

# Oak Hill High School Athletic Handbook



**2025-2026**

**Oak Hill High School Athletic Handbook**  
**Athletic Director - Jim Palmer**  
**jim.palmeer@rsu4.org or 375-4950 - Ext 6**

### **Philosophy of Athletics**

We believe athletic participation is an important part of the overall curriculum at Oak Hill High School, teaching values such as sportsmanship, teamwork, self-sacrifice, and striving to reach one's potential. While maximum student involvement is our goal, some sports due to their nature, competitive environment, or our facilities, may have restricted rosters or opportunities for participation. However, we will strive for maximum participation at the sub-varsity level.

We will strive to help athletes develop physically, mentally, and socially, and to enjoy their participation in all Oak Hill athletic activities. We believe that the values learned through each student's participation would be values that will serve everyone throughout his or her life.

### **Message to Students and Parents**

Oak Hill High School considers participation in athletic activities to be a valuable part of your education and we encourage you to participate fully. The major objective of our athletic program is to educate our athletes through participation in the areas of work ethic, commitment, health and physical activity, sportsmanship, and teamwork. In addition to these major objectives, other benefits of our programs are lessons in loyalty, pride, self-confidence, physical and mental maturity, a sense of accomplishment, and a feeling of belonging. The lessons learned through your participation in these activities are different, though just as valuable as those learned in the classroom, and they will stay with you throughout your life.

Also, participation in athletics carries different and in some ways greater responsibilities than just attending classes – you are now a representative of Oak Hill High School. Your work ethic, appearance, conduct, and sportsmanship, become a reflection of your school. Oak Hill will always strive to be competitive in all its athletics, but as important, we will always attempt to display the highest level of sportsmanship. We look to you to do your part to allow us to achieve these goals.

By choosing to participate, you have accepted these greater responsibilities. Participation in athletic activities at Oak Hill High School is a privilege, not a right, and this privilege will be removed if you do not meet the standards outlined in this handbook and the Oak Hill High School Athletic Handbook, including the Student Code of Conduct. May your experiences be positive and rewarding.

### **Athletic Code-Eligibility**

The minimum academic requirement is that students earn passing grades in at least five classes for the term immediately preceding the season. The terms are defined as:

- *Fall Initial eligibility* for the season is based on the Spring semester grade report of the previous school year, including summer school grades.
- *Fall Mid-season eligibility* will be checked on October 3rd, 2025 (Paper grade check).
- *Winter Initial eligibility* will be checked on November 17th, 2025 (Powerschool check).
- *Winter Mid-season eligibility* will be checked on January 9th, 2026 (Paper grade check)
- *Spring Initial eligibility* will be checked on March 27th, 2026 (Progress grade check).
- *Spring Mid-season eligibility* will be checked on May 1st, 2026 (Paper grade check).

### **Sportsmanship and Citizenship**

All participants in athletic programs should understand that it is a privilege to participate in the school athletic programs and that the student is representing his/her school, parents, friends, community, coaches,

and themselves. Their actions, both on and off the athletic field and court, should reflect these at all times. Therefore, they should not behave in a manner unbecoming a lady or a gentleman. Unsportsmanlike acts and inappropriate behavior by student-athletes in school will be reviewed for disciplinary actions, which could include suspension or expulsion from athletic participation.

### **Attire and Grooming**

Athletes are expected to dress neatly in approved team attire. Grooming is expected to be reasonable and appropriate for the event that the athlete is representing Oak Hill High School. The terms “reasonable” and “appropriate” shall be defined by the Athletic Director.

### **Memberships**

We are members of the National Federation of High Schools, the Mountain Valley Conference, the Campbell Conference, and the Maine Principals’ Association.

### **Classification**

Oak Hill is classified as Class “C” South in Cross Country, Soccer, Basketball, Cheering, Baseball, and Softball. Oak Hill is classified as Class “C” South in Field Hockey, Golf, Lacrosse, and Tennis. Oak Hill is classified as Class “D ” South in Football.

### **Duration**

A student has four consecutive years (8 semesters) of eligibility and has not reached the age of 20 unless a waiver is granted, which in unusual circumstances may be granted by the Maine Principals’ Association.

### **Season**

A sports season shall begin on a date set by the Maine Principals’ Association and end at that season’s awards night/final playoff game.

### **School Colors**

The “Raiders” school colors are royal blue, red, and white. Our tradition has royal blue being the predominant color. All uniforms must be approved by the Athletic Director.

### **Conduct**

A student receiving two disciplinary detentions will be ineligible to participate in athletic contests for one week of the regular season or post-season games. At the end of the suspension, if the athlete's behavior has been deemed satisfactory they will be eligible to participate in games. During the athletic suspension, the athlete can practice with the team, but not play in games.

### **School Suspension**

Athletes suspended from school will not be allowed to participate in practice or athletic contests during the suspension period. Students on in-school suspension may participate as long as they have completed the day of suspension without incident

### **Affirmative Action/Bullying/Hazing**

It is the policy of RSU #4 to ensure equal employment and educational opportunities and affirmative action regardless of race, color, sex, religion, sexual orientation, ancestry or national origin, marital status, age, or disability in compliance with Title IX of the Education Amendments of 1972, Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and the Maine Human Rights Acts and School Committee policy. Oak Hill High School will also refer to the Student Harassment Section of the Affirmative Action Policy when dealing with student issues. Copies are available from the main office upon request.

Inquiries can be made to:

**RSU #4 Affirmative  
Action & Title IX  
Officer Brian Daniels**

Oak Hill Middle School  
40 Ball Park Road  
Sabattus, ME 04240  
*Telephone: (207) 375-6961*

**Maine Human  
Rights Commission**

51 State House Station  
Augusta, ME 04333  
*Telephone:  
(207) 624-6050*

**U.S. Dept. of  
Education**

Office of Civil Rights  
33 Arch Street, Suite  
900 Boston, MA  
02110-1491

*Cross Reference: AC Nondiscrimination and Affirmative Action*

*Cross Reference: NEPN/NSBA Code: AC Nondiscrimination [and Affirmative Action](#)*

**Harassment/Sexual Harassment:** Harassment by students or school employees is considered grounds for disciplinary action, up to and including discharge. Harassment/sexual harassment of students by other students is considered grounds for disciplinary action, up to and including expulsion. The Superintendent will determine appropriate sanctions for harassment of students by person(s) other than school employees and students.

**Harassment:** Harassment of students because of race, color, sex, religion, sexual orientation, ancestry or national origin, or disability is prohibited. Such conduct is a violation of School Committee policy and may constitute illegal discrimination under state and federal laws. Harassment includes but is not limited to verbal abuse based on race, color, sex, religion, sexual orientation, ancestry or national origin, or disability. Harassment that rises to the level of physical assault, battery, and/or abuse is also addressed in Policy JICIA - Weapons, Violence and School Safety.

**Sexual Harassment:** Includes, but is not limited to unwelcome sexual advances, requests for sexual favors or pressure to engage in sexual activity, physical contact of a sexual nature, gestures, comments, or other physical, written, or verbal contact that is gender-based that interferes with a student's education. School employees, students, volunteers, visitors to the school, and other persons with whom students may interact in order to pursue school activities are required to refrain from such conduct.

The superintendent or the employee designated as the Affirmative Action Officer will investigate complaints of harassment in accordance with the Student Harassment Complaint Procedure. School employees, students, and parents shall be informed of this policy/procedure through handbooks and/or other means selected by the school administration.

**Examples of Direct and Indirect Harassment:**

**Verbal**

*Direct:* taunting, teasing, name-calling, threatening email, requesting explicit photographs

*Indirect:* spreading rumors

**Physical:**

*Direct:* hitting, kicking, destruction, theft of property

*Indirect:* enlisting another to physically harass someone

**Non-Verbal:**

*Direct:* threatening or obscene gestures, sending explicit photographs

*Indirect:* exclusion from the group

*Cross Reference: ACAA Harassment and Sexual Harassment of Students, ACAA-R Student Discrimination Title IX Procedures*

**Hazing:** Maine has an “anti-hazing” law prohibiting “injurious hazing” meaning any action or situation, including harassing behavior that recklessly or intentionally endangers the mental or physical health of any student personnel or student enrolled in a public school.

**Bullying:**

Bullying behavior is prohibited at Oak Hill High School. Any person (students, teachers, parents, school visitors, school staff, etc) is expected to report incidents of bullying directly to the school administration. All cases of reported bullying will be investigated and addressed per RSU #4 policy JICK. Students found to have engaged in bullying behavior will be subject to associated disciplinary action.

By Maine law, bullying is defined as a written, oral, or electronic expression or a physical act or gesture or any combination thereof directed at a student or students that:

1. Has, or a reasonable person would expect it to have, the effect of:
  - a. Physically harming a student damaging a student's property; or
  - b. Placing a student in reasonable fear of physical harm or damage to the student's property;
2. Interferes with the rights of a student by:
  - a. Creating an intimidating or hostile educational environment for the student; or
  - b. Interfering with the student's academic performance or ability to participate in or benefit from the services, activities, or privileges provided by a school; or
3. Is based on a student's actual or perceived characteristics identified in Title 5, section 4602 or 4684-A, or is based on a student's association with a person with one or more of these actual or perceived characteristics or any other distinguishing characteristics and that has the effect described in subparagraph 1 or 2.

**Cyberbullying** means bullying through the use of technology or any electronic communication, including, but not limited to, a transfer of signs, signals, writing, images, sounds, data, or intelligence of any nature transmitted by the use of any electronic device, including, but not limited to, a computer, telephone, cellular telephone, text messaging device, and personal digital assistant.

*Cross Reference: JICK: [Bullying](#)*

**Training Rules (Alcohol/Drugs/Tobacco/Electronic Smoking Device Policy)**

An athlete who consumed/used, possessed, transported, or was in the presence of tobacco, alcohol, drugs, or paraphernalia will face the following consequences.

**First Offense:** 20% of season contests (drugs/alcohol/tobacco/ETC)

**First Offense Out of Season:** Warning and probation

Fall	Winter	Spring
Football & Cheering 10 Games Suspended 2	Basketball 18 Games Suspended 4	Baseball 16 Games Suspended 3
Golf 9 Games Suspended 2	Wrestling 14 Games Suspended 3	Softball 16 Games Suspended 3

Soccer 15 Games Suspended 3	Cheering 3 Competitions Suspended 1	Tennis 10 Matches Suspended 2
Field Hockey 15 Games Suspended 3	Hockey 18 Games Suspended 4	Lacrosse 14 Games Suspended 3
Cross Country 6 Races Suspended 2		Out Door Track 6 Meets Suspended 2

**Second Offense:** 60% of season contests (drugs/alcohol/tobacco/ETC)

**Second Offense Out of Season:** 20% of next season's contests

Fall	Winter	Spring
Football & Cheering 10 Games Suspended 6	Basketball 18 Games Suspended 11	Baseball 16 Games Suspended 10
Golf 9 Games Suspended 5	Wrestling 14 Games Suspended 8	Softball 16 Games Suspended 10
Soccer 15 Games Suspended 9	Cheering 3 Competitions Suspended 2	Tennis 10 Matches Suspended 6
Field Hockey 15 Games Suspended 9	Hockey 18 Games Suspended 11	Lacrosse 14 Games Suspended 8
Cross Country 6 Races Suspended 4		Out Door Track 6 Meets Suspended 4

### **Third + Offenses**

**Suspension from all athletics for one calendar year.**

- A. Invitationals, Tournaments, Multi-Day Events, and Doubleheaders count as one contest
- B. An Athlete may practice with the team during a suspension and may sit on the bench in inappropriate street clothes during a contest; they may not dress for any contest during the suspension.
- C. An athlete who holds either an elected or appointed team captain will be required to relinquish their position upon any violation of the guidelines.

*Cross Reference: JICH: Drug and Alcohol Use by Students*

### **School Attendance**

Athletes must be in school by the end of the first period with an excused note of tardiness to participate in any event that day. With the preapproval of the Athletic Director, Assistant Principal, or Principal, a student may participate if a student has an excused absence. Consecutive tardiness can result in suspension from a team.

### **Practice Attendance**

Athletes are expected to be at all practices during the sports season. Athletes should inform the coach anytime that the athlete is going to miss a practice or a game before the absence. Missing games and practices for reasons other than medical, illness (requires a parent to contact the school), school-related activities, or family emergency will result in an unexcused absence. The athlete will sit out one game for

each game missed during the unexcused absence. Athletes dismissed from school due to a medical reason will not play or practice that day unless cleared with a medical note from the doctor. Participants must be in school by the end of the first period. If a student arrives after period 1, the student is required to have a doctor's note of tardiness to participate in any event that day. Consecutive tardiness can result in a suspension from a team.

### **Practice Requirements**

A student must attend five practice sessions before participating in his/her first game.

### **Termination of Participation**

Students who discontinue participation on a sports team are to inform his/her coach of this action. All equipment must be returned within one school day.

### **Parental Permission**

The student must give his/her coach a permission slip signed by his/her parents or guardian before participation in any practice.

### **Equipment**

Each student must pay for unreturned or damaged equipment issued to him/her. Students who fail to pay for the unreturned or damaged equipment will be ineligible to participate in the next sports season and will not receive an athletic award. Equipment must be returned within 24 hours following the conclusion of the season or the termination of participation.

### **Lockers and Locks**

Lockers are school property and as such may be inspected at any time, for any reason, without prior notification of the students; therefore, students should not expect that items stored in their lockers will be kept private. It is strongly recommended that students secure gym lockers and other possessions with a lock. Locks must be a combination or key entry style. Locker privileges can and will be taken away if the privilege is abused. Tape and/or stickers are not permitted inside or outside of the locker. **The school is not responsible for stolen items. Students will be held responsible for damage to lockers.**

*Cross Reference: JIH: Questioning and Searches of Students,  
JIH-R: Questioning and Searching of Students' Administrative Procedure*

### **Financial Obligations**

All financial obligations to Oak Hill must be paid by the conclusion of that sports season or the athlete may not participate until the obligations are met.

### **Travel**

Athletes are required to travel to and from away contests by the means provided by the school. If no transportation is available it will become the responsibility of the parent/guardian. An athlete may leave a contest with a parent/guardian with 24-hour prior approval of the administration or Athletic Director. **Please email the athletic director and coach if your athlete is not going to take the bus.**

### **Homeschooled Students**

Homeschooled students residing in our three towns may participate in athletics under the same try-out procedures as regularly enrolled students. In the case of equally qualified students, the regularly enrolled student will have the first opportunity for participation. To participate, a homeschooled student shall agree to

abide by the same eligibility rules and codes of conduct as other participating students, relevant to Oak Hill RSU#4 Committee policies.

### **Immunizations**

Students enrolled in grades PreK through 12 are to be immunized against diphtheria, tetanus, pertussis, measles, mumps, rubella, polio and varicella. Additionally, all students enrolled in grades 7-12 must be immunized against meningococcal disease. In May 2019, LD 798 was signed into law, removing both philosophical and religious exemptions from the exceptions to immunization requirements. Medical exemptions are still allowed and there is an exception for those students with an Individualized Education Plan and either philosophical or religious exemption that is in place before Sept 1, 2021. These exceptions are allowed as follows:

- Medical exemption: In accordance with MRS 20-A §6355, a parent must provide a written statement from a licensed physician, nurse practitioner, or physician assistant that, in the licensed physician's, nurse practitioner, or physician assistant's professional judgment, immunization against one or more of the diseases may be medically inadvisable.
- Philosophical or religious exemption. This is to be provided annually to the school where the child attends: In accordance with MRS 20-A §6355, a student covered by an Individualized Education Plan on September 1, 2021, who elected a philosophical or religious exemption from immunization requirements on or before September 1, 2021, according to the law in effect before that date may continue to attend school under that student's existing exemption as long as:
  - A. The parent or guardian of the student provides a statement from a licensed physician, nurse practitioner, or physician assistant that the physician, nurse practitioner, or physician assistant has consulted with that parent or guardian and has made that parent or guardian aware of the risks and benefits associated with the choice to immunize; or
  - B. Suppose the student is 18 years of age or older. In that case, the student provides a statement from a licensed physician, nurse practitioner, or physician assistant that the physician, nurse practitioner, or physician assistant has consulted with that student and has made that student aware of the risks and benefits associated with the choice to immunize.

### **Injuries**

Athletes should report all injuries to their coach. A student who is referred to a physician cannot return to participation until written permission is obtained. RSU 4 has a contracted Athletic Trainer, DJ Rutherford, through Maine General Health. DJ can be contacted at [donald.rutherford@rsu4.org](mailto:donald.rutherford@rsu4.org) for any school athletic-related injuries.

### **Medical Examination**

A medical physical by a physician will be no more than two years old. To ensure uninterrupted eligibility, we recommend that physicals occur in the summer, before your 9<sup>th</sup> and 11th-grade years.

If a student has had a major illness, injury, hospitalization, or has been absent more than 15 consecutive days due to illness since his/her last physical exam they will need to have a written statement from a physician stating they are physically able to participate in sports. Additionally, the administration may require a written statement from a physician certifying the health of a student.

**Feel free to email them to [jim.palmer@rsu4.org](mailto:jim.palmer@rsu4.org), fax them to OHHS at 375-4048, or deliver them to the high school main office.**



If you are unable to contact or schedule with your Primary Care Physician. Concentra Urgent Care in Lewiston offers very specific sports physicals at a great value. Here is their contact information:

Concentra Urgent Care  
59 East Ave, Lewiston, ME 04240  
(207) 784-1680

### **Insurance**

The student is required to carry adequate insurance. Proof of coverage must be presented to the coach. **See the Athletic Director for information on school insurance from MSMA.**

### **Illness**

Students who are dismissed from school because of illness will not participate in an activity on that day.

### **Oak Hill Boosters**

The Oak Hill Boosters is a club made up of parents and supporters of our students. Every year substantial amounts of work and money are donated to the teams at Oak Hill by this organization, the majority of which comes from running concessions at events. It is hoped you will become part of the boosters by joining the club or when called by members you will volunteer your expertise and time generously. **For more information please email the boosters President, Meg Spalding, at [ohboosters@gmail.com](mailto:ohboosters@gmail.com).**

### **Bona Fide Team Rule**

A member of a school team is a student-athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

\* Two waivers per student-athlete per sport season may be granted by the administration on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then that waiver may be granted for that activity. If a request to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted because it violates the spirit and intent of the rule.)

\*\* This policy is not intended to restrict dual sport participation in schools that allow dual participation.

\*\*\* Penalty for violation of this policy: 1st Violation Suspension from play for one game/contest 2nd Violation Removal from team for the remainder of the season

### **Additional Rules**

Additional rules may be established by the coach of the individual sports with the approval of the Athletic Administrator. If this is the case, each athlete in that sport will receive a written copy of these rules at the first practice.

### **Guidelines for Letter Award**

The athlete must complete the season if physically able.

**Field Hockey:** Participation in 50% of the periods at the varsity level

**Football:** Participation in 50% of the periods at the varsity level

**Soccer:** Participation in 50% of the periods at the varsity level

**Basketball:** Participation in 50% of the periods at the varsity level

**Lacrosse:** Participation in 50% of the periods at the varsity level

**Baseball:** Participation in 50% of the innings at the varsity level or pitched in 4 varsity contests.

**Softball:** Participation in 50% of the innings at the varsity level or pitched in 4 varsity contests.

**Golf:** Participation in 50% of all regular season matches or place in the league, regional or state tournaments

**Tennis:** Participation in 50% of the matches as one of the top seven on the ladder

**Hockey:** Participation in 50% of the periods at the varsity level

**Cheering:** Participation for the full cheering season in all varsity contests

**Wrestling:** Participation in 50% of all regular season matches or place in the league, regional or state tournaments

**Other Sports:** Accomplishment in a non-school sponsored sport may be recognized upon approval of the Athletic Director

*The final determination for the Letter Award is at the discretion of the Athletic Director.*

### **Awards**

Certificates and awards are presented to all athletes who complete the season. Letters are presented to athletes the first time they are eligible for these awards. Repeat letter winners in the same sport earn distinctive pins.

Plaques are presented for the following awards -

**Outstanding Athlete Award** - Given to the top two senior student-athletes.

**Varsity Athlete Award** - Awarded to any senior who made the varsity team for all four years.

**Scholar-Athlete Award** - Awarded to any senior who participated in four years of athletics and earned a cumulative GPA of 3.6 or higher.

**Golden Raider Award** - Awarded to a senior who participated in three sports for all four years and earned a varsity letter during each season.

**Oak Hill Coin** - Awarded to athletes who have participated in 4 years of athletics at OHHS. Athletes that transfer to OHHS must play for 2 or more years at Oak Hill to qualify.

**PLEASE NOTE:** These rules may be altered at the discretion of the Administration.

### **Competitive School Addresses for Events**

**Boothbay Region High School**- 236 Townsend Avenue, Boothbay Harbor, ME 04538 Telephone: 633-2421  
**Carrabec High School**

160 North Main Street,  
North Anson, ME 04958  
Telephone: 635-2296

**Dirigo High School**  
145 Weld Street, Dixfield, ME 04224 Telephone: 562-4251

**Hall-Dale High School**  
97 Maple Street,  
Farmingdale, ME 04344  
Telephone: 622-6211

**Monmouth Academy**  
96 Academy Road,  
Monmouth, ME 04259  
Telephone: 933-4416

**Lisbon High School**  
2 Sugg Drive, Lisbon Falls,  
ME 04252 Telephone:  
353-3030

**Maranacook Community  
High School**  
2250 Millard Harrison Drive,  
Readfield, ME 04355  
Telephone: 685-4923

**Mountain Valley High School**  
799 Hancock St, Rumford,  
ME 04276 Telephone:  
364-4547

**Madison Area Memorial  
High School**  
486 Main Street, Madison,  
ME 04950 Telephone:  
696-3395

**Mt. Abram High School**  
1513 Salem Road, Salem  
Township, ME 04983  
Telephone: 678-2701

**Old Orchard Beach High  
School**  
40 E Emerson Cummings  
Blvd, Old Orchard Beach,  
ME 04064 Telephone:  
934-4461

**Spruce Mountain High  
School (North Campus)**  
33 Community Drive, Jay,  
ME 04239 Telephone:  
897-9313

**Spruce Mountain High  
School (South Campus)**  
25 Cedar Street, Livermore  
Falls, ME 04254 Telephone:  
897-3428

**St. Dom's Academy**

121 Gracelawn Road,  
Auburn, ME 04210  
Telephone: 782-6911  
**Telstar Regional High School**  
284 Walkers Mill Road,  
Bethel, ME 04217 Telephone:  
824-3596

**Traip Academy**  
12 Williams Ave, Kittery, ME  
Telephone: 439-1121  
**Winthrop High School**  
211 Rambler Road,  
Winthrop, ME 04364  
Telephone: 377-2228

**Wiscasset High School**  
272 Gardiner Road,  
Wiscasset, ME 04578  
Telephone: 882-7722

**PLEASE NOTE: These rules may be altered at the discretion of the administration.**