

Portsmouth High School Athletic & Extracurricular Handbook

SY 2025-2026



Table of Contents:

[Message to the Student-Athlete](#)

[Purpose of the Athletic Handbook](#)

[Philosophy of the Athletic Program](#)

[Participation](#)

[Attendance Requirements](#)

[Eligibility](#)

[“Full Eligibility” Requirements](#)

[“Probationary Eligibility” Requirements](#)

[Ineligibility](#)

[Transfer Policy](#)

[Sportsmanship](#)

[Equipment](#)

[Leaving or Transferring from a Team- Athlete Initiated](#)

[Practice Requirements](#)

[Game Requirements](#)

[Injuries](#)

[Sports Seasons](#)

[Participation on Multiple Teams During the Same Season](#)

[Citizenship](#)

[School Suspension, Including In-House Suspension](#)

[Illegal or Criminal Activities](#)

[Travel Requirements](#)

[Additional Rules](#)

[College Recruitment Policy](#)

[Parent/Staff Communication Policy](#)

[Portsmouth High School Athletic Code of Conduct](#)

[Code of Ethics for PHS Athletics](#)

[Substance Abuse Policy](#)

[Position Statement on Dietary and Androstenedione Supplements](#)

[Position Statement on Steroid Use](#)

[Hazing](#)

[Portsmouth High School Concussion Return to Play Guidelines](#)

[Portsmouth High School Athletic Agreement](#)

Non-Discrimination

It is the policy of the Portsmouth School Department not to discriminate on the basis of age, sex, ethnicity, religion, national origin, color or handicap in its educational programs, activities and employment practices in accordance with applicable laws and regulations. Additionally, the lack of English language skills of national origin minority persons will not be a barrier to admission and participation in vocational education programs. Inquiries regarding compliance with laws related to sex discrimination and handicapped accessibility may be directed to Human Resources Department, Middle Road, 683-1039. Questions related to equal educational and employment opportunity may also be directed to the Office for Civil Rights in Education; Rhode Island Department of Education; 22 Hayes Street; Providence, R.I. 02908; Telephone 277-2648.

A Message to the Student-Athlete:

Athletic competition is an experience shared between competitors, coaches, officials and spectators; respect oneself, others and the sport in order that everyone may benefit from the experience.

Participation in athletics is a very valuable part of your education. The competition, camaraderie, loyalty, and the respect for other athletes, students, coaches, advisors, and officials will be an integral part of your life. As a participant, you must be aware that you represent Portsmouth High School and the community of Portsmouth. Participants in athletics must conduct themselves at all times, both on and off of the field, as good citizens and exemplars of the school and the community of Portsmouth. Athletes are expected to act in ways that are consistent with appropriate sportsmanship, leadership, and citizenship. There is a strong athletic tradition at Portsmouth High School; it is now your privilege to contribute to that tradition.

There is an expectation that those individuals involved in athletics will live up to a high standard of conduct and behavior in and out of school. Failure to live up to these standards may result in removal from the athletic programs here at Portsmouth High School. Those who have earned the privilege to represent Portsmouth High School in interscholastic athletics are expected to accept these greater responsibilities as school citizens. Participation in athletics is open to all students at Portsmouth High School provided they meet all the policies set forth by the Portsmouth School Committee and any additional requirements as outlined in this Athletic Handbook.

The Purpose of the Athletic Handbook

The purpose of the Portsmouth High School Athletic Handbook is to provide coaches, advisors, student-athletes, parents and the community with the policies, procedures and information that govern PHS Athletics. Portsmouth High School is an active member of the Principals Committee on Athletics (PCOA) and the Rhode Island Interscholastic League (RIIL) and the Rhode Island Interscholastic Athletic Administrators Association (RIIAAA) and therefore adheres to the policies and regulations set forth by these organizations. It is the expectation that each individual involved with Portsmouth High School Athletics will abide by these principles and practices at all times.

Student-athletes are expected to know the policies and rules governing participation, and should seek to abide by them throughout their time at PHS.

Coaches should use this information in making his decisions that are consistent and fair as they work to develop a supportive environment within their program. Parents/Guardians are asked to work closely with their student-athletes, coaches, teachers and administrators to help support the policies, procedures and rules set forth by the Portsmouth School Committee and the PHS Athletic Department, and assist in making the experience of all participants a positive, rewarding and memorable one.

Philosophy of the Athletic Program

The youth of Portsmouth are its most precious asset. As such, it is our responsibility to educate and provide experiences for them, which, in turn, will enhance their development and encourage them to reach their potential as citizens. The Portsmouth School Department believes that student participation in education based athletics provides a significant learning forum, which when combined with the learning opportunities provided in the classroom and throughout the school that an encompassing environment for personal growth is created. Through competition and practice, participants will build positive relationships, learn skills and strategies, and practice leadership, self-discipline and personal responsibility. Additionally, participation in athletics aids in creating a feeling of belonging and offers a supportive network that contributes to the emotional well-being of those involved. Participants will learn the importance of setting goals for themselves and the team, and will benefit greatly as they strive to achieve those goals as an individual and as part of a team. Athletics should seek to involve young people of all abilities as participation promotes habits of exercise, healthy lifestyle choices, and good nutrition that can last a lifetime. Athletics should promote competitive spirit, fitness, sportsmanship, team play, school loyalty, and positive attitudes among young people with regard to themselves, their peers, and other members of the community.

Participation

Before a student-athlete tries out, practices or competes in athletics, the athlete must have a yearly physical exam. Additionally, all individuals must meet both the [RIIL Eligibility guidelines](#) and the [Portsmouth High School Eligibility Policy](#).

Attendance Requirements

In order to participate in a contest, event or practice, student-athletes must be in attendance on the day of the activity. Being in attendance is defined as being present and participating in a minimum of 80% of the student-athlete's assigned classes and study halls (i.e missing no more than 78 minutes of the school day).

Individuals with an unexcused absence or tardiness to school that exceeds 80% (78 minutes) of the school day on a Friday shall not participate in any practices, games, or extracurricular events that are set to take place over the course of the weekend. Exceptions to these requirements must be approved by the Athletic Director or their designee prior to participation.

Beginning on the first day of Quarter 2 and continuing throughout the duration of the school year, any student who is documented as being "chronically absent" (i.e defined by the Rhode Island Department of Education as missing 10% or more of the academic school year) will be placed on "Probationary Eligibility." Student-athletes who have accrued absences greater than 20% of the academic school year deemed ineligible for the duration of the academic quarter. The student-athlete's eligibility status will be reassessed at the close of the current marking period.

Eligibility

In order to be eligible for participation in interscholastic competition, all students are subject to the Rhode Island Interscholastic League's eligibility rule. Additionally, Portsmouth High School has established its own eligibility policy for participation in all extracurricular activities. The main focus of the programs at Portsmouth High School is to insist on continued academic growth for all students. Therefore, Portsmouth High School requires a minimum level of academic success as a standard for participation in athletics. The focus of the eligibility policy is to set a clear standard that supports adequate yearly progress towards graduation and establishes the need for responsible academic progress throughout the school year.

There are three levels of athletic/extracurricular eligibility at Portsmouth High School:

- **Full Eligibility**
- **Probationary Eligibility**
- **Ineligibility**

Full Eligibility Requirements

In order for a student-athlete to be considered -fully eligible, the following criteria must be met:

- 1) The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a minimum of 7 academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- 2) Dependent on grade-level and season of participation, the student-athlete must have successfully completed (passed) the minimum number of courses outlined below:

Fall Athletic Season

* Eligibility level is based on 4th quarter grades earned in the previous academic school year along with attendance data recorded over this same time period.

Freshmen (Grade 9 student-athletes)

- ☐ Successful completion and subsequent promotion from 8th grade (regardless of number of courses passed/completed).
 - ☐ (*Beginning in SY 2024-25*) Successful completion of 87.5% of their middle school level courses as reflected by the student-athlete's Quarter 4 report card grades from the previous academic school year
- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ (*Beginning in SY 2024-25*) The student-athlete must have regularly attend school for the duration of the school day and must not have been classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) at the middle school level in the cumulative total days of the prior school year.

Sophomores (Grade 10 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 4 report card grades from the previous academic school year.
- ☐ The student must have successfully completed a historical total of 6 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ (*Beginning in SY 2024-25*) The student-athlete must have regularly attend school for the duration of the school day and must not have been classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) in the cumulative total days of the prior school year.

Juniors (Grade 11 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 4 report card grades from the previous academic school year.
- ☐ The student must have successfully completed a historical total of 12 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ (*Beginning in SY 2024-25*) The student-athlete must have regularly attend school for the duration of the school day and must not have been classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have

missed 10% or more of academic instructional time/days) in the cumulative total days of the prior school year.

Seniors (Grade 12 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 4 report card grades from the previous academic school year.
- ☐ The student must have successfully completed a historical total of 18 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ (*Beginning in SY 2024-25*) The student-athlete must have regularly attend school for the duration of the school day and must not have been classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) in the cumulative total days of the prior school year.

Winter Athletic Season

* Eligibility level is based on the 1st quarter grades in the current academic school year along with attendance data recorded over this same time period.

Freshmen (Grade 9 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 1 report card grades from the current academic school year.
- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).

- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as “chronically absent” per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the first, second, and third quarters of the current school year.

Sophomores (Grade 10 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete’s Quarter 1 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 6 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as “chronically absent” per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the first, second, and third quarters of the current school year.

Juniors (Grade 11 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete’s Quarter 1 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 12 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as “chronically absent” per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the first, second, and third quarters of the current school year.

Seniors (Grade 12 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete’s Quarter 1 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 18 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as “chronically absent” per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the first, second, and third quarters of the current school year.

Spring Athletic Season

* Eligibility level is based on 3rd quarter grades in the current academic school year along with attendance data recorded over this same time period.

Freshmen (Grade 9 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.
- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the current school year.

Sophomores (Grade 10 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 6 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).
** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*
- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the current school year.

Juniors (Grade 11 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.

- ☐ The student must have successfully completed a historical total of 12 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the current school year.

Seniors (Grade 12 student-athletes)

- ☐ Successful completion of 87.5% (7 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 18 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must regularly attend school for the duration of the school day and must not be classified as "chronically absent" per Rhode Island Department of Education standards (i.e. determined to have missed 10% or more of academic instructional time/days) over the course of the current school year.

Probationary Eligibility Requirements

EARN-IT Program

At Portsmouth High School we recognize the important role that extracurricular activities play in supporting the academic, social, and emotional development and success of students. As such, we have established the EARN-IT program. The EARN-IT program is a comprehensive, progress monitoring framework that allows students, parents/guardians, coaches, the athletic director, and building administration to monitor the progress of “at promise” athletes with tenuous eligibility.

In order for a student-athlete to remain eligible under a probationary status via the EARN-IT program, the following procedures and subsequent minimum eligibility criteria must be met:

- 1) The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- 2) Dependent on grade-level and season of participation, the student-athlete must have successfully completed (passed) the minimum number of courses outlined below:

Fall Athletic Season

* Eligibility level is based on 4th quarter grades earned in the previous academic school year along with attendance data recorded over this same time period.

Freshmen (Grade 9 student-athletes)

- ☐ Successful completion and subsequent promotion from 8th grade (regardless of number of courses passed/completed)
 - ☐ (*Beginning in SY 2024-25*) Successful completion of 75% of their middle school level courses as reflected by the student-athlete’s Quarter 4 report card grades from the previous academic school year
- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).

- ☐ (*Beginning in SY 2024-25*) The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the parameter of having missed 10-20% of academic instructional time/days in the cumulative total days of the prior middle school level school year.

Sophomores (Grade 10 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete’s Quarter 4 report card grades from the previous academic school year.
- ☐ The student must have successfully completed a historical total of 6 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days in the cumulative total days of the prior school year.

Juniors (Grade 11 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete’s Quarter 4 report card grades from the previous academic school year.
- ☐ The student must have successfully completed a historical total of 12 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit

hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).

- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days in the cumulative total days of the prior school year.

Seniors (Grade 12 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete’s Quarter 4 report card grades from the previous academic school year.
- ☐ The student must have successfully completed a historical total of 18 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days in the cumulative total days of the prior school year.

Winter Athletic Season

* Eligibility level is based on the 1st quarter grades in the current academic school year along with attendance data recorded over this same time period.

Freshmen (Grade 9 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete’s Quarter 1 report card grades from the current academic school year.
- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit

hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).

- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the first, second, and third quarters of the current school year.

Sophomores (Grade 10 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete’s Quarter 1 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 6 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the first, second, and third quarters of the current school year.

Juniors (Grade 11 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete’s Quarter 1 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 12 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the first, second, and third quarters of the current school year.

Seniors (Grade 12 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete’s Quarter 1 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 18 credit hours towards Portsmouth High School’s Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as “chronically absent” per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the first, second, and third quarters of the current school year.

Spring Athletic Season

* Eligibility level is based on 3rd quarter grades in the current academic school year along with attendance data recorded over this same time period.

Freshmen (Grade 9 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.
- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as "chronically absent" per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the current school year.

Sophomores (Grade 10 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 6 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in *a minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as "chronically absent" per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the current school year.

Juniors (Grade 11 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.

- ☐ The student must have successfully completed a historical total of 12 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as "chronically absent" per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the current school year.

Seniors (Grade 12 student-athletes)

- ☐ Successful completion of 75% (6 out of 8 courses) as reflected by the student-athlete's Quarter 3 report card grades from the current academic school year.
- ☐ The student must have successfully completed a historical total of 18 credit hours towards Portsmouth High School's Senior graduation requirements as outlined in the most recent iteration of the [PHS Program of Studies](#).

** For incoming/transfer students, transfer credits approved by building administration will count towards this requirement.*

- ☐ The student-athlete must be enrolled as a full-time, Portsmouth High School student. In other words, the student must be participating in a *minimum of 7* academic credit hours in both the first and second semesters of the current academic school year (i.e. the school year in which the student-athlete seeks to participate in competition).
- ☐ The student-athlete must frequently attend school for the duration of the school day. The student may or may not be classified as "chronically absent" per Rhode Island Department of Education standards within the window of having missed 10-20% of academic instructional time/days over the course of the current school year.

PROBATIONARY ELIGIBILITY: EARN-IT Procedures

In addition to meeting the criteria mentioned above, the student will be responsible for the timely and accurate reporting of their progressive individual course grades throughout the

duration of the time within which they are participating under probationary status. These EARN-IT procedures and expectations will be as follows:

- Beginning the day after a student receives 2 “F”s on their quarterly report card (Quarter 4 of prior year for Fall sports/activities; Quarter 1 of current year for Winter sports/activities; Quarter 3 of current year for Spring sports/activities), the student will be placed probationary status and enrolled in the EARN-IT progress monitoring program.
 - Correspondence will be sent to the student’s parent/guardian alerting them of this situation and the related expectations within one calendar week (7 days) of the student being identified for this privilege
- The student must report to each of their teachers, in a face-to-face, pen and paper format to receive their current letter grades in each of their current courses bi-weekly. The teacher will write the grade on the sheet provided and will initial next to their entry verifying the mark
 - These documents will be made available for student’s to retrieve digitally on the school website as well as in hard copy format in the main office and Athletic Directors’ suite
- By the second Friday of each progress monitoring period, the student must hand deliver their EARN-IT document to the office of the PHS administrative designee (PHS Athletic Director for student-athletes; PHS Student Activities Coordinator for all other extracurriculars) review
 - Upon the PHS administrative designee’s review, if the EARN-IT document indicates that the student has no more than 2 “F”s in their courses within the current marking period, that student will be allowed, without restriction, to continue participating in their associated athletics/extracurricular activities
 - *If an EARN-IT report indicates that a student has 3 “F”s at any point during the probationary period, that student will be removed from the EARN-IT program and will be placed on the “Intelligibility” list for the duration of the quarter*
- This biweekly process will continue throughout the remainder of the quarter
- Upon the completion of the quarter the student’s status will be reassessed. Based on the criteria provided in the “Eligibility” section above, the student may either:
 - (a) Be placed into the “Fully eligible” category
 - (b) Continue to remain on “Probationary Eligibility” or

(c) Be placed on the “Ineligibility” list for the upcoming quarter

** Please note that failure to abide by the aforementioned processes and procedures will result in the student being removed from probationary status and placed into the ineligibility category.*

Ineligibility

Student-athletes who do not meet the criteria to be considered fully eligible or eligible under a probationary status (EARN-IT) will be considered ineligible to participate in extracurricular activities. A list of reasons for extracurricular ineligibility and related timelines has been provided below for reference. Please note that while the following list is meant to provide insight, it is in no way to be considered an exhaustive list of all circumstances that may impact student eligibility.

Academic

- A student receives 3 or more “F” grades on their quarterly report card (Quarter 4 of prior year for Fall sports/activities; Quarter 1 of current year for Winter sports/activities; Quarter 3 of current year for Spring sports/activities)- ***Ineligible for duration of the academic quarter***
- A student on the EARN-IT program (2 “F” grades on their quarterly report card; Quarter 4 of prior year for Fall sports/activities; Quarter 1 of current year for Winter sports/activities; Quarter 3 of current year for Spring sports/activities) reports 3 F grades across their courses at any point after the first 2 week, progress monitoring check-in has been completed- ***Ineligible for duration of the academic quarter***
- A student on the EARN-IT program (criteria above) fails to abide by the outlined reporting requirements- ***Ineligible for duration of the academic quarter***

Attendance

- A student is documented as being “unexcused” absent for a duration of time that exceeds 20% (78 minutes) of the school day- ***Ineligible for the school day within which the student has failed to complete 80% of the day***
- A student who is documented as being “chronically absent” greater than 20% of the academic instructional time/days within the time window described in the

"Probationary Eligibility" section above. *Ineligible for duration of the academic quarter*

Behavioral

- A student receives In-School or Out-of-School suspension- *Ineligible for duration of the suspension period (most often 1-10 school days)*
** Please note that students who are suspended on a Friday are not eligible to participate in any practices, games, or extracurricular events that are set to take place over the course of the weekend following the assigned consequence*
- A student violates the district's [Chemical Health and Student Safety Policy](#)- *Ineligible for the duration of time outlined in the policy based on the level of infraction*
- Conduct detrimental to the team- *Ineligible for duration of time established by the coach*

These standards must be met prior to a student participating in any Portsmouth High School Athletics. Students who do not meet these initial eligibility standards are ineligible until updated grades have been provided via the next chronological quarter's grades have been officially posted via the Portsmouth High School report card. Summer School courses and other courses approved by the Principal may be used to meet these requirements.

Students who are able to remediate their academic/attendance performance will be reinstated to their teams immediately upon the Athletic Director's/Student Activities Coordinator acknowledgement that they are passing the minimum number of courses outlined in this procedure.

AP Classwork Exception

Any student who is failing AP courses, though passing all non-AP courses, will remain eligible if their classwork is signed off on by their teachers and the principal.

Transfer Policy

A student who transfers to Portsmouth High School without a corresponding change of address by his/her parent(s) or legal guardian(s) shall not practice or play until the RIIL transfer

waiver approval process is complete. Transfer students must meet all student eligibility requirements of the RIIL and Portsmouth High School.

Sportsmanship

The Portsmouth School Department believes that athletic competition should be a healthful, positive, and safe experience for everyone involved. Athletics will be conducted in an environment that teaches values and ethics, strengthens the community, promotes competition without conflict and enriches the lives of athletes. In order to promote core values such as discipline, fairness, responsibility, trustworthiness and citizenship, everyone associated with athletics (players, coaches, parents, and spectators) is expected to exhibit good sportsmanship during athletic competitions.

Student-athletes are expected to:

- Understand and follow the rules of the sport
- Recognize skilled performance of others, regardless of the player's team
- Display respect for teammates, opponents, coaches, and officials
- Respect the judgment of officials and accept their decisions
- Refrain from taunting opponents, and using insulting or vulgar language
- Be modest when successful and gracious in defeat
- Recognize that their conduct reflects on the school

Coaches are expected to:

- Recognize that they are role models and set good examples for athletes and fans to follow
- Abide by the rules of the sport, in letter and spirit
- Treat all participants with respect
- Behave with dignity and self-control
- Respect the judgment of officials and accept their decisions
- Refrain from using insulting or vulgar language
- Take corrective action toward any player not showing appropriate sportsmanship
- Be modest when successful and gracious in defeat
- Recognize that their conduct reflects on the school

Spectators are expected to:

- Realize that competition is a shared experience for all involved and their role is one of support, which should be demonstrated by providing positive support to all participants
- Show concern for injured players
- Refrain from heckling, taunting or any negative or abusive language/actions toward players, coaches, officials, or spectators
- Refrain from endangering participants or spectators by throwing objects
- Follow all school policies rules pertaining to conduct on school property; including but not limited to tobacco, alcohol, drugs, and weapons

The public is permitted to attend athletic/extracurricular events for the purpose of supporting the participants involved. School administrators and officials have the authority and discretion to remove any spectator who does not comply with the rules of sportsmanship set forth above.

Equipment

Each athlete must return any school uniforms or equipment to the coach immediately following the conclusion of the season. The athlete is expected to keep it clean and in good condition and wear it properly at all times. All equipment shall be inspected on a regular basis by the coach and the players and managers under the coach's direct supervision. Players have the responsibility to report any equipment deficiencies immediately to their coach. No participant shall practice or play with defective equipment under any circumstances. Loss of any equipment is the athlete's financial obligation and the athlete will be billed accordingly. All existing obligations must be satisfied prior to a student athlete beginning participation in a new sports season.

Leaving or Transferring from a Team - Athlete Initiated

In rare instances, an athlete may find it necessary to leave a sport for a valid reason. If this is the case, the following procedure must be followed:

- A. The student must talk with their coach (if sub varsity) and the Head Coach of the program.
- B. The student and coaches must each report the matter to the Athletic Director.
- C. The student must return all equipment issued.

Athletes will be permitted to leave a team and tryout for another up until, and including, the fourteenth (14th) day from the opening date of tryouts for the sport, or the first league game whichever comes first. Opening dates for each season are denoted by the RIIL. After this date, if an athlete removes themselves from a team's roster for reasons other than medical, the athlete will not be allowed to compete in any other sport for the remainder of the season, unless properly cleared by the coaches of both sports and the Director of Athletics.

Individuals who are rostered members of any athletic team shall be considered members of the team through the completion of the season unless they are removed for disciplinary reasons, scholastic ineligibility, or by mutual agreement between player and coach. Coaches have the right to add rostered sub varsity student-athletes to the varsity roster for postseason tournaments. All squad members who complete the season shall be invited to participate in the athletic awards ceremony regardless of whether they are or are not award recipients.

Practice Requirements

Athletes are expected to attend all practices and games, and to be on time each day. If on-time attendance is not possible on a given day, the athlete or parents must notify the coach in advance. Unexcused absences may result in suspension or dismissal from the team with the approval of the Athletic Director. Athletes owing detentions are required to attend detentions prior to attending practice each day. Coaches must notify their coach in advance if attending a detention will interfere with attending practice on-time.

Mouthpieces are mandatory for all football, hockey and lacrosse practices/games. Jewelry, of any type, that is not permitted to be worn in games is not to be worn during practice.

Game Requirements

Athletes, coaches, managers, and game personnel are expected to dress neatly when representing Portsmouth High School. All members of a team's travel party must be in appropriate team apparel for games and when traveling to and from competition. Athletes who receive technical fouls, yellow cards, penalty minutes, or other penalties for unsportsmanlike behavior may be suspended from game participation and may be required to meet with the Athletic Director to determine an appropriate course of disciplinary action. Complaints made to a coach or Athletic Director regarding unsportsmanlike behavior of a player or coach shall be reviewed by the Athletic Director within 48 hours, or prior to the next

date of competition whichever comes first. Unsportsmanship displayed by a team captain may result in the loss of captaincy as well as suspension from game participation.

Any display of unsportsmanlike behavior including but not limited to the throwing of equipment or other items, verbal outbursts, the striking or kicking of equipment/walls/bleachers, taunting opponents, the use of insulting or vulgar language and fighting will be cause for reprimand.

If a player is ejected from a game or if for any other reason is required to leave the field of play, including for medical reasons, the player must be accompanied by an adult and taken to a designated area for the duration of the contest. Individuals ejected from a contest will be required to sit the next countable game(s) per RIIL policy. Individuals ejected in the last game of the team's season will not be permitted to compete in any sport until the penalty is served by sitting out the required countable game(s) of the following season. A coach must report all unsportsmanlike action in writing to the Athletic Director on the day that it is reported or witnessed by them.

Injuries

Athletes are required to report to the coach and athletic trainer all injuries received both during time with and away from the team that potentially could affect one's health or one's level of play. The school's athletic trainer, with input from the school nurse, and physicians, will determine when an athlete can return to competition/practice. If a student athlete is injured or has medical circumstances that may affect participation, and the school nurse or a physician has not been consulted, the athlete must be cleared by the athletic trainer before returning to practice or competition.

If a physician has been consulted by, or has treated a student-athlete, the athlete must have a signed note (documentation) from the physician stating that the athlete has been evaluated and that the athlete is allowed to return to play. A doctor's note of clearance must stipulate the day the athlete may return to normal athletic activity and any restrictions imposed on the athletic activities. This policy holds true if at any time an athlete is transported by ambulance to a medical facility due to an injury incurred during a practice or game, as well as, any time the school nurse or athletic trainer requests, in writing to the athlete and their guardians, that a student seek medical clearance.

Sports Seasons

It is the responsibility of Portsmouth High School to offer a well-balanced, fair and equitable program of athletic offerings. To prevent overlapping seasons as well as excessive specialization and demands on student-athletes, the RIIL has assigned each sport a clearly defined season. This is to ensure that a student can transition from one sport season to another without conflicts and when possible to have a recovery period between seasons. A Sports Season is the period of time beginning with the first day of allowable practice and ending on the final date of the tournament championship.

Participation on Multiple Teams During the Same Season

Due to concerns regarding attending practices regularly, academic performance, and the raised potential for injuries, Portsmouth High School does not permit student-athletes to participate in multiple “team” (as denoted by the RIIL) sports during the same athletic season. Student-athletes are however permitted to participate in a team sport and one additional sport denoted by the RIIL as an “individual” sport, when applicable, and when agreed to by the head coach of both sports and the Athletic Director. This includes participation in Unified Sports.

Citizenship

Student-athlete participants in the PHS Athletic Program should acknowledge and internalize that they are representing their school, parents, friends, community and coaches. Their actions in school, within competition, and in the community should reflect this at all times. Behavior unbecoming, including but not limited to, any conduct deemed in violation of the requirements set forth in this handbook or the [Portsmouth High School Student/Parent Handbook](#), will be reviewed by the Athletic Director in conjunction with members of the PHS Administrative Team, Coach/Advisor and Captains Council and may lead to any and all of the following: suspension or dismissal from extracurricular activities/interscholastic sports, loss of playing time, required community service, and restitution.

School Suspension, Including In-House Suspension

All students, including student-athletes, who are suspended from school will not be permitted to participate in, or be in attendance at, any and all practices, games or Athletic Department sponsored events during the suspension period.

Illegal or Criminal Activities

Separate from penalties imposed by law enforcement, Portsmouth High School may impose penalties for being charged with a crime, convicted of a crime, and/or involvement with criminal Activity.

Any student-athlete or Athletic Department personnel, including coaches, who are charged with a crime, either a misdemeanor or a felony, or who have been reported to be connected with any illegal or criminal activities, may, at the discretion of the Principal, Superintendent or School Committee, be suspended from participating in the PHS Athletic Program until they are adjudicated. Furthermore, if convicted of a misdemeanor or felony an individual may, at the discretion of the Principal, Superintendent or School Committee, be suspended or banned from participation in the PHS Athletic Program.

Travel Requirements

Students are required to travel to and from games on school provided transportation. An athlete may leave a contest with their parents and/or guardian following a game by signing the [Alternate Athletic/Extracurricular Transportation Request form](#). Please note the following guidelines when considering this arrangement:

- In order to leave appropriate time for review and consideration, all alternative transportation requests should be submitted a minimum of 48 hours prior to the requested event. *In unusual circumstances, other arrangements may be made through the Athletic Director.*
- All alternative transportation must be provided by an approved adult (over 18 years of age). Students are not permitted to drive their peers to and/or from PHS athletic contests at any time.
- Alternative transportation requests may only be made by the parents/guardians/contacts listed on a student-athlete's ASPEN school account.
- Alternative transportation arrangements should be the exception rather than the norm based on extenuating, unavoidable circumstances.

- Portsmouth High School assumes no liability should there be an incident related to the personal transportation of our student-athletes by family members or pre-approved others traveling to or returning from a PHS athletic/extracurricular event.

Additional Rules

As active members of the RIIL and a representative of the Portsmouth School Department all individuals involved in PHS Athletic Department Programs must adhere to and follow the rules and regulations set forth by both organizations, as well as the rules and regulations set forth by this document.

Additionally, individual coaches/advisors may establish additional rules beyond those outlined in this handbook for their team. Any additional rules will be given to the participant in writing. Coaches shall have the right to take disciplinary action pertaining to any problem which may arise, which has not already been addressed in this handbook. However, if dismissal is considered, the coach will discuss the issue with the Athletic Director before such a penalty is imposed.

College Recruitment Policy

If a college coach or recruiter contacts an athlete, please inform the coach and the athletic department as soon as possible to ensure that the student's eligibility is not compromised and to discuss issues related to athletic recruitment.

NCAA Clearinghouse forms for athletes considering participation in collegiate athletics are online at the NCAA Clearinghouse site. For the latest information for the student athlete or to access forms, log on to www.ncaa.org or <https://web3.ncaa.org/ecwr3/>

Parent/Staff Communication Policy

Positive involvement in sports requires commitment from students, parents, coaches, and advisors. To be successful, all involved must work to ensure effective communication. The following guidelines are intended to aid parents and staff in their interactions.

Communication parents can expect from coaches:

1. Practice and game schedules.
2. Philosophy of coaching.
3. Team expectations, standards and sportsmanship.
4. Requirements to be a team member.
5. Description of student-athlete injuries to parent/guardian.
6. Description of disciplinary actions.
7. Request for support towards the commitment to the program. As an example; coaches may ask a parent's help in ensuring that a student-athlete is at practice on time.

What are appropriate concerns for parents to discuss with coaches?

1. The treatment of your child, mentally and physically
2. Skill improvement and development
3. Concerns about your student's behavior
4. Concerns about academics

What things are not appropriate for parents to discuss with coaches?

1. Playing time
2. Team strategy
3. Play calling
4. Other students/athletes

Communication coaches should expect from parents:

1. Any schedule conflicts, well in advance.
2. Individual concerns expressed directly to the coach.

Q: If a parent has a concern to discuss with a coach, what procedures should be followed?

1. Do not attempt to speak or confront the coach before, during, or immediately following a game. These are emotional times for both the parent and coach and this period does not promote objective analysis. We recommend that parents, athletes and coaches alike follow the (24) hour rule of non-contact in order to facilitate a more conducive environment for resolving concerns.
2. Make an appointment with the coach.

3. During the meeting, communicate concerns clearly and allow the coach to respond without interruption.
4. If the coach cannot be reached, call or email the Athletic Director (coryk@portsmouthschools.org) to set up a meeting.

Q: What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation further.
2. At this meeting the appropriate next step can be determined.

We are continually attempting to improve communication with the student-athletes and their parents/guardians. For our program to be truly successful, it is necessary that everyone involved understand the focus of, and reason for, the PHS Athletic Program.

Positive and effective communication can only strengthen our program.

Portsmouth High School Athletic Contest Code of Conduct

Portsmouth High School strives to encourage good sportsmanship throughout our athletic program, and this includes good behavior during athletic competition. We expect all players, coaches and spectators at our contests to be respectful of players, coaches, officials and other spectators. Fans are encouraged to applaud the efforts of their team, and should not engage in any behavior that is critical, distracting or derogatory toward opponents or officials. We believe it is imperative to create a safe and supportive environment that encourages players, coaches and officials to demonstrate their very best. Fans can provide tremendous support for their team by supporting and cheering good play, but PHS will not permit any behavior that detracts from the proper conduct of the game or that disadvantages a player or team.

- Treat all visitors to PHS Athletic Contests as you would treat guests in your home.
- Use only cheers that support and uplift a team.
- Respect the integrity and judgment of game officials.
- Do not throw objects onto a playing surface at any time.
- Do not engage in the use of controlled substances before, during or after games.

Any spectator, including PHS students, who is asked to leave an athletic contest because of improper behavior may be suspended from home contests for the remainder of the sports season and may be prohibited from attending contests in other sports seasons depending upon severity of the infraction. A high regard for the values of competition, sportsmanship, fair play and respect for others is appreciated by Portsmouth High School.

Code of Ethics for PHS Athletics

The Code of Ethics for PHS Athletics has been developed for the purpose of recognizing the behavioral expectations of all who are involved with its programs.

In order to promote desirable behavior and enhance the overall quality of PHS Athletic Program adherence to the Code is expected at all PHS sponsored or sanctioned activities. Reported consistent and /or flagrant violations of the code may result in punitive action by the Athletic Director.

It is the duty of all concerned with PHS Athletic Programs to:

1. Cultivate awareness that participation in high school athletics is part of the total education experience and, as such, no one should seek or expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all athletic activities.
4. Recognize that the purpose of athletics in school programs is to develop and promote the physical, mental, moral, social and emotional well being of individual participants.
5. Avoid any practice or technique that would endanger the present or future welfare or safety of a participant.
6. Avoid practices that force or encourage student-athletes to specialize or which restrict them from participation in a variety of activities.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators in any aspect of school based athletics.

8. Vigorously encourage the development of proper health habits and discourage the use of chemicals, including alcohol and tobacco.
9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.
10. Encourage everyone to judge the true success of the athletic programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

Substance Abuse Policy

The student will first and foremost abide by all guidelines set forth in the [PHS Student Handbook](#) in regards to The PHS Substance Abuse Policy.

It is strongly recommended that all athletes refrain from knowingly being in the presence of all of the aforementioned. In the case of “knowingly,” the Athletic Director, parent/student, Administrator and Captain’s Council will review such cases. A decision will be made after a review of the circumstances to either void or impose the penalty offense.

The Athletic Substance Abuse Policy will be in effect throughout the four (4) allowable years of participation in Athletics at Portsmouth High School. An individual will not start fresh at the beginning of each school year as this is a cumulative system.

Once the Statement of Understanding/Participation is signed, an individual is under the Substance Abuse Policy for the remainder of the school calendar year.

FIRST OFFENSE:

A student who is involved in a violation of the substance abuse policy will be suspended for fourteen (14) calendar days from the interscholastic sport in which the student-athlete is participating and/or the next sport they intend to participate in. Reinstatement to full participation starts on day (15). For safety reasons, the student-athlete will be able to participate in practices during the suspension. The suspension will carry over from season to season and year to year. If the incident should occur between sport seasons, the student would be allowed to try out for the team and the suspension would start on the first day following team selection. Should the suspension carry over from one season to the next, the student will be able to try out for the team and the suspension would resume on the day after

the team is chosen. If a carry over occurs from one season to the next, the student-athlete must complete the new season in order for the suspension to be fulfilled.

SECOND OFFENSE:

A student who is involved in a second violation of the substance abuse policy will be suspended for thirty (30) calendar days from the interscholastic sport in which the student-athlete is participating and/or the next sport they intend to participate in. Additionally, reinstatement requires (30) hours of community service to be selected and overseen by the Coach, Athletic Director and or Administrator. The student-athlete will not be able to practice or participate in any competition during the suspension. The suspension will carry over from season to season and year to year. Should the suspension carry over from one season to the next the student-athlete would be able to try out. The suspension would then continue once the team is selected. In order for athletic participation reinstatement all community service hours need to be served by the end of the thirty (30)-day suspension. If not completed, the student-athlete would not be able to participate until the community service has been completed. Reinstatement to full participation would start on day (31) if all determining factors have been met.

THIRD OFFENSE, and all subsequent offenses:

The third and all subsequent offenses will be a 365 calendar day suspension from PHS Athletics from the date of the offense.

VOLUNTARY REFERRALS

A. CONCERNED PERSON REFERRAL

B. SELF-REFERRAL

Coaches need to inform athletes that disclosing information about a peer is actually helpful, and that self-referral may be the most important step in obtaining help. Athletes need to know how to make a concerned person referral. The important message is that it is not okay to use, but that if someone needs help, it is okay to seek help, either for you or a friend.

If a student is a voluntary referral, or voluntary as a result of a concerned person referral, the student will follow the recommended plan of the substance abuse counselor. If it becomes apparent that the athlete is using the voluntary referral process to circumvent the offense process, the Athletic Director will be informed and the contract will be invoked.

The Substance Abuse Counselor will be free to utilize the contract consequences and referral processes as a means of ensuring treatment for these referrals.

In both a concerned person referral and a voluntary self-referral, the student receives help and is not suspended.

Position Statement on Dietary and Androstenedione Supplements

The use of any drug, medication or food supplement for the purpose of performance enhancement is ethically wrong. In order to minimize health and safety risks for student athletes, maintain ethical standards, and reduce liability risks school personnel and coaches should never supply, recommend or encourage the use of any drug, medication or food supplement for performance or enhancement purposes.

Position Statement on Steroid Use

Portsmouth High School joins the RIIL and virtually all other sports organizations (U.S. Olympic Committee, National Collegiate Athletic Association, American College of Sports Medicine, American Academy of Pediatrics) in condemning the use of anabolic steroids because the adverse side effects are many, are often serious, and occasionally fatal.

Hazing

PHS Athletics defines hazing as “any action or situation, which recklessly or intentionally endangers the mental or physical health of another individual.

It is the policy of the PHS Athletic Department that injurious hazing activities of any type, either on or off school property, by any student, coach, group or organization affiliated with the Athletic Department, are inconsistent with the educational process and shall be prohibited at all times.

No individual connected with PHS Athletics shall engage in, encourage, permit, condone, or tolerate injurious hazing activities. No student, including leaders of teams/captains, shall plan, encourage, or engage in injurious hazing activities.

Prevention of hazing must be a priority for everyone involved in PHS Athletics. It is the expectation of the Athletic Department that administrators, coaches, and players will take the necessary steps to prevent hazing.

Individuals that witness hazing activities shall immediately intervene or take the appropriate action to stop such behaviors, including notification of an adult. Failure to intervene or assist could result in school or athletic department disciplinary action.

Any individual associated with PHS who fails to abide by this policy may be subject to disciplinary action, which may include suspension, expulsion, or other appropriate measures. In the case of a team/program affiliated with PHS that is repeatedly involved with hazing may result in the suspension or canceling of the program.

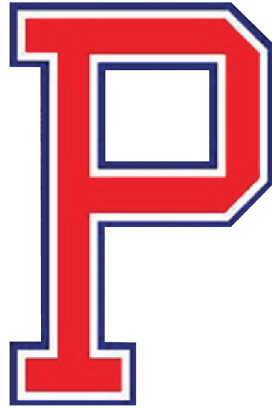
These penalties shall be in addition to any civil or criminal penalties to which the violator may be subject.

The Principal and Athletic Director shall assume responsibility for administering this policy.

The Athletic Director/Administrator at Portsmouth High School will handle consequences for hazing or initiations on a case-by-case basis.

Portsmouth High School Concussion Return to Play Guidelines

All student athletes with concussion symptoms must be evaluated by the school nurse, athletic trainer, physician, or other medical personnel upon injury. Any individual showing signs of a concussion when evaluated upon will be required to sit out immediately from any practice or game, without exception.



For the student-athlete:

I have read the expectations for Portsmouth High School student athletes as printed in the Portsmouth High School Athletic Handbook and agree to do my part to ensure that all student athletes abide by the rules and expectations stated therein. I understand that the guidelines are in place to assist me in becoming the most successful student-athlete I can be, and I agree to dedicate myself to that goal by participating appropriately in all areas defined in the Athletic Handbook. I also understand that this signed statement indicates my understanding of these expectations for the entire school year.

Parent/Guardian's Signature

Date

Student Athlete's Signature

Date

Portsmouth High School Athletic Agreement

Student-Athlete: Recognizing that teamwork and communication are essential, I will:

- Exhibit good sportsmanship and respect toward everyone associated with the program, including teammates, coaches, support staff, opponents, and officials
- Appreciate the value of competition without conflict by handling success with grace and failure with dignity, replacing a “win at all costs” attitude with “striving for excellence”
- Uphold substance abuse policies and other rules/guidelines endorsed and enforced by the school and supported by the community
- Place academics first and foremost in the overall school experience, understanding that sports participation is an extension of the high school academic experience
- Attend team and Athletic Department meetings in order to build relationships with coaches and the athletic director, and to learn about the expectations for participation
- Commit to a focus on lifetime health strategies, including habits of fitness and good nutrition
- Model respectful and positive behavior at all times, both on and off the field
- Uphold the school hazing policy and other rules/guidelines endorsed and enforced by the school and supported by the community

Parent-Guardian: As a role model, who supports all programs and athletes, and helps my student-athlete to do the same, I will:

- Exhibit good sportsmanship and respect toward everyone associated with the program, including teammates, coaches, support staff, opponents, and officials
- Appreciate the value of competition without conflict by handling success with grace and failure with dignity, replacing a “win at all costs” attitude with “striving for excellence”
- Uphold the school’s rules regarding ones conduct at athletic events, including substance abuse regulations
- Place academics first and foremost in the overall school experience, understanding that sports participation is an extension of the high school academic experience
- Attend team and Athletic Department meetings in order to build relationships with coaches and the athletic director, and to learn about the expectations for participation

- Stress to your child the importance of lifetime health, including habits of fitness and good nutrition
- Stress respect for coaches through open discussions with ones child, highlighting the importance of contributing to the team goals over personal goals
- Ensure a balance in my student-athlete's life, encouraging participation in multiple sports and varied extracurricular activities
- Provide consistent encouragement and support for your child and teammates, regardless of their on-field role within the team
- Leave coaching to the coaches, ensuring not to criticize coaches, strategies or the team to your child or others; nor pressuring your child or coaches regarding playing time or performance

Coach: As an educator who recognizes the contribution that positive athletic experiences can have on the development and potential well being of student-athletes, I will:

- Exhibit good sportsmanship and respect toward everyone associated with the program, including athletes, coaches, support staff, opponents, and officials
- Appreciate the value of competition without conflict by handling success with grace and failure with dignity, replacing a "win at all costs" attitude with "striving for excellence"
- Uphold the school's rules and policies guiding athletic participation, including substance abuse regulations
- Place academics first and foremost in the overall school experience, understanding that sports participation is an extension of the high school academic experience
- Encourage a balance in students' time commitments, interests and needs
- Positively motivate and communicate with student-athletes and assist them in making healthy lifestyle decisions
- Act as a mentor, providing positive guidance, regardless of a player's athletic abilities
- Model respectful and positive behavior at all times, both on and off the field
- Be sensitive and discerning regarding the varied approaches needed by maturing adolescents, including age, gender, size, ability and culture

- Grow professionally both within and beyond the game, continuously seeking to enhance my program's environment, sportsmanship and effective communication with all stakeholders.

Student-Athlete

Date

Parent/Guardian

Date

Coach

Date

Athletic Director

Date