and Street Name) (City) (State) (Zip Code)

Home Telephone #: \_\_\_\_\_ Emergency Telephone # \_\_\_\_\_

This application to represent my school in interscholastic activities is entirely voluntary on my part and is made with the understanding that I have studied and understood the Eligibility Standards that I must meet to represent my school and that I have not violated any of these standards. I understand that meeting the citizenship standards set by the school or being ejected from an interscholastic contest because of an unsportsmanlike act, could result in my not being allowed to participate in the next contest or suspension from the team either temporarily or permanently. I understand that if I transfer to another school my eligibility may be affected under the Georgia High School Association's eligibility standards.

Student Signature: \_\_\_\_\_  
(Signature) (School) (Date)

We hereby give our consent for the above student to represent his/her school in interscholastic activities. We have received a Student/Parent Handbook for GHSA Sanctioned Interscholastic Activities. We understand that we are responsible for reading the contents of this publication and that questions related to this publication can be addressed to the Fulton County Athletic Director at 404-763-6892. If we, the parent(s)/guardian(s), cannot be reached in the event of a medical emergency, we do give consent for the school to obtain emergency transportation to the physician or hospital of its choice, and such medical care as is reasonably necessary for the welfare of the student if he/she is injured in the course of participation in interscholastic activities. We give permission for our son/daughter to participate in school-sponsored trips, including overnight trips, associated with Fulton County School's interscholastic athletic competitions. In the event that transportation is not provided by the Fulton County School System, transportation will be the student's or the parent's /Guardian's responsibility. I / We release and waive, and further, hold harmless or reimburse the Fulton County School System, the Board of Education, its successors and assigns, its members, agents, employees and representatives thereof, as well as trip-supervisors from and against, any claim which I, any other parent or guardian, the student, pr any other person, firm or corporation may have or claim to have, known or unknown, directly or indirectly, from any losses, damages or injuries arising out of, during, or in conjunction with the student's participation in the activity, any trip, or transportation associated with the activity, or the rendering or emergency medical procedures or treatment, if any.

All parents and guardians must sign and date this form

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**PRIOR TO PARTICIPATION IN ANY CONDITIONING, TRYOUT, PRACTICE SESSION, OR PLAY IN ANY INTERSCHOLASTIC ATHLETIC ACTIVITY, THE STUDENT-ATHLETE MUST SUBMIT THIS FORM FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS TO THE COACH OF THE ACTIVITY. FAILURE TO SUBMIT THIS FORM WILL DELAY THE ELIGIBILITY OF THE STUDENT-ATHLETE TO JOIN THE TEAM.**

FULTON COUNTY SCHOOL SYSTEM DEPARTMENT OF ATHLETICS  
VERIFICATION OF INSURANCE COVERAGE

Effective for School Year 2011-2012

I have waived the medical/health insurance coverage that has been approved by the Fulton County School System and offered to my child, \_\_\_\_\_ . Date of Birth: \_\_\_\_\_  
(Name of Child)

The medical/ health insurance that I am using for my child for the current school year at \_\_\_\_\_ is provided by \_\_\_\_\_ and \_\_\_\_\_  
(School Name) (Name of Insurance Company)  
the insurance policy number is \_\_\_\_\_. This insurance policy  
(Insurance Policy Number)

is in effect from: \_\_\_\_\_ to \_\_\_\_\_.  
(Date) (Date)

Attach a copy of Medical/Health Insurance Certificate to this form to verify information listed above. Thank you.

The above medical/health insurance coverage provides for the following interscholastic athletics activities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

We/I understand that per The Georgia High School Association a Pre-participation Physical evaluation must be performed by a physician to medically screen each student who participates in the interscholastic athletic programs of the Fulton County School District. We/I understand that a basic medical screening (the required physical exam) is general in nature and limited in scope and does not indicate or assure me/us that my/our child is completely free from impairments. If I/we wish for a more detailed physical exam to be performed upon my/our child then it is my/our responsibility to arrange and to pay for such an exam. If this more detailed exam is performed, it is my/our responsibility to notify the Fulton County School District, and its appropriate employees , of any potential medical problems uncovered by any physical exam given to my/our child other than the general physical required by the school system for athletic participation. I agree to fully waive any and all claims of whatever nature, fully and finally, now and forever, for my/our child, for myself, my estate, my heirs, my administrators, my executors, my assignees, my agents, my successors, and for all member of my family, and to indemnify, release, defend, exonerate, discharge and hold harmless the Fulton County School District, their schools, their trustees, officers, Board members, Board of Education, employees, agents, coaches, athletic trainers, physicians, and any other practitioner of the healing arts (an "Indemnified Party") from any and all liability, personal or property damages, claims, causes of action or demands brought against the Fulton County School District or indemnified party arising out of any injuries to my/our child or to his or her property or losses of any kind which may result from or in connection with his or her participation in any activity related to the interscholastic athletic programs provided by the Fulton County School District.

My signature below attests that I have read, understood and concur with the information on this form, and that I give consent for my child to participate in the athletic programs as stated above.

**ALL PARENTS/GUARDIANS/ MUST SIGN BELOW AND DATE**

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent/guardian : \_\_\_\_\_ Date: \_\_\_\_\_

**PRIOR TO PARTICIPATION IN ANY CONDITIONING, TRYOUT, PRACTICE SESSION, OR PLAY IN ANY INTERSCHOLASTIC ATHLETIC ACTIVITY, THE STUDENT-ATHLETE MUST SUBMIT THIS FORM FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS TO THE COACH OF THE ACTIVITY. FAILURE TO SUBMIT THIS FORM WILL DELAY THE ELIGIBILITY OF THE STUDENT-ATHLETE TO JOIN THE TEAM**

# Preparticipation Physical Evaluation

## HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

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GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

**Explain "yes" answers here**

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I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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# IPreparticipation Physical Evaluation

## THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
	Yes	No
6. Do you regularly use a brace, assistive device, or prosthetic?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

**Explain "yes" answers here**

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**Please indicate if you have ever had any of the following.**

	Yes	No
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

**Explain "yes" answers here**

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**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

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# Preparticipation Physical Evaluation

## PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of birth: \_\_\_\_\_

### PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP / ( / )	Pulse	Vision R 20/	L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance <ul style="list-style-type: none"> <li>• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span &gt; height, hyperlaxity, myopia, MVP, aortic insufficiency)</li> </ul>			
Eyes/ears/nose/throat <ul style="list-style-type: none"> <li>• Pupils equal</li> <li>• Hearing</li> </ul>			
Lymph nodes			
Heart <sup>a</sup> <ul style="list-style-type: none"> <li>• Murmurs (auscultation standing, supine, +/- Valsalva)</li> <li>• Location of point of maximal impulse (PMI)</li> </ul>			
Pulses <ul style="list-style-type: none"> <li>• Simultaneous femoral and radial pulses</li> </ul>			
Lungs			
Abdomen			
Genitourinary (males only) <sup>b</sup>			
Skin <ul style="list-style-type: none"> <li>• HSV, lesions suggestive of MRSA, tinea corporis</li> </ul>			
Neurologic <sup>c</sup>			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional <ul style="list-style-type: none"> <li>• Duck-walk, single leg hop</li> </ul>			

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.  
<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.  
<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for

- Not cleared
- Pending further evaluation
  - For any sports
  - For certain sports \_\_\_\_\_

Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

**I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

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# Preparticipation Physical Evaluation CLEARANCE FORM

Name \_\_\_\_\_ Sex  M  F Age \_\_\_\_\_ Date of birth \_\_\_\_\_

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

- Not cleared
- Pending further evaluation
- For any sports
- For certain

sports \_\_\_\_\_

Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician: \_\_\_\_\_, MD or DO

## EMERGENCY INFORMATION

Allergies \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other information \_\_\_\_\_

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# Coaching

An athletic coach must be a professional teacher **meeting the teaching requirements and be employed** by only one board of education or similar governing authority within the GHSA membership, regardless of whether or not they are paid for their coaching (Exception: when all boards of education or similar governing authorities and all principals/headmasters involved sign a consent form on an annual basis he/she may coach at another school system), AND:

- (a) be employed for 20 or more hours per week on a regular basis in a professional, contracted position and must hold a **teaching certificate or leadership certificate** issued by the State of Georgia, OR
- (b) be employed for 20 or more hours per week on a regular basis as a **JROTC instructor** in the school's JROTC program, OR
- (c) be assigned as a **student intern** in a practice teaching situation under the guidance of a college or university teacher training program, OR
- (d) be a **retired teacher** teaching or supervising less than one-half time (forty hours considered full time), OR
- (e) be a certified teacher or administrator at a member school on medical leave governed by the "Family Medical Leave Act" and/or the "Georgia Teacher Maternity Leave of Absence" policy (see the GHSA web site for the required form).

Member schools may employ persons who are not professionally certificated teachers as assistant coaches in their athletic programs. These individuals are referred to as "**community coaches.**"

- (a) Community Coach is defined as a person who does not have a professional-level certification, who relates in role and function to a professional and does a portion of the professional's job or tasks under the supervision of the professional, and whose decision-making authority is limited and regulated by the professional. Community coaches are not allowed to function without the immediate supervision of an educational professional and may not function as a varsity Head Coach or be named by the school as a varsity Head Coach.
- (b) Licensed para-professionals and full-time substitute teachers must complete the GHSA Coaches Education Program and testing program to be eligible to coach.
- (c) All community coaches should be signed to a written "agreement to coach." They may coach for only one board of education annually, regardless of whether or not they are paid for their services.
- (d) All community coaches must complete the **GHSA Coaches Education Training and Testing Program** in "Sport First Aid" and "Principles for Coaches."
  - (1) Prospective coaches must be subject to a criminal background check before they are registered for the GHSA coaches education program.
  - (2) Courses are offered at various times each school year throughout the state.
  - (3) Prospective coaches are registered with the GHSA office by the school hiring them.
  - (4) No community coach may do any GHSA coaching until he/she has been notified that the GHSA Coaches Education Program had been completed successfully.
- (e) It is recommended that the following **priority for employment** be used:
  - (1) certified employees in the local system (secondary, middle, elementary, central office, etc.)
  - (2) retired certificated personnel
  - (3) community coaches who have completed the GHSA Coaches Education Program.
- (f) All community coaches must attend a regular GHSA rules clinic each year

Fulton County Board of Education employees serving in a position as a **Principal / Assistant Principal** may not serve in a supplemental salaried position and/or coach an athletic team due to the administrative and supervisory responsibilities of these positions at the local school.