

Ocala Christian Academy's General Rules for Student Athletes

- ATTENDANCE:** Attendance at all practices is required unless the absence has been previously arranged with the coach. Athletes must be on time. Disciplinary actions may occur if the athlete is not at practices. A note from parents prior to an absence is appreciated. Athletes may not attend a practice or a game unless they are in school by the end of the first period of the day; they must attend the remainder of the day. Exceptions must be cleared through the A. D.
- AUTHORITY:** The Athletic Director is the final authority for decisions regarding athletics unless it is deemed necessary to involve the principal or administrator. Each coach is expected to exercise proper authority over his/her team. The coach is responsible for team actions and reactions.
- DETENTION POLICY:** The actions indicated below will be taken for any athlete who receives detention from the beginning of tryouts to the conclusion of that sport's season. These penalties are based on assigned detentions, not served detentions. The high school office will notify head coaches of assigned detentions as soon as possible.
 - 1 detention: Running penalty
 - 2 detentions: Increased running penalty and a demotion in string for a game
(i.e. starters do not start; backups go to the end of the substitution rotation)
 - 3 detentions: Increased running penalty and sitting for a quarter of the event
- DRESS:** Students are required and encouraged to dress properly, both in and out of school. For athletic practices, students are required to purchase and dress in 40 the specified gym uniform (available at Legacy Team Sales). For athletic competition, athletes that are attending and/or traveling to or from athletic events must wear school dress code attire with dress shoes unless the athletic uniform is being worn. If the athletic uniform is being worn, athletic shoes will be allowed; however, sandals are never acceptable. No hats or caps are permitted unless they are part of the athletic uniform being worn. These rules also apply to athletes who eat with the team after the game but ride home with their parents. These rules apply to home games as well as away games. Girls' athletic participation dress code lengths are as follows: athletes - 2" maximum above the middle of the knee; cheerleaders - 1" maximum above the middle of the knee.
- EMERGENCIES:** Any accident or injury must be reported to the coach. The coach will then submit the report in writing to the school office.
- ELIGIBILITY: Previous School Year:** A student who failed to pass four (4) of the five (5) full unit subjects the previous school year shall be ineligible for competition during the first grading period of the current school year. The academic subjects referred to shall be four (4) of these five (5): Bible, English, Science, Math, and History. A "Conditioned" or "Incomplete" subject is a failure. Such a student remains ineligible for a minimum of the first nine weeks.
Current School Year: To be eligible for competition during any grading period subsequent to the first, students must have a passing grade in each of their subjects from the previous grading period. All students must maintain a C average with no F's on the quarter grades of their report cards. A cumulative C average, figured by semesters, must be maintained once an athlete enters the tenth grade. If these requirements are not met, the student must sit out until the progress report is issued; and then the above criteria must be met.
- GYM:** Students are not to enter buildings, other than the gym, in shorts. Students are not to wait outside of any building in shorts. Shirts must always be worn on campus. Gum, glass, and cleats are not allowed in the gym.
- HEALTH FORMS:** FHSAA requires that a current physician's certificate form (supplied by the athletic department) be on file with the athletic director prior to the beginning of practice in any sport. A physical is only good for the current school year. Parental consent and private insurance is also required.
- INELIGIBLE STUDENTS:** Students on extracurricular probation may not participate in any athletic practices or games for the duration of the probation period.
 - at 35 demerits **one week extracurricular probation**
 - at 50 demerits **four weeks of extracurricular probation**
 - at 75 demerits **seven weeks of extracurricular probation**
 - at 90 demerits **placed on extracurricular probation for the remainder of the school year**
- PRACTICES:** Times and days for practices will be determined by the coach of each sport with the prior approval of the Athletic Director. Practice duration shall not exceed two (2) hours for any sport, excluding shower time.
- TRANSPORTATION:** No food, drink, candy, gum, magazines, radios, games, or toys are to be taken or used on trips unless permission is given in advance by the Athletic Director. Athletes must ride to all away games with the team. Team members can only return with adults when written permission is received by the coach a day prior to the activity. No student is ever allowed to return with another group of students or other young people not accompanied by an approved adult.
- UNIFORMS:** Practice and game uniforms are to be cleaned by designated school service. Students should not normally take their uniforms home. (This does not include gym uniforms which must be worn for practice unless exception is approved by the Athletic Director.)

I am participating in the designated activity voluntarily and am eligible by established rules and regulations of Ocala Christian Academy, the Florida Christian Conference, and the Florida High School Activities Association. I will adhere to the school policies and specific activity rules. I recognize the importance of following the instructions of the coach/sponsor regarding prevention of injury, good safety practices, appropriate conduct and other applicable rules. I have read, understand and agree to follow the above requirements.

Name of Student (printed)

Signature of Student

Date

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Date