



Braintree High School Athletic Handbook 2025-2026

[Spanish](#), [Portuguese](#), [Arabic](#), [Chinese \(Simplified\)](#), [Vietnamese](#)

1. Introductory Statement

Welcome to Braintree High School Athletics. This Athletic Handbook is intended to provide important information and policies to student-athletes, parents, and coaches.

BHS has a proud tradition of athletic success with over 75 State Championships and 300+ League Titles. We offer an opportunity for our student-athletes to compete in 24 different sports across 3 seasons. Most of our sports offer three different levels of competition between Freshman, Junior Varsity, and Varsity. In total, Braintree High School Athletics annually fields 68 high school teams and 8 middle school teams. This includes over 800+ individual student-athletes, 130+ coaches, and 1,100+ total games.

Please refer to this Athletic Handbook when you have questions and/or concerns regarding your athletic experience at Braintree Public schools.

Christopher Coblyn
Athletic Director
Braintree High School

Phone Numbers:

- | | |
|---|--------------------------|
| ● Christopher Coblyn, Athletic Director | (781) 848-4000 ext. 7810 |
| ● Charles Bingham, Assistant Athletic Director | (781) 848-4000 ext. 7811 |
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| ● Andrew Delery, Assistant Principal, House 1 | (781) 848-4000 ext. 7021 |
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Important Websites:

- [Braintree Public Schools](#)
- [Massachusetts Interscholastic Athletic Association](#) (MIAA)
- [Massachusetts School Administrators' Association](#) (MSAA)
- [Arbiter Live](#) - Team Schedules, Scores, Rosters, and Coaches

2. Athletics Mission Statement

The mission of Braintree High School Athletics is to provide an educational opportunity for our student-athletes to develop valuable life skills that will serve them well beyond graduation.

3. Purpose of Educational Athletics

The interscholastic athletic program at Braintree High School is an extension of the classroom, and an educational activity that provides outstanding opportunities to teach life lessons. In alignment with Braintree High School's core values of Partnership, Respect, Involvement, Diversity, and Educational Excellence, our programs provide an opportunity for our student-athletes to learn values and skills that help prepare them for the future well beyond graduation. While winning will always be an important goal of any team, our student-athletes developing essential skills like leadership, goal setting, teamwork, decision making, perseverance, integrity, sacrifice, healthy competition, and overcoming adversity are the true measure of success. Our student-athletes **EARN** the **PRIVILEGE** of participating within our athletic program by succeeding academically, making good decisions, and exhibiting good work ethic. It is an **HONOR** for our student-athletes to represent their school, community, and family.

It is important to remember that the purpose of educational athletics is different from college athletics, which is a billion-dollar industry, professional athletics, which serves as entertainment, and club/travel teams, where it is often pay for play. Expectations and behaviors from student-athletes, coaches, parents, and spectators that may be commonplace in the college and professional ranks, often differ from the expectations and behaviors expected in educational athletics.

Braintree High School believes in the Five Pillars of Educational Athletics.

1. **Wellness** – To empower students to make healthy life choices
2. **Sportsmanship** – To teach respect for self, team, opponents, officials, rules and the game itself
3. **Coaches' Education** – To provide resources for teacher-coaches who serve as curriculum instructors of educational athletics
4. **Leadership** – To promote the power of positive influence that student-athletes and teacher-coaches share as role models
5. **Community Service** – to recognize the privilege of athletic participation and the responsibility of giving back to the community

4. Governing Bodies

a. Massachusetts Interscholastic Athletic Association (MIAA)

Braintree High School is a member of the Massachusetts Interscholastic Athletic Association (MIAA) and is therefore governed by Association Rules and Regulations. Additional policies, regulations and rules are set by the Braintree School Committee. Under MIAA guidelines, local communities can set their own policy, rules and/or regulations as long as they are more restrictive than those stipulated by the MIAA. Rules governing individual sports vary depending upon the sport. For example, rules for basketball are stipulated by the National Federation of State High School Associations. To review all MIAA rules and regulations please visit miaa.net.

One of the primary functions of the MIAA is to sponsor and conduct postseason tournaments leading to the determination of geographical district and state champions. When our varsity teams qualify for and enter such tournaments, we are completely subject to the specific schedule, rules, and regulations that govern each tournament as set by the MIAA. Tournament qualification, divisional placement and geographical district criteria are sport specific.

Some of our teams may qualify for regional tournaments beyond the MIAA tournaments that are sponsored and conducted by the combined state associations that make up the region or competition. Some of our varsity teams may host and/or play in seasonal tournaments that are sponsored by local school districts or other qualified agencies. MIAA regulations specify that such tournaments be sanctioned by the MIAA and be conducted totally under their policies, rules and regulations. The MIAA does not sanction or sponsor any sub-varsity tournament competition.

The MIAA is a member of the National Federation of State High School Associations and is bound by their set of rules, policies and regulations.

b. Massachusetts School Administrators' Association (MSAA)

Braintree High School is a member of the Massachusetts School Administrators' Association (MSAA) and is therefore governed by Association Rules and Regulations for Cheer and Dance. Additional policies, regulations and rules are set by the Braintree School Committee. Under the MSAA guidelines, local communities are allowed to set their own policy, rules and/or regulations as long as they are more restrictive than stipulated by the MSAA. Rules governing individual sports vary depending upon the sport. Copies of the completed set of MSAA rules and regulations for Cheer and Dance can be found online.

c. Bay State Conference (BSC)

Braintree High School is a member of the ten (10) school conference known as the Bay State Conference. The Conference is governed by the MIAA and its own Constitution. A copy of the Constitution is available for your review online. Most of our game schedules at all levels of competition are set by the Conference.

Most teams' schedules sponsored by the Conference at the varsity level are divided into two (2) divisions for championship play, and for seasonal play at the junior varsity and freshman levels.

The Herget Division includes the schools from Braintree, Milton, Needham, Walpole and Weymouth. The Carey Division includes the schools from Brookline, Framingham, Natick, Newton North and Wellesley. Interdivisional scheduled play is common for most of our teams. We also schedule some non-conference contests against schools from other surrounding communities. We are completely subject to the host school regarding specific date, time, and location for all away contests.

5. Athletic Offerings

Braintree High School is a member of the Massachusetts Interscholastic Athletic Association (MIAA) and Bay State Conference. BHS competes in cheer and dance as a member of the Massachusetts School Administrators' Association (MSAA). We offer an opportunity for our student-athletes to compete in 24 different sports across 3 seasons. Most of our sports offer three different levels of competition between Freshman, Junior Varsity, and Varsity. In total, Braintree High School Athletics annually fields 68 high school teams and 8 middle school teams. This includes over 800+ individual student-athletes and 130+ coaches, and 1,100+ total games.

BHS offers the following sports:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Cheerleading	Basketball (B/G)	Baseball
Cross Country (B/G)	Cheerleading (Sideline Only)	Golf (G)
Dance	Dance	Lacrosse (B/G)
Field Hockey	Gymnastics (G)	Outdoor Track (B/G)
Football	Ice Hockey (B/G)	Rugby
Golf (B)	Indoor Track (B/G)	Softball
Soccer (B/G)	Wrestling	Tennis (B/G)
Swim and Dive (B/G)	Middle School Basketball (B/G) *	Volleyball (B/G)
Volleyball (G)		Unified Track
Unified Basketball		
Middle School Soccer (B/G) *		

*Middle School offerings are intramural, and for 7th and 8th graders only

6. Student Eligibility - School Requirements

a. Registration

Before the start of every sports season, each student and parent shall submit a completed athletic registration using the athletic department's online platform. All required documents must be uploaded to the online registration, the athletic department will not accept paper copies. Students must have an approved registration to be eligible to participate in athletics.

b. Physical Examination

All students must pass a physical examination prior to participation in High School Athletics. A physical exam covers the student for 13 months from the exam date. A student's eligibility will terminate once a physical has reached the 13-month limit.

Physical examinations must be performed by a duly registered Licensed Physician, Physician Assistant or Nurse Practitioner. Physical examination must be uploaded to the athletic department's online registration platform prior to the student's participation in athletics.

It is the parent's responsibility to ensure a current physical is on file with the school.

MIAA Penalty: A student in violation shall be suspended for the number of contests in which they participated without the proper physical. Teams do not have to forfeit these contests.

c. Concussion Course

All students are required to take the online NFHS Concussion for Students Course or other Massachusetts Department of Public Health recognized education program following regulations as put forth by the Department of Public Health in regards to the Concussion Law, and provide the school with a certificate of completion. The student must upload a copy of their certificate of completion (with the student's name printed on it) onto the athletic department's online registration platform prior to the student's participation in athletics. This requirement must be met once per school year, and be repeated for every subsequent school year.

All parents are required to complete annually one of the concussion training courses approved by the Massachusetts Department of Public Health on concussions and return a certificate of completion to the athletic department's online registration platform prior to the student's participation in athletics. Braintree also makes available MA DPH approved written training materials to meet the training requirement for parents. Braintree requires and maintains written acknowledgment that the parent has read and understands MA DPH approved written materials required by 105 CMR 201. This requirement must be met once per school year, and be repeated for every subsequent school year.

d. ImPACT Baseline Test

All students must complete an ImPACT Baseline Test. The ImPACT Baseline Test is a computerized test. In the event of an injury, this information helps ensure that the injured student-athlete gets the care they need.

- Testing is offered at BHS in June, August, November, and March.
- Alternative options for testing include [Convenient MD](#). You will need to provide your ImPACT Passport ID.
- Tests are valid for 2 years. If the baseline test date is current and on file, this requirement is fulfilled.
- [Click Here](#) to look up if we have a current baseline test on file.

e. Health Insurance

All student-athletes should be enrolled in an HMO or similar health insurance plan. Information on personal insurance coverage is requested with the online registration process. In addition, it is strongly recommended that each family purchase the supplemental insurance policy offered by the school system in September at a nominal yearly fee. This is a back-up insurance policy to the student's family health insurance plan.

Insurance Claims: It is the family's responsibility to file all claims under its own plan, or supplemental policy, within three months of the date of the injury.

f. Athletic Fees

According to School Committee policy (3/19/18), under the following guidelines, each student athlete at Braintree High School is required to pay an Athletic Fee to participate on a team. No student will be excluded from a team due to financial hardship. Paying an Athletic Fee in no way guarantees a starting position or playing time.

Families complete payment through UniPay, not Arbiter Registration. Your payment must be received prior to being eligible to participate.

High School Athletic Fees

- \$412 per student per sport with the exception of:
 - \$956 - Varsity Ice Hockey
 - \$796 - Sub Varsity Ice Hockey
 - \$212 - Esports
 - \$212 - Unified Sports

Middle School Athletic Fees

- \$212 per student per sport

Family Cap

There is a Family Cap per School Year of \$2,400. If you have reached the Family Cap please do not make any additional payments.

Reduced Athletic Fees

Qualified families are eligible for a reduced athletic fee of 50% rounded up to the nearest whole dollar.

To determine qualification for a reduced athletic fee, families must complete a [Supplemental Income Waiver Application](#).

Families will be notified of eligibility determinations within 1 week after receiving the application and all supporting income documentation. Families must complete a Sharing Information Form in order for the eligibility status to be shared with the Athletic Department.

Checks

If paying by personal check or money order, please make check payable to Braintree Public Schools and mail with the registration confirmation page to:

Braintree High School
Attention: Athletic Director
128 Town Street
Braintree, MA 02184

Your payment must be received prior to being eligible to participate.

Refunds

Any student who is not selected for a team will be granted a refund. If the student

decides to join a non-cut team, the payment will be applied towards the non-cut team.

Any student who voluntarily leaves a team or is dropped from its roster for disciplinary or eligibility reasons will not be granted a refund.

In special instances, upon written request from a student's family, a refund may be granted in the form of credit good for the next season of participation. If the credit is not used, a check for the refund may be issued.

7. Academic Eligibility

As a member school of the Massachusetts Interscholastic Athletic Association (MIAA), specific eligibility policies of this association are followed, as well as those adopted by the Braintree School Committee:

Academic Requirements - The following policies prevail for Braintree High School Athletes:

Fall Sports - Student athletes must have earned the equivalent of a minimum of five credits from five major courses taken the previous year and have maintained an overall average of 70 in all courses (based on final, not 4th term grades). Those students enrolled in only five major courses must pass all five in order to maintain eligibility. Any incomplete grade will be averaged in as a "0" and may affect eligibility.

Winter and Spring Sports - Student athletes must have earned the equivalent of a minimum of 25 credits from 5 major courses taken the previous marking period and maintained an overall average of 70 in all courses. Those students enrolled in only five major courses must pass all five in order to maintain eligibility. Any incomplete grade will be averaged in as a "0" and may affect eligibility.

If a student receives a No Credit (NC) grade in a course, they will lose 1 credit for the term. Students must earn the equivalent of a minimum of 25 credits to remain eligible. The student's numeric average will reflect the earned grade.

Please Note: Term II report cards determine eligibility for the conclusion of Winter Sports and the beginning of Spring Sports.

The academic eligibility of all students shall be considered as official and determined only on the published date when the report cards for that ranking period are to be issued to the parents of all students with a particular class.

A student who repeats work upon which he/she has once received credit cannot count that subject a second time for eligibility.

A student cannot count for eligibility, any subject taken during summer vacation, unless that subject has been previously pursued and failed.

Braintree High School follows all MIAA rules and regulations, including those on academic eligibility.

Procedures to Determine Eligibility:

Prior to the First Contest - Each sport, each Marking Term: No later than (5) days before the first contest:

- Each coach will forward FINAL rosters to the Director of Athletics. The Athletic Director will check the eligibility of each athlete, and forward any ineligible students to the Principal and the Director of Guidance to be cross-checked with the list of ineligible students. All completed forms are maintained on file by the Director of Athletics

After Term I, II and III:

- The Athletic Director will check with the eligibility of each athlete, and forward any ineligible students to the Principal and Director of Guidance to be cross-checked with the list of ineligible students. All completed forms are maintained on file by the Director of Athletics.

Participation at any Time During the School Year:

- After the eligibility of all student athletes is determined by the sport and by the season, team rosters will be distributed to the Principal, each Assistant Principal, the Director of Health Services, and the Director of Physical Education.

Ineligible Students:

- If, as a result of this policy, a student athlete no longer takes courses, which would provide 25 credits, the student becomes ineligible. The parent(s)/guardian(s) and the coach are notified of this action by the Principal and Athletic Director.

Freshman:

- To be eligible for Fall Athletic Teams, pupils must have met middle school promotional requirements. The violation of any eligibility rule may result in forfeiture of a game won. A mistake could spoil a good season's record. If, in your opinion, there is any doubt concerning your eligibility, consult your Athletic Director. The rules apply to all teams, Varsity, Junior Varsity, Freshmen and "B" teams, and to both boys' and girls' sports. The committee on Athletics of the MIAA will resolve all questions on eligibility.

a. In Season Eligibility - Report Cards

Academic eligibility of all students shall be considered as official and determined on the publish date of report cards. As a result, students may become eligible/ineligible during a season.

- **Term 1 Report Cards:** Posted the third week in November - Determines eligibility for the end of Fall Season, and initial eligibility for Winter Season.
- **Term 2 Report Cards:** Posted the first week in February - Determines eligibility for the end of Winter Season, and initial eligibility for Spring Season.
- **Term 3 Report Cards:** Posted the third week in April - Determines eligibility for the end of Spring Season.
- **Final Report Cards:** Posted the fourth week in June - Determines initial eligibility for the upcoming Fall Season.

b. Academically Ineligible Student-Athletes Policy

Student-athletes who are academically ineligible at the beginning of the season are not eligible to try out for a team, participate in practices and/or games.

Student-athletes who are academically ineligible after the beginning of the season (ex. the student-athlete competed in a fall sport, and later became ineligible as a result of Term 1 Report Cards) are not eligible to participate in practices and/or games. They are able to attend practices and games at the discretion of the head coach and/or athletic director. The student-athlete must remain in street clothes.

Student-athletes who become academically eligible after the beginning of the season (ex. the student-athlete was ineligible at the start of the spring season, but became eligible as a result of Term 3 Report Cards) may join a non-cut team within the first two weeks from the start of the season at the discretion of the head coach and/or athletic director.

8. Bullying

The Braintree Public School District is committed to providing our students equal educational opportunities where all school community members (students, employees, and visitors) treat each other with respect in a safe learning environment free from any form of bullying, harassment, sexual harassment, discrimination, and hate crimes. This policy is an integral part of the District's comprehensive efforts to promote learning, eliminate all forms of violent, harmful, and disruptive behavior, and enable students to achieve their personal and academic potential and become successful citizens in our increasingly diverse society.

The District prohibits bullying, harassment, sexual harassment, discrimination, hate crimes, or any other victimization of students in our schools or school-related activities based on any of the following actual or perceived traits or characteristics, including but not limited to: race, color, religion, national origin, ethnicity, sex, gender identity, sexual orientation, age, political belief, physical attributes, physical appearance, economic situation, or other personal characteristics. Please visit the [Braintree High School Handbook](#) to read this policy in its entirety.

9. Hazing

M.G.L. c. 269, §§ 17 states whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

In accordance with M.G.L. c. 269, §§ 17–19 (see links below for a copy) all participants must certify that they understand and agree to comply with the provisions of sections 17-19.

[Section 17: Hazing; organizing or participating; hazing defined](#)

[Section 18: Failure to report hazing](#)

[Section 19: Copy of Secs. 17 to 19; Issuance to students and student groups, teams and organizations; report](#)

10. Concussion Policy

Purpose:

This policy provides for the implementation of MA 105 CMR 201.000, *Head Injuries and Concussions in Extracurricular Athletic Activities*. Braintree Public Schools extends this policy to include any student who has sustained a diagnosed concussion in grades 5 through 12.

The purpose of this policy is to provide information and standardized procedures for persons involved in the prevention, training management, and return to activity decisions regarding students who incur head injuries including but not limited to interscholastic sports in order to protect their health and safety. The requirements apply to all Braintree Public Schools. This policy provides the procedures and protocols for the Braintree Public Schools in the management of and prevention of head injuries within the district or school.

Upon the adoption of this policy by the School Committee, the Superintendent shall ensure that the Department of Public Health receives an affirmation on school district letterhead that the District has developed policies and the School Committee has adopted a final policy in accordance with law. This affirmation shall be updated biennially by September 30th every odd year upon review or revision of the policy.

To view the entire policy, please visit the Braintree Public Schools website.

11. Opioid Abuse

Student-athletes, due to their risk of injury and resulting pain, may be at risk for misusing prescription opioids. The MIAA provides a list of [opioid misuse prevention resources](#).

12. Physical Education Policy

Juniors and seniors who are members of varsity or junior varsity athletic teams must participate in Physical Education a minimum of one term per semester. The term(s), which the student-athlete is exempt, must coincide with their sport season. During that term(s) the student-athlete must attend a structured study. Student-athletes in Grades 11 and 12 may opt to be waived from physical education by meeting the following responsibilities:

- No student-athlete may be excused from physical education more than one term per semester.
- Multi-sport student-athletes must select and notify their base physical education teacher which term they will be in directed study.

- Student-athletes must complete the form listed below to exercise this option.
- The grade for the semester will be based on the term grade earned in physical education.
- It is the student-athlete's responsibility to return immediately to physical education if they decide to leave, are suspended, or are dropped from a team.
- Any single sport student-athlete takes physical education 3 terms per year.

Examples:

- Fall sport student-athletes may be excused from Term 1 but then are required to report Term 2.
- Winter sport student-athletes may be excused either Term 2 or Term 3, not both.
- Spring sport student-athletes may be excused from Term 4 but must complete Term 3.
- Three sport student-athletes must attend one term per semester.

Name: _____
 Homeroom: _____
 P.E. Teacher: _____
 Day: _____
 Term: _____
 Teacher: _____

Grade: _____
 House: _____
 Block: _____
 Sport: _____
 Study Hall Room/Location: _____

All students are required to participate in their regularly scheduled physical education classes. Student-athletes being medically excused from physical education may not be allowed to participate in their team practice or game for that day. Game or practice uniforms issued to student-athletes for contests and games may not be worn during physical education class. If a student-athlete does not participate in a regularly scheduled physical education class during the school day, they will not be eligible for practice or a game on that same day.

13. Medication Policy

When a student must take medication during school, a written order from the student's physician and written permission from the parent/guardian is required. These forms are available from the school nurse or can be downloaded from the BPS website. A parent/guardian or adult designee must deliver the medication to the nurse where it will be counted. The parent/guardian and nurse will then sign that the medication was received. All medication must be in a pharmacy labeled or manufacturer labeled containers. Only a thirty-day supply of medication may be left at school.

With written parent/guardian permission, the school nurses are able to administer Tylenol, Ibuprofen or Benadryl to students during the school day. These forms are available from the school nurse or may be downloaded from the BPS website.

Students are not allowed to carry any medication on their person, in their lockers, backpacks, pocketbooks, etc. Students prescribed an inhaler to treat asthma, an Epi-Pen to treat an allergic reaction or insulin to treat diabetes, may carry them on their person only if they are properly labeled and the parent/guardian has notified the Health Office in writing and has provided the required physician documentation. It is strongly recommended that a second set of medication

be left in the Health Office or with the Athletic Trainer (for athletic events and practices only) in case the student forgets their inhaler or Epi-Pen.

Any student who has been prescribed an Epi-Pen to treat a life-threatening allergy must provide the medication and a completed Epinephrine Emergency Action Plan, signed by the student's physician, to the school nurse on or before the first day of school. Without the appropriate paperwork and Epi-Pen, your child will be excluded from school until the requirements are met. This is to ensure and provide a safe and healthy environment for the child. All medical forms may be downloaded from the Braintree Public School website, or obtained from the health office.

14. Attendance Policy

Student-athletes are required to attend all team practices and games. Student-athletes can voluntarily attend fundraising events and team "pasta parties", but participation and/or attendance at these types of events is not mandatory.

Student-athletes are expected to notify their coach 24-hours in advance of any absence from team practices, or contests in order for the absence to be considered excused.

Excused reasons for absence include:

- Sickness or medical condition verified with a doctor's note
- Religious holidays
- Bereavement absences after the death of a family member, up to 5 school days
- Court appearances verified with a note from the court
- School-sponsored events such as field trips, assemblies, etc.
- School-imposed absences for Out-Of-School Suspensions, and other school related discipline
- Documented college visitation
- Academic commitment including SAT, ACT, AP, MCAS exams and/or National Honor Society
- Academic assistance
- Extenuating circumstances as approved by the athletic director or a school administrator

a. Vacation Policy

To fulfill season scheduling commitments and obligations set forth by the Bay State Conference, the Massachusetts Interscholastic Athletic Association (MIAA), and the Braintree High School Athletic Department, athletic practices and contests must be scheduled during school vacation dates. With this in mind, all student-athletes are expected to attend all scheduled practices, scrimmages and contests at all levels.

It is not in the best interest of the team, if individual student-athletes cannot fulfill season scheduling commitments and obligations during a specific school vacation period.

The only exceptions to this policy are as follows:

- The absence is considered excused under the Attendance Policy.
- At the individual coaches' discretion because of unforeseen or extenuating circumstances that occur within the specific vacation week.

Penalties may include suspension from games up to the number of practices, scrimmages, and/or games missed as a result of the absence.

Student-athlete who must attend a planned family vacation, and as a result will miss scheduled practices, scrimmages, or games, may face being suspended from games, but can avoid being dropped from the team if they meet the following:

- The student-athlete must be in the company of their parents while on vacation.
- The student-athlete must inform the coach in writing at least two weeks in advance of the scheduled vacation dates. For season planning purposes, the athletic director and coach welcome correspondence at the time in which the family vacation is confirmed.

It is understood that enforcement of this policy is to encourage commitment by the student-athlete to their team and teammates.

b. Daily Attendance

Students are expected to attend all scheduled periods during the school day. Student-athletes must be in school by 8:30 am in order to practice or play that day.

8:30 AM Rule:

In order for a student-athlete to be eligible to participate in any athletic activities, they must arrive at school by 8:30 AM and stay until 2:05 PM. Those student-athletes who arrive late and/or get dismissed early will not be eligible to participate in any athletic activities unless the dismissal qualifies as an “excused” absence, as defined by BHS Policy. A driver’s test does not qualify as an “excused” absence from school.

Procedure to process excused absences pertaining to the 8:30 AM Rule:

- The student-athletes’ parent/guardian must notify the house administrative assistant in writing that the student-athlete will be late, absent, or dismissed early from school on a particular day for an excused reason, but will be returning to school for athletic activities after school.
- The house administrative assistant will record the absence as excused, allowing the student-athlete to participate in athletic activities after school on the day they are late, absent, or dismissed early from school (this eliminates students having to carry a note to practice).
- The student-athlete is allowed to participate in athletic activities after school.
- The next day, the student-athletes and/or parent/guardian must submit the supporting documentation of the excused absence (ex. doctor’s note, a letter with college letterhead, etc.), to the house office.
- If the student-athlete does not submit the supporting documentation to the house office, they must sit out the practice, game, or activity for that day.
- If the student-athlete participated in a game on the day they were late, absent, or dismissed early from school, and did not submit supporting documentation to the house office the next day, they will be suspended from the next game, not a practice.

The athletic department will make every possible attempt to check daily class and school attendance. "Excused" absences such as a doctor's appointment and college visits must be cleared by the athletic director, assistant principal's office or principal's office in advance, whenever possible. The athletic department reserves the right to remove a student-athlete from a team for excessive cuts or truancy and may reinstate the student-athlete upon sufficient evidence of improvement.

To be eligible to participate in an athletic contest, the student-athlete must attend school the day of, and/or day(s) immediately preceding the contest in the case of a weekend competition unless the absence(s) are excused.

15. School Discipline

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Student-athletes cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason.

The athletic department reserves the right to remove a student-athlete from a team for excessive disciplinary incidents, and may reinstate the student upon sufficient evidence of improvement.

16. Spectator Policy

Braintree High School is committed to creating and maintaining a positive environment for all athletics events that is safe and enjoyable for all spectators. The following policies are in place at all Braintree High School athletic events:

- Taunting as defined by MIAA Rule 48 is strictly prohibited at all Braintree High School athletic events.
- No outside food or beverages
- No backpacks
- No student re-entry

Additional guidelines may be put in place for certain athletic events at the discretion of the principal or designee. This includes, but is not limited to:

- Designated student entrances
- Restrictions on student entry past a certain time
- Capacity limits on the student section
- Limiting the student section to current Braintree High School students

Violations of these guidelines may result in immediate ejection from the athletic event, and/or suspension from future athletic events.

Braintree High School may charge admission for certain athletic events.

17. MIAA Rules

As a member of the MIAA, we are required to adhere to MIAA rules. Below is a list of some of the pertinent MIAA rules regarding student eligibility. To see a full list of MIAA rules please visit miaa.net.

a. Rule 45. Bona Fide Team Rule

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

First Offense: Student-athlete is suspended for one (1) contest and shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule or in tournament play.

Second Offense: Student-athlete is suspended for an additional 25% of the season.

b. Rule 46. Only One School Sport Per Season

A student-athlete shall participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring), including tournaments and/or championships in that season. For the purposes of this rule only, a student-athlete officially becomes a member of that team for the sport season on the date of the school's first regular season contest in that sport. A student-athlete is not allowed to play more than one season of the same sport in a school year.

c. Rule 47. Amateurism (NIL)

A student-athlete may profit off the use of their own NIL (name, image, and likeness), and be represented by an attorney or sports agent, subject to their compliance with this policy. Such permissible activities include commercial endorsements, promotional activities, social media presence, product or service advertisements and non-fungible tokens (NFT).

A member school may use a student-athlete's NIL in connection with official team activities. Otherwise, no one employed by a member school, including coaches and administrators, may be involved with a student-athlete's use of their NIL except as needed to enforce this policy. Student-athletes are required to provide their member school copies of any endorsement, employment and representation agreements. Student-athletes are prohibited from entering into any agreement that conflicts with an agreement to which the member school is a party.

Student-athletes are prohibited from making any reference to, and will not otherwise use or authorize others to use the logos, insignia, or identifying marks of a member school of the MIAA, and/or any MIAA or member school event, game or championship when engaging in any NIL activity.

Student-athletes may not endorse or promote any third-party entities, goods, or services during MIAA school team or MIAA tournament activities. Student-athletes may not wear the apparel or display the logo, insignia, or identifying mark of an NIL partner during any MIAA school team or MIAA tournament activities.

Student-athletes are prohibited from engaging in any NIL activities involving the following categories of products and services:

1. Adult entertainment products and services;
2. Alcohol, tobacco, nicotine and vaping products;
3. Cannabis products;
4. Controlled dangerous substances;
5. Prescription pharmaceuticals;
6. Gambling, including sports betting, the lottery, and betting in connection with video games, on-line games, and mobile devices; and
7. Weapons, firearms, and ammunition.

Note – Compliance with this provision does not ensure maintenance of eligibility under the eligibility standards of other athletic organizations, such as, but not limited to, the NCAA, NAIA, NJCAA, etc. Student-athletes are encouraged to communicate with those organizations to ensure any activity complies with those eligibility standards.

d. Rule 48. Sportsmanship: Taunting

48.1 Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens, based on race, gender identity, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics. Examples of taunting include but are not limited to: "trash talk", defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including "in the face" confrontation by one player to another, standing over/straddling a tackled or fallen player, etc.

48.2 Athletic participants may wear sun glare black only under their eyes.

48.3 In all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to all existing MIAA Disqualification Rules. A review of the MIAA taunting policy and a warning shall be given to both teams by game officials prior to each contest.

48.4 At all MIAA contest sites and tournament venues, contest management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

e. Rule 49. Athlete and Coach Contest Disqualification

49.3 Any student-athlete, who is disqualified from a competition, including a jamboree, scrimmage, etc., shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule, or in tournament play. The disqualified student-athlete is ineligible to participate in any contest at the same level of play in that sport until the next contest or the next two (2) contests in the sports of baseball, ice

hockey, and soccer, have been completed. (Note: In the sport of wrestling, the disqualified student-athlete is ineligible to participate in any and all contests during the next scheduled date of competition). Disqualifications in the following sports per specific sport rules: field hockey-(Rule 68.3); basketball-five (5) personal fouls; girls' lacrosse (2) yellow cards; ice hockey - eight (8) minutes in penalties and game misconduct (Rule 72.15); wrestling-technical disqualification, do not apply to the above prescribed penalties. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal.

49.3.1 A two (2) game suspension will be given to any student-athlete who is ejected from any contest for the following reasons:

- Fighting
- Punching or kicking an opposing player
- Spitting at someone

49.5 A student or coach ruled out of a contest (pre-season, scrimmage, jamboree/play-day, regular season, or MIAA Tournament) twice in the same season shall be suspended from further participation in that sport and in all sports during that season for a year from the date of the second disqualification. A senior and/or a student in their last year of eligibility, who has a second disqualification at any point in the season will be penalized during the next season in which the student-athlete is a participant. (Exception: See soccer rules 78.2.6 and 78.2.7).

49.6 A student or coach who physically assaults an official shall be expelled from the activity immediately and banned from further participation or coaching in all sports for one year from the date of the offense.

49.7 Any student in any sport who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall be ineligible in all sports for one year from the date of the incident. ("Fighting" does not apply to this section unless warranted in the judgment of the game official.)

49.8 Fighting and unsportsmanlike conduct penalties will be within the authority of the official at all times at the contest site. The official's authority extends to pre and postgame oversight.

49.9 Some of the reasons that an official may disqualify a student or coach from a contest that would lead to a game disqualification are:

49.9.1 Fighting

49.9.2 Flagrant unsportsmanlike conduct, which is defined but not limited to violent action toward a player, official, or spectator, the use of foul or abusive language, taunting, trash talk, and the like.

49.10 If a coach or student is ruled out of the last contest, or the next to last (in some sports) contest of the season, the penalty carries over to the following year in that same sports season. However, if a team is playing in a tournament competition, it is

considered an extension of the sports season. A senior and/or a student in their last year of eligibility who is disqualified from the last contest, or the next to last contest, of the season will be penalized at the start of the next season in which the student-athlete is a participant.

Any student-athlete who is disqualified (see Rule 49.3) from any interscholastic contest must complete the [National Federation Sportsmanship on-line course – “Sportsmanship,” before reestablishing eligibility. This course is free.](#)

f. Rule 51. Baseline Eligibility Requirements

For a student to practice with or to represent a MIAA member school in an athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e., the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e., the principal must have control and knowledge of the student's daily attendance and achievement). Students attending non-member Virtual Schools do not meet the above requirements, and therefore are ineligible to participate in interscholastic athletics at MIAA Member Schools. Waivers are not permitted for Rule 51.

g. Rule 54. Student Eligibility: Home Educated Student

A home-educated student is eligible to participate in interscholastic athletics if the following conditions are met:

The local school committee of a MIAA public school member institution has adopted a policy regarding the participation of home-educated students on the high school teams, and the local building principal has indicated such on the annual MIAA membership form while including all homeschoolers in the MIAA enrollment report.

The Educational Plan for the home-educated student has been approved by the public school Superintendent or designee.

The Principal has determined appropriate high school grade level placement (9-12) for each home-educated student in conjunction with chronological age and educational plan.

The student resides in the school district that serves the high school and is living with their parents or legal guardians in the family residence. In multiple school districts, a home-educated student must be assigned to the school of record in the same manner as other students.

The Principal is satisfied that the student meets the standards for athletic participation required for all other students as defined in the current MIAA Handbook. This includes but is not limited to, those rules governing transfers, academic eligibility, age requirements, and the number of consecutive seasons of athletic eligibility beyond grade eight.

MIAA requirements relative to academic eligibility must be certified by the Principal at the same time that all other student-athletes are to be certified as academically eligible.

If the Principal determines that all eligibility standards detailed above have been met, the Principal may declare the student eligible to participate in interscholastic competition. The rights, privileges, and responsibilities associated with all other student-athletes attending MIAA member schools will apply to home-educated students who have satisfied the requirements above.

h. Rule 55. Student Eligibility: Membership in School

55.1 A student shall have been a member of the MIAA member secondary school for a minimum of two months (exclusive of the Summer vacation) and have been issued a report card preceding the contest unless entering from an elementary or junior high school at the start of the school year or transfers in from another school. Attendance at school does not start when a student registers in that school, but rather when a student begins attending classes.

56.1.3 All students are required to take the on-line National Federation Concussion Course or another MA Department of Public Health recognized education program following regulations as put forth by the [Department of Public Health in regards to the Concussion Law](#).

PENALTY: A student in violation shall be suspended for the number of contests in which they participated without a proper physical. Teams do not have to forfeit these contests.

i. Rule 56. Student Eligibility/School Requirements: Physical Examinations/Medical Coverage/Concussions

56.1 All students must pass a physical examination prior to participation in High School Athletics. A physical exam covers the student for 13 months from the exam date. A student's eligibility will terminate once a physical has reached the 13-month limit. Physical examinations must be performed by a duly registered Licensed Physician, Physician Assistant, or Nurse Practitioner. The Sports Medicine Committee recommended physical examination form is in MIAA Members Only Fillable Forms.

j. Rule 57. Student Eligibility: Transfer Students

57.1 A student who transfers from any school to an MIAA member high school is ineligible to participate in any interscholastic athletic contest at any level for a period of one year in all sports in which that student participated at the varsity level or its equivalent during the one-year period immediately preceding the transfer. (see exemptions listed in Rule 57.7) For the purpose of this rule, no transfer will be deemed to have taken place if a student returns to their former school on or before the eleventh school day from the date of last attendance there, providing the student did not try out for any athletic team at the new school. However, Form 200 must always be satisfactorily executed upon the student's return if the transfer was between two MIAA Member Schools, and then the fully executed Form 200 must be sent to the MIAA Office by the receiving school.

57.2 "Varsity participation" is defined as any appearance as a competitor in a varsity

inter- school contest other than a scrimmage. The "equivalent" will be judged by the MIAA executive staff on the basis of the quality of non-school sports program participation.

57.3 Before a transfer student can be certified as eligible in a specific sport within the year of the transfer, the sending MIAA school principal and athletic director must certify on Form 200 by signature what the student participated in – sport & level (sub-varsity, varsity or non-school team) during the year prior to the actual transfer. Only MIAA Member Schools – Receiving and Sending – are allowed to use Form 200. A copy of the fully executed Form 200 must be sent to the MIAA Office by the receiving school.

k. Rule 58. Student Eligibility: Academic Requirements

58.1 A student cannot at any time represent a school unless that student is taking courses equivalent to four traditional year-long 'major' English courses.

58.1.1 Academic eligibility of all students shall be considered official and determined on the published date when the report cards for that ranking marking period are to be issued to the parents of all students within a particular class.

58.2 **A transfer student** may not gain academic eligibility if the student was not, or would not be, eligible at the sending school, unless the transfer was necessitated by a move of parents, and then eligibility would be determined by receiving school's eligibility standards (see Rule 57.7.1).

58.5 **SENIORS** - A senior student-athlete's academic eligibility following the third-quarter report cards being issued will carry through to the conclusion of the spring sports season. Fourth-quarter grades can't then render a senior academically eligible.

58.6 Incomplete grades may not be counted toward eligibility until they are made up following school policy.

58.7 A student who repeats work upon which a student has once received credit cannot count that subject a second time for eligibility.

58.8 A student cannot count, for eligibility, any subject taken during the summer unless that subject was pursued and failed during the immediate preceding academic year.

l. Rule 59. Student Eligibility: Time Allowed for Participation After First Entering Grade Nine

59.1 A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate.

59.2 In no case may a student be eligible to participate in more than four of each of the three annual athletic seasons. Consideration will be given in special cases where a student has been absent from school because of an accident or illness that resulted in the failure to receive passing grades or full credit equivalent to four traditional year-long major English courses. In these instances, the executive director, or designee, shall have

the authority to extend the student's eligibility upon presentation of a doctor's certificate on the student's behalf, a letter from the principal attesting to the inability of the student to attend school during a specific period because of accident or illness, and waiver application for Rule 59. In instances where an extended eligibility is granted, the student may be declared eligible only for the season(s) that the student's accident/illness prevented participation.

m. Rule 60. Student Eligibility: Age

A student shall be under 19 years of age but may compete during the remainder of the school year, provided that the student's 19th birthday occurs on or after September 1 of that year. For Freshman competition only, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year. Principals must exercise great care in determining the age of contestants and, in all doubtful cases, must secure birth certificates from the town clerk of the pupil's place of birth.

n. Rule 62. Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco Overview:

Braintree High School, in accordance with the MA Interscholastic Athletic Association (MIAA), recognizes the use of chemicals as a significant health problem for adolescents, resulting in negative effects on behavior, learning, and development. Braintree High School, in order to participate in MIAA athletics, is required to adopt the MIAA Chemical Health Policy as a minimum standard for its athletes.

In order to provide disciplinary equity for all students, Braintree High School has adopted its own more comprehensive Chemical Health Policy. The Braintree High School Chemical Health Policy is intended to provide meaningful consequences for illegal and harmful activities, with the hope that families affected by these consequences will use their experience as an opportunity to teach and learn alternative healthy lifestyle choices.

To view the entire policy, please visit the Braintree Public Schools [website](#).

o. Rule 63. Good Citizen Rule

Student-athletes may not represent their school if they are on in-house or out-of-house disciplinary suspension. A suspended student is ineligible for practice or competition for at least the number of days (or partial days) equal to the number of days of the suspension. Local policies will determine the actual days of ineligibility. (The Board of Directors suggests that policies be included in local Student Handbooks.)

18. Tryouts

Tryouts for programs are open to all students, providing they meet all school and MIAA eligibility requirements, including:

- Registration
- Physical Examination
- Concussion Course

- ImPACT Baseline Test
- Medical Coverage
- Academic Eligibility
- School Citizenship

Participation in athletics is a privilege. Students try out voluntarily, and for some of our team's risk being cut.

Tryout schedules, including format, date, and time, are decided by the Head Coach in coordination with the Athletic Director to include specific groupings of student-athletes (ex., when an underclassman is asked to try out with a group of upperclassmen).

Attendance at tryouts is mandatory. There are no individual make-up dates for tryouts.

During the tryout period, the coach will provide an explanation of their expectations. It is the student's responsibility to demonstrate to the coach that they can meet them. It is the coach's responsibility to evaluate each student-athlete during the tryout period.

Tryout Schedule:

Fall: Starts the second Monday preceding Labor Day (Football and Boys Golf begin on the 3rd Friday preceding Labor Day)

Winter: Starts the first Monday after Thanksgiving

Spring: Starts the third Monday in March (Rugby begins the Wednesday preceding the third Monday of March)

Cheer and Dance: In accordance with the regulations governed by the Massachusetts Secondary School Administrators' Association (MSSAA), Cheerleading and Dance tryout dates for the next Fall Season occur in May or June of the current school year. This will be the only tryout granted to potential candidates in grades 8 through 11. An additional tryout may occur in August on an individual basis due to extenuating circumstances (injury with doctor's note, transfer student, etc.). Requests should be made to the Athletic Director's office.

19. Team Selection

While our ultimate goal is to promote the greatest athletic participation possible at Braintree High School, in some sports, it is necessary to select a team. This may occur due to limitations of our facilities, equipment, regulations specific to some sports, travel restrictions, and other factors.

Many of our coaches are former student-athletes who have experienced being cut from a team or not making varsity and take the responsibility of making decisions around team selections seriously.

Every coach has the responsibility and authority for selecting their team. The criteria for selecting the team are developed by the head coach with the help of their staff. This includes decisions on level of play (Varsity, JV, Freshman).

It is also important to remember that there are no guarantees. Student-athletes from the previous JV team, for example, do not automatically make either the JV or Varsity team the following year. Having been a member of a team during the previous year, or even being a Senior, does not ensure that a student-athlete will make the team. Additionally, a student-athlete's participation on a youth, club, travel, and/or previous school team does not guarantee membership on a team at Braintree High School.

After tryouts begin, no student-athlete may voluntarily leave one team and try out for another without the approval of the athletic director or with the consent of both coaches involved.

All students have the ability to join any non-cut team up to two weeks following the official start date of a season.

20. Playing Time

It is important to remember that participation on an athletic team at Braintree High School is a **PRIVILEGE** that is **EARNED** and not a right. Unlike recreational teams, equal or guaranteed playing time does not exist.

To maintain membership on the team, student-athletes must accept all the responsibilities and commitments of a student-athlete (ex., attend practice, work hard, be a good teammate). These are the minimum requirements for all student-athletes and do not guarantee and/or help increase playing time. Although this may be difficult to accept and may lead to frustration at times, this is not indicative of unfair treatment by the coach.

Education Based Athletics provides an opportunity for our student-athletes to learn values and skills that help prepare them for the future well beyond graduation. These values and skills can be developed through participation regardless of the level of play and/or amount of playing time.

Every coach has the responsibility and authority to determine playing time. Philosophies regarding playing time are different at each level of play.

Additionally, a student-athlete's participation, including the level of play, amount of playing time, captainship, and/or status as a starter on a youth, club, travel, and/or previous school's team, does not guarantee those will be the same at Braintree High School.

21. Purpose of Sub Varsity

Junior Varsity and Freshman teams exist to provide those student-athletes who are unable to participate on the Varsity team an opportunity to develop the skills, physical maturity, and experience needed for the Varsity Level. While the student-athlete's age, size, or skill level may be the limiting factor in not making the Varsity team, participation on a JV or Freshman team may enhance the student-athlete's potential to make the Varsity team in the future. Seniors may not play on JV teams. JV teams may consist of Juniors, Sophomores, and Freshman. JV 2 teams may consist of Sophomores and Freshman. Only Freshman can be members of the Freshman team.

At the Junior Varsity and Freshman levels, the emphasis is balanced between:

- Participation
- Skill Development
- Winning

The MIAA does not sponsor championships at the Junior Varsity or Freshman level; therefore, winning a championship is not the goal.

Every coach has the responsibility and authority to make decisions on which student-athletes start, who should play what position, and how long each student-athlete should play. These decisions are made by the head coach with the help of their staff. These decisions are often difficult and are approached very seriously. Ultimately, decisions are made in the best interest of the team.

Most student-athletes will play, but playing time will not be equal.

22. Purpose of Varsity

Varsity teams exist to provide student-athletes a chance to compete at the highest level of interscholastic athletics. Varsity teams may consist of Seniors, Juniors, Sophomores, and Freshman.

In an effort to win on the varsity level, a coach will use the student-athletes best suited to the conditions and demands of the contest at that time.

Every coach has the responsibility and authority to make decisions on which student-athletes start, who should play what position, and how long each student-athlete should play. These decisions are made by the head coach with the help of their staff. These decisions are often difficult and are approached very seriously. Ultimately, decisions are made in the best interest of the team.

Not every student-athlete will play in, and in some cases, dress for every game. Playing time will not be equal.

23. Commitment

Participating in high school athletics is a significant commitment for both student-athletes and families.

Practices:

Our teams practice up to six times a week for 2+ hours per practice. Practice times range from 2:30PM-7:30PM and include weekends and school vacations. Practices may include reviewing game film, strength training, and team meetings. Attendance at practice is mandatory.

Games:

Our teams compete in up to 20+ games per season. Game times range from 3:30PM-8:00PM and include weekends and school vacations. The host school is responsible for setting the date/time of the game. Attendance at games is mandatory.

24. Student-Athlete Standards

At Braintree High School, we ask all of our student-athletes to focus on the two things they can control on a daily basis in order to make a positive impact on their team:

1. Their own attitude
2. Their own effort

Additionally, in order to be a student-athlete at Braintree High School, you must meet the following standards:

1. Be coachable

- Listen to the coach with your eyes and ears
- Be receptive to the coach's feedback and apply it in practices and games
- Accept and excel in the role that the coach gives you
- Don't loaf, argue, or complain

2. Be a good teammate

- Attend all practices, scrimmages, and games, including over weekends and school vacations
- Be on time and ready to compete
- Put the team's goals and success over individual ones
- Make those around you better
- Raise the confidence of everyone you come in contact with
- Improve morale, chemistry, and performance
- Thank your teammates for a good pass
- Help your teammates up when they fall
- Cheer your teammates on when they are not in the game
- Communicate effectively and appropriately

3. Be a good student and citizen

- Treat people with respect
- Take care of your responsibilities at home and at school
- Carry yourself in a way that will make your family, school, and community proud
- Maintain academic eligibility requirements

4. Do your best

- Control what you can control (attitude and effort)

5. Take care of your body

- Drink water
- Eat healthy foods
- Get enough rest
- Report injuries
- Get treatment

6. Make good decisions

- Be smart on social media
- Avoid situations that will cause you to miss games

- Learn from bad decisions and take responsibility for your actions

Student-athletes who are not able to meet these standards risk losing the privilege of competing for Braintree High School.

25. Team Captains

Every coach has the responsibility and authority to select team captains. They may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. While some coaches may allow their team to elect captains, the coach still has the ultimate responsibility and authority. It is also important to understand that serving in the capacity of a captain is not reserved solely for seniors on a team, but rather, this position is for the student-athlete who is best suited to fulfilling the responsibilities of being a captain. Captains may also be elected or appointed on a game-by-game basis.

It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to be more aware of team rules and student-athlete responsibilities. Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. Captains meet with the Athletic Director during the preseason to discuss the athletic program and its policies.

Captains of teams may be relieved from their position of leadership for behavior unbecoming of a student-athlete and/or violation of team, athletic department, or school rules.

26. Captain's Practice

The term "Captain's Practice" usually means the team's captain(s) organizing and conducting, without adult supervision, out-of-season practice for that sport.

Braintree High School, in alignment with the MIAA, does not in any way sanction, encourage, or condone "Captain's Practice" in any sports. "Captain's Practice," depending on the member school's involvement, may be a clear violation of the rule defining season limitations.

There is also a serious practical consideration. If it can be demonstrated that a school is allowing "Captain's Practice," the liability responsibility for an injured student-athlete may be quite serious.

These practices are designed by student-athletes to allow team candidates to "get in shape" for the upcoming season. They are not organized, attended, or sponsored by members of our Braintree High School coaching staff. Since members of our Braintree High School coaching staff are not permitted to be involved with these practices, they are not mandatory, attendance is not monitored by a Braintree High School coach, and they are not part of our Braintree High School athletic program.

27. Dropping/Quitting the Team

Quitting is considered a major offense. It is defined as dropping from an athletic team and the failure to:

- Notify the respective coach

- Attend practices, contests, or team activities without an adequate excuse and/or notice 24 hours in advance

Appropriate Ways to Drop from the Team:

A student-athlete can drop from a respective athletic team in good standing in the following situations:

- Quitting does not include being cut
- Dropping from the team due to illness, lack of interest, academic reasons, family reasons, or other reasons as approved by the coach and/or athletic director as long as the student-athlete notifies the coach in advance, and all uniforms and equipment are returned.

28. Conflict Resolution

There are situations during the course of a season when conflict or issues may arise. When this happens, it is important that it be addressed immediately and as directly as possible. Braintree High School cannot guarantee that a conflict or issue can be addressed confidentially without the student-athlete and/or coach's knowledge.

Student-athletes and their parents are asked to use the following process when seeking a resolution to conflict or issues between a student-athlete and a coach. If there is no satisfactory resolution reached, they will move to the next step:

- First Step: Student-Athlete and/or Parent contacts the Coach
- Second Step: Student-Athlete and/or Parent contacts the Athletic Director
- Third Step: Student-Athlete and/or Parent contacts the Principal

29. Expressing a Concern

When expressing an occasional concern, please refer to and use the following guidelines:

1. Never approach a coach during or immediately after a contest, practice, or tryout. This is not the appropriate time or place for a discussion concerning a student-athlete or the team.
2. Contact the coach the following day and make an appointment which is convenient for both you and the coach to discuss your concerns.
3. Raise your concerns in a calm and civil manner and have them written down so nothing is forgotten or left out. Yelling, being rude, or using inappropriate language is absolutely not acceptable and will not be tolerated.
4. Once you have stated your question or concern, listen to the explanation. Often, a parent/guardian may be blinded by emotion, and this overrides logic or reasoning. Listening receptively may really help you to understand any explanation that is given.
5. Always keep in mind that the coaches have the responsibility to make the decisions that are best for the team and the school. These decisions may not be what you believe is the best for you or your child.
6. Please understand that the answer you are looking for may not be an option.

Issues **NOT** appropriate to discuss with coaches are:

- Playing time

- Team strategy
- Play calling
- Other student-athletes

Issues appropriate to discuss with coaches are:

- Treatment of your child (this is separate from playing time)
- Ways to improve your child's performance
- Safety issues

Retribution:

Braintree High School and its coaches are committed to ensuring that there shall be no "retribution" in any form for student-athletes or parents who express an issue or concern. Student-athletes and parents should feel confident that there will be no penalty or "retribution" for any issue or concern that is expressed appropriately. If at any time a student-athlete or their parents suspect that any form of "retribution" is surfacing, they should contact the athletic director immediately.

30. Student-Athlete/Coach/Parent Relationship

There is always the possibility of tension in the triangulated relationship of student-athlete, coach, and parent. The coach has a responsibility to make decisions in the best interest of the team and the school. This can be at odds with the concerns of a parent who typically wants what is best for their child. Then there is the student-athlete who is torn between what the coach is attempting to achieve as a team and their loyalty and love for their parents. This can be a difficult place for a student-athlete to be in if certain parameters are not put in place.

Athletics should be fun and enjoyable. It is important that parents avoid:

- Speaking negatively about a coach in front of their child or other parents. Some examples are statements like:
 - The coach doesn't know what they're doing
 - I can't believe you don't start/play more
 - The coach is using you in the wrong position
 - The coach doesn't like you
- Taking it upon yourself to change the skills being taught by the coach
- Living off your past high school athletic experiences through your child
- Criticizing your child as soon as the game is over
- Looking for a second opinion about a concern or issue from other parents, club/travel coaches, or family members without speaking to the coach directly
- Being the parent that "all the parents" and/or "all student-athletes" complain about the coach to
- Speaking for "all the parents" and "all the student-athletes" when you have a concern or issue

Any conflicts or issues with the coach should be handled using the process and guidelines outlined in Section 27. Conflict Resolution, and Section 28. Expressing Concerns.

Although not encouraged, it would be naive to think that parents will not "coach" their child to some degree. However, the parents' coaching can never be at odds with the coaching priorities

of the head coach. If this were to happen, it puts a tremendous burden on the student-athlete. If the student-athlete disregards the direction of the parent, then they may compromise their relationships with their parents. If they attempt to follow their parents' coaching, then their place on the team and their relationship with the coach may be compromised.

31. Responsibilities of Student-Athlete

At Braintree High School, a student-athlete has the responsibility to:

- Adhere to all Braintree Public Schools, MIAA, and Bay State Conference policies and regulations
- Attend all practices, scrimmages, and games (including over weekends and school vacations)
- Maintain eligibility
- Have a positive attitude and effort on a daily basis
- Be coachable, be a good teammate, and be a good student and citizen
- Do their best
- Take care of their body (report all injuries and, if injured, attend treatment)
- Make good decisions
- Maintain and return all uniforms and equipment

32. Responsibilities of Parent

At Braintree High School, a parent has the responsibility to:

- Adhere to all Braintree Public Schools, MIAA, and Bay State Conference policies and regulations (including but not limited to policies around tryouts, team selection, playing time, conflict resolution, and expressing concerns)
- Be aware and respect the dynamics of the student-athlete, coach, and parent relationship
- Model appropriate spectator behavior
- Limit/avoid coaching from the sidelines
- Register their child prior to the registration deadline
- Ensure their child is able to attend all practices, scrimmages, and games (including over weekends and school vacations)
- Monitor eligibility (including academic and physical examinations)
- Support your child in having a positive attitude and good effort on a daily basis
- Support your child in being coachable, a good teammate, and a good student and citizen
- Support your child to do their best
- Reinforce to their child the importance of taking care of their body (report all injuries and if injured, attend treatment)
- Reinforce to their child the importance of making good decisions
- Ensure timely pick up at the conclusion of games, scrimmages, and practices
- Identify a reasonable and realistic future for your child as a student-athlete
- Maintain and return all uniforms and equipment

33. Team Travel

Braintree High School provides transportation to most "away" contests. All team members are expected to travel to and from these contests with their team using school-provided

transportation for the student-athletes' safety. School-provided transportation is for members of the team and coaching staff only.

Student-athletes who wish to leave with their parents/guardians must complete a Transportation Release Form. A coach may allow a student-athlete to ride home from a contest with their parent/guardian, provided personal contact at the game site is made between the parent/guardian and coach, and a note releasing the student is signed by the parent/guardian and received by the coach.

In most instances, student-athletes will not be allowed to ride to and from contests with other students.

34. Athletic Facilities and Equipment

a. Locker Rooms

Student-athletes are not permitted in the locker room without the supervision of a coach. Student-athletes should avoid leaving anything of value in the locker room. Braintree High School is not responsible for any lost, damaged, or stolen items. Student-athletes should avoid leaving anything of value in the locker room.

b. Care of Facilities

Student-athletes are expected to respect all facilities, both home and away. Vandalism is cause for dismissal from a team and further disciplinary action by the school administration.

c. Uniforms and Equipment

Student-athletes are responsible for all team-issued uniforms and equipment and for its proper care and retention from the date of issue to the date of return. Guidelines for returning all team-issued uniforms and equipment are as follows:

- Student-athletes must return all team-issued uniforms and equipment at the conclusion of the season to their coach.
- Student-athletes must reimburse Braintree High School at the full cost to replace any lost or stolen team-issued uniforms or equipment. This includes any team issued uniform or equipment that was damaged due to misuse.
- Reimbursement is required at the time of the loss, prior to the start of the next season of athletic participation or graduation, whichever comes first. Student-athletes may become ineligible to try out and/or participate on an athletic team if they have not submitted reimbursement.

d. Building and Facilities Access

In order to promote the safety and well-being of our student-athletes the following guidelines are in place for access to the building and facilities:

- Student-athletes are permitted access to the building or facilities one hour from the posted practice or game time
- Student-athletes must leave the building or facilities 30 minutes after the conclusion of a contest or practice session.

The only exception to these guidelines is if the student-athlete is under the direct supervision of a coach or is receiving medical treatment from the athletic trainer.

e. Parking

Coaches and student-athletes are prohibited from parking in the directors' lot and/or spots designated for specific staff members. This includes after-school hours. Coaches and student-athletes can park in the teachers' lot and/or student lot.

f. Use of Donald Pratt Wellness Center

The Wellness Center is typically supervised and available for use on school days from 2:30PM - 3:30PM. Teams can also utilize the wellness center during practice. Equipment must be wiped down and returned to its appropriate place. Student-athletes must be supervised at all times.

g. Use of Facilities by Outside Groups

Braintree High School athletic teams have prioritized access to all Braintree High School athletic facilities. During times when the facilities are not being used, they may be rented, at a nominal fee, by outside groups. Rentals are granted on a first-come, first-served basis. Permits for private use of the athletic facilities are necessary and may be picked up in the Athletic Office.

All athletic schedules are subject to change, often with little or no advanced notice. Additionally, games and/or practices often run past scheduled times. As a result, teams may need to use the athletic facilities during a time that an outside group has rented the space.

Braintree High School reserves the right to cancel and/or alter outside rentals with little or no advanced notice.

35. Athletic Awards

Certificates:

All student-athletes who complete the season in good standing are eligible to receive a participation certificate.

Athletic Director's Commendation List:

All student-athletes who attain honor roll status during their season of place and complete the season in good standing are eligible to receive a certificate to recognize their academic and athletic excellence.

Letters and Service Pins:

Over the course of their high school career, student-athletes are eligible to receive:

- One varsity letter "B" at the conclusion of their first varsity season (maximum of 1)
- One sports-specific pin for every varsity sport they participated in
- One service bar for every year they were a member of the varsity team (maximum of 12)

Letters and service pins are distributed at the conclusion of the season.

In order for a student-athlete to receive a varsity letter and/or service pins, they must complete the season in good standing. This includes:

- Meeting all academic and attendance requirements
- Returning all uniforms and equipment
- Submitting all athletic fees
- Finalizing all other team responsibilities

Student-athletes who participated on the sub-varsity level but are included on a varsity roster for the postseason are not guaranteed a varsity letter.

Bay State Conference All-Stars and Honorable Mentions:

BSC All-Stars and Honorable Mentions are selected by league coaches in each sport at the conclusion of the season.

All-Scholastic Awards:

At the conclusion of each season, various media outlets select all-scholastic teams. Media outlets ask coaches to nominate student-athletes to be considered for all-scholastic team selections. Coaches are not required to nominate student-athletes, and nominations are not restricted to seniors. Once the nominations are sent, the media staff determines who is selected. Braintree High School and/or its coaches are not included in the selection process.

Braintree High School Athletic Department Senior Awards:

Senior student-athletes are selected by a majority vote of the Braintree High School coaches and/or Athletic Director nomination:

- **Maureen Connolly Trophy**
Condition: Donated by Pat Redmond and Barbara Mahar. Awarded to a Senior Girl on the basis of character and athletic ability.
- **The Women's Coaches Award Trophy**
Condition: Donated by all of the Women Coaches at Braintree High School. To be awarded to an Outstanding All-Around Senior Girl Athlete based on the following points: (2) for athletic ability, (1) for scholarship, (1) for leadership, and (1) for citizenship.
- **Slauson Brothers Trophy**
Condition: Donated by Mr. George W. Windsor. Awarded to a Male Senior Athlete on the basis of character & athletic ability.
- **Sam Lawrence Trophy**
Condition: Awarded to the Top Male Senior Athlete on the basis of Athletic Ability and Character. To be awarded to an Outstanding All-Around Senior Male Athlete based on the following points: (2) for athletic ability, (1) for scholarship, (1) for leadership and (1) for citizenship.

Braintree High School Athletic Scholarships:

There are two major Athletic Scholarships awarded at Braintree High School, in honor of Frederick Herget, our previously legendary Athletic Director, and Chester Daily, a former loyal supporter and fan of Braintree High School Athletics. Nominations for these scholarships should be made to the Athletic Director by the Head Coach by April 15th. All candidates must have filed the Braintree High School Local Scholarship Forms with the Guidance Department since the scholarships are awarded at graduation time.

Signing Events:

Braintree High School hosts signing events for student-athletes to sign National Letters of Intent. These signing events are for prospective collegiate student-athletes at the Division I and Division II level and correspond with NCAA signing dates.

Braintree High School also hosts Division III celebratory signing events. These signing events are for prospective collegiate students-athletes who will be competing at the collegiate level but are not required to sign a National Letter of Intent. NCAA guidelines require prospective student-athletes to be accepted into the institution to be eligible to participate in celebratory signing events. Student-athletes must contact the institution directly to obtain a Division III Celebratory Signing Form.

Team Awards and Banquets:

At the conclusion of each season, many teams host individual team banquets. Team awards are often presented at end-of-season banquets. Each team award winners are eligible to receive a certificate. Every coach has the responsibility and authority for selecting team award winners based on the conditions of each team award.

For a full list of team awards, please visit the Braintree High School Athletics Wall of Fame.

Senior Recognition Contests:

Braintree High School recognizes its senior student-athletes with a senior recognition contest. This typically includes a pre-game ceremony that acknowledges the senior student-athletes on the team. Senior recognition contests are scheduled for the last regular season home contests, unless otherwise mutually agreed between athletic directors prior to the start of the season.

36. Coaching Expectations

At Braintree High School, a coach is expected to:

- Adhere to all Braintree Public Schools, MIAA, and Bay State Conference policies and regulations
- Treat each student-athlete and their families with respect
- Provide adequate supervision of student-athletes (including the locker rooms)
- Maintain professionalism at all times
- Display sound judgment and decision-making
- Attend and be on time for all practices, scrimmages, games, team events, and departmental, MIAA, and BSC meetings
- Communicate effectively with the Braintree High School staff, student-athletes, and their families
- Hold a preseason meeting with student-athletes and their families

- Establish a set of team rules and regulations in coordination with the athletic director and present these rules and regulations in writing to student-athletes and their families
- Uphold all team rules and regulations uniformly
- Review daily attendance and student-athlete eligibility
- Determine the tryout schedule and format
- Select the team
- Select team captains
- Select team award winners
- Nominate student-athletes for school awards and scholarships
- Nominate student-athletes for league all-stars and honorable mentions
- Maintain overall/league record, as well as pertinent team and individual statistics
- Communicate individual roles to each student-athlete
- Determine playing time and positions
- Set the practice schedule
- Assist in scheduling non-league games
- Implement training and skill development
- Provide student-athletes with regular feedback on their performance in order for them to reach their maximum potential
- Report scores to the athletic director and appropriate media outlets
- Report injuries and other incidents in a timely manner
- Maintain and distribute uniforms and equipment
- Game day operations, set-up, and breakdown

37. Employment of Coaches

Each coach's employment by Braintree Public Schools is for one athletic season and is not guaranteed for any definite period of time. No provisions of employment shall create or imply a contract. Either party may terminate the employment relationship at any time, for any reason, with or without cause or notice.

The athletic director will provide each coach with feedback at the conclusion of each athletic season. Each head coach will provide feedback to assistant coaches on their staff.

38. Braintree Public Schools Computer Use Policies

The following policies formalize the professional and personal use of Braintree Public Schools' (BPS) computers.

[Network and Technology Responsible Use Policy](#)

[Internet Safety Policy](#)

[Website and Social Media Policy](#)

All users, including students, teachers, staff, administrators, and organizations are covered by these policies and are expected to be familiar with its provisions.

39. Fundraising and Purchases

Athletic fundraising activities may take place only with prior approval from the athletic director. The head coach must complete an Athletics Fundraising Activity Request Form. All fundraising activities must follow the guidelines below:

- The fundraising in school is not excessive
- The fundraising is appropriate and conforms with the core values of Braintree Public Schools and School Committee policies
- All necessary permits are obtained prior to the activity
- Students are prohibited from online solicitation using the BPS network
- Students are prohibited from participation in the sale or raffle of alcohol
- Students are prohibited from any fundraising event that will involve alcohol consumption, or any type of gambling

Fundraisers that are ongoing (ex., concession stands) will be considered for approval at the beginning of each season.

For safety reasons, door-to-door solicitations by students are strongly discouraged. Door-to-door solicitations are to be limited to relatives, friends, and known neighbors of students. If students are involved in solicitations, such activities will proceed under close adult supervision.

Upon the conclusion of the fundraising activity, the head coach submits the funds to the athletic department through the completion of a General Athletics Deposit Form. The funds will be presented to the Braintree School Committee, where they will vote to receive the funds as gifts to Braintree Athletics at a regularly scheduled school committee meeting. Once approved, the funds are deposited into a "team account" designated for your specific team.

To make a purchase with "team account" funds, the head coach with prior approval from the athletic director, would submit a quote to the athletic department to ensure the necessary funds are in the "team account". Once confirmed, the athletic department will place the order and process payment. The funds will be deducted from your "team account."

40. Boosters

Some teams receive support from booster clubs. The purpose and function of these organizations is to support, encourage, and advance the athletic programs and related activities of the Braintree School District. Support is shown in many ways, including volunteering time, raising money, and contributing funds. These clubs are separate from and act independently of Braintree Public Schools.

The Varsity Head Coach serves as the liaison between the school and booster club. The coach or designee must attend all meetings and be included in all communication between the club and the school.

Braintree High School welcomes support from booster clubs in good standing. Booster clubs must meet the following requirements to be in good standing:

Minimum Requirements:

- Create and maintain written bylaws
- Obtain a Federal Taxpayer Identification number, a State Employer's ID number, and if appropriate, a State Seller's Permit Number (sales tax)
- Elect Officers (ex. President, Treasurer, Secretary)
- Inform the Athletic Director of the names and contact information of officers and members
- Follow a set of meeting guidelines to include an agenda and minutes
- Comply and remain in good standing with State and Federal laws
- Comply with all Braintree Public Schools, NCAA, MIAA, and BSC rules and policies

Purchases:

All purchases must be approved by the Head Coach in conjunction with the Athletic Director. Once approved and the purchase is made, the equipment and/or supplies will be accepted as Gifts to Braintree Athletics at a regularly scheduled School Committee meeting and become property of the school district.

Prohibited Activity:

Booster Clubs shall not seek to influence or direct the technical activities or policies of the school administration or of the school officials who are charged with the responsibility of conducting the athletic program of the school.

This includes:

- The scheduling of practices, scrimmages, and contests (including the date of senior recognition games)
- Rules for participation
- Methods of earning letters
- Decisions on team selection, playing time, captainships, team award winners, athletic award winners, athletic scholarships, and/or nominations for league all-stars/honorable mentions, and all-scholastic teams
- School district personnel decisions
- Withhold funding from the athletic department in order to control school district personnel decisions
- Performance evaluations of school district personnel
- Offer up a petition to hire/fire school district personnel
- Participate in interview/hiring committees
- Plan, organize, or attempt to implement an off-season training program
- Discuss as official business any item that does not align with the purpose of the Booster Club
- All other dealings with the Athletic Department and/or Braintree Public Schools

41. NCAA

According to data from the NCAA, nearly eight million students participate in high school athletics, and fewer than 2% receive an athletic scholarship of any kind. Additionally, more than 480,000 compete as NCAA athletes and just a select few within each sport move on to compete at the professional or Olympic level.

Some educators estimate that there are 30 times more scholarship funds available for college academics than there are for college athletics.

Since 2000, we have seen 250+ of our alumni compete as NCAA athletes. The vast majority of our alumni compete as NCAA athletes at the Division III level, which does not offer athletic scholarships. Meaning the vast majority of our students who compete as NCAA athletes earn that opportunity because of their dedication in the classroom and not their abilities as an athlete.

The staff members at Braintree High School are willing and eager to assist its student-athletes with navigating the NCAA eligibility process. With that being said, each student-athlete is responsible for their own collegiate eligibility and/or amateur standing.

42. Sports Medicine

Braintree High School is extremely fortunate to have a highly qualified and skilled full-time athletic trainer as a member of the staff. On school days, the trainer's hours are usually 1:45 PM–6:00 PM or the conclusion of home contests. During weekends or on days when school is not in session, the trainer is required to be on-site only for contests and for some scheduled scrimmages. Occasionally, the trainer will be on-site for non-school day practice sessions.

Access to the training room and its services is limited to student-athletes who are there for care only; it should not be used as a student lounge. Training services will be granted on a first-come, first-served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met. The training program exists to help student-athletes receive the best possible care.

In the event of an athletic injury, the athletic trainer and/or physician is in immediate control. At away contests, if the athletic trainer or physician is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to "take charge" of the situation and, if warranted, call for emergency care. After an injury, a student-athlete may not return to competition without clearance by the athletic trainer, which may also include written permission from a physician.

43. Thunder and Lighting Warning

Thunder or lightning necessitates that all outdoor practices and competitions be suspended. Lightning is a severe hazard to personal safety that must be viewed seriously. It is the personal responsibility of all to be vigilant and know what to do when lightning is near in accordance with established procedures.

When thunder is heard or when lightning is seen, the following procedures must be executed:

- Suspend play and direct participants to the previously identified shelter, a building normally occupied by the public, or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g., bus, van, car).
- Do not permit people to stand under or near a tree, and have all stay away from poles, antennas, towers, and underground watering systems.

- After thunder and/or lightning has left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

In Braintree, all play is suspended by a signal of ONE prolonged 15-second blast of the horn. Play may not be resumed until THREE 5-second blasts of the horn are sounded.

In the event of a horn sounding while you are on the field, take shelter immediately. It is also emphasized to all student-athletes to stop playing ANYTIME they believe lightning threatens their safety, even if a signal has not yet been sounded.

44. Medical Emergency Action Plan

In accordance with MA General Laws Chapter 69, Sec. 8A, Braintree High School has a written Emergency Response Plan to reduce the incidence of life-threatening emergencies and to promote efficient responses to such emergencies.