

WILLOWS HIGH SCHOOL

STUDENT ATHLETIC CODE



The District and School of Willows Unified School District
does not discriminate against their students in any of its programs or activities.

(Amended May, 2026)

STUDENT ATHLETIC CODE

TABLE OF CONTENTS

	<u>Page</u>
Eligibility for Athletics.	4
Goal	6
Goal of a Successful Athlete	6
Physical condition - a good athlete	6
On the field - a good athlete	6
In the community - a good athlete	6
At school - a good athlete	7
Guidelines	7
Eligibility Requirements in Addition to those of C.I.F. After School Tutorial and the Student-Athlete.	8
Starting and Practice Sessions	9
Equipment	9
Athletic Awards	9
General Guidelines	10
Changing Sports	10
Trial Participation in a Sport	10
Dual Sports	10
Quitting a Sport	10
Transportation	10
Injuries	10
Attendance	11
Restricted Areas at other Schools	11
Disciplinary Consequences	11
Criminal Activity	12
Logistics	12
Conclusion	13
Athletic Code	14

_____ Parent/Guardian Initials
_____ Student Athlete Initials

WILLOWS HIGH SCHOOL PHILOSOPHY AND GOALS FOR INTERSCHOLASTIC ATHLETICS

Willows High School is committed to maintaining a quality program of interscholastic athletics for the young men and women attending Willows High School. The district recognizes that participation in athletic programs is a valuable part of a student's education and personal development.

A quality interscholastic athletic program should provide a variety of opportunities in which students:

- A) Develop favorable habits and attitudes of social conduct.
- B) Develop fundamental conditioning and athletic skills.
- C) Learn the importance of self-discipline and making a commitment.
- D) Develop the value of good sportsmanship.
- E) Learn the dynamics of teamwork and what can be achieved when the team concept is embraced.

Learning to function in a competitive atmosphere such as athletics, is an important aspect of a young person's life. It is the school's responsibility to provide an athletic environment where participants are given the opportunity to compete. The enjoyment of winning and the disappointment of losing occurs in a manner that builds personal character and stresses good sportsmanship. While every effort will be made to award ample game playing time to each member on the team, it must be understood by all, athletes, parents, coaches and community, that playing time is earned. The athlete earns playing time through commitment at practice, attitude, physical conditioning, skill level and willingness to improve.

Varsity Level: Always play your best, which should include winning. To win league, make playoffs, compete for section title and move on to state playoffs and be competitive there. This means putting our strongest team in the game.

Junior Varsity Level: Prepare the student-athlete for varsity competition. Stress fundamentals! Along the way, win as many contests as possible. Playing time will not necessarily be divided equally, but every attempt will be made for students to have a place to play. This does not insure every player will play in every game.

Remember there are many factors involved in playing time; effort at practice and in the game, attitude towards teammates and coaches, absences and tardies, as well as academic performance.

The cornerstone of a successful interscholastic athletic program lies in the dedication and hard work of our athletic staff and by the positive support they receive from the parents and community. Our schools have been fortunate to have high caliber individuals working with our athletes and we will defend their right to be treated with respect and dignity.

Willows High School will also make every effort to ensure that its athletes are not discriminated against in terms of socio-economic status, sex, racial or ethnic origin.

_____ Parent/Guardian Initials
_____ Student Athlete Initials

WILLOWS UNIFIED SCHOOL DISTRICT

COMMITMENT TO FIELDING VARSITY SPORTS

Willows High School and Willows Unified School District are committed to Fielding Varsity Sports. Varsity teams will be filled first prior to any other team Junior Varsity and Freshman Teams will be filled based on the participation of the Student Body.

ELIGIBILITY FOR ATHLETICS

It is the intention of the Board of Trustees that students be encouraged to participate in the athletic program of the high school. It is the feeling of the Board that participation in the athletic program provides an excellent opportunity for leadership, physical fitness and teamwork. However, it is also the conviction of the Board that the primary responsibility of secondary school students is to achieve in the academic program as prescribed in the district course of study. The Board hereby established the following regulations pertaining to eligibility to participate in the athletic program:

1. A student must demonstrate good citizenship and responsibility. A student suspended from school may not participate in any athletic activity nor school sponsored event during the time of suspension. Continued inappropriate behavior will result in the athlete being removed from a team.
2. A student must be passing a minimum of 20 credits and maintain a "C" average (2.0) in subjects, and maintain minimum progress toward meeting the high school graduation requirements prescribed by the governing board. A student will be allowed only one "F" per grading period and must meet the minimum requirement. Eligibility will be determined by 1st quarter, 1st semester, 3rd quarter and 2nd semester grades. Grades received in June will affect eligibility for the following August. Summer school grades will be allowed to secure eligibility for fall sports. Students must meet all C.I.F. guidelines.
3. Once a student is declared ineligible by reason of obtaining less than a 2.0 grade point average, the student remains ineligible until the next grading period. In the event that a student wishes to seek an exemption from this policy due to special circumstances, a petition may be made by the student's parents to request an exception, for a maximum of one nine week grading period. Waivers are not automatically granted. Only one exemption will be allowed for the entire four years of athletic eligibility. This waiver must be signed by the parent and athlete and on file in the office. The waiver can be canceled within the first ten (10) days of signing the waiver. The waiver clears the athlete for the remainder of that grading period (quarter).
4. A grade(s) of "incomplete" shall not be considered a passing grade unless, by operation of a school grading policy, said "incomplete" grade shall become a passing letter (or numeric) grade without further achievement or accomplishment by a student, at a certain time. When an "incomplete" grade is issued which does not automatically become a passing grade, as indicated immediately above, such "incomplete" grade shall not satisfy the requirement of the bylaw until the academic deficiency which gave rise to such "incomplete" grade shall have been satisfied and

____ Parent/Guardian Initials
____ Student Athlete Initials

a passing grade has been substituted for the “incomplete” grade. Upon such substitutions, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately eligible upon such evaluation.

5. All of the other rules and regulations prescribed in the California Interscholastic Federation, its conferences and leagues and the rules set down in the Willows Unified School District Interscholastic Rules and Regulations (96-97) are likewise a part of this policy.

_____ Parent/Guardian Initials
_____ Student Athlete Initials

WILLOWS HIGH SCHOOL ATHLETIC CODE

GOAL

Athletics means more than competition between individuals or between teams representing different schools. It is a means of learning a way of life truly respected in professions, businesses, and in all other occupations. It teaches us understanding and appreciation for teamwork. It teaches us that to quit means to fail and that to break training not only means unhealthy living, but also jeopardizes the morale and effort of the team. Athletics exemplifies the philosophy that hard work, drive and determination bring eventual success.

GOAL OF A SUCCESSFUL ATHLETE

The conduct of an athlete is closely observed, and is important that their behavior be above reproach. A good athlete is a leader and therefore, has certain obligations and responsibilities.

- I. Physical condition - a good athlete:
 - A. abides by all the training regulations set up by their coach;
 - B. has a sound diet and gets sufficient amount of sleep;
 - C. never uses alcohol, tobacco, or illegal drugs, convinced that they are harmful to good physical conditioning, their team's chances of victory, team morale, and that they can bring disastrous results to team spirit and effort;
 - D. if injured, reports injury to coach, then remains on the team roster and continues to abide by all the regulations of this code. Physical limitations permitting, they continues to participate in team activities unless they has received permission from the coach to do otherwise.

- II. On the field - a good athlete:
 - A. is in complete command of themselves at all times;
 - B. is respectful of all officials;
 - C. is modest in victory and gracious in defeat;
 - D. is in control of their temper at all times;
 - E. exercises good sportsmanship; is always aware of their responsibilities to themselves, their teams, and their school;
 - F. assumes the responsibility of keeping the school equipment issued to them in the best of condition. Any loss or damage, as a result of negligence, becomes the obligation of the athlete, and they will not be allowed to participate in any other sport until the matter is settled;
 - G. never engages in rough-housing, wrestling or shoving, snapping or throwing of towels or equipment in the locker room or showers;
 - H. shows respect for competitors, their school, and their facility.

- III. In the community and on trips - a good athlete:
 - A. conducts themselves as a worthy representative of their family, community, school and team;
 - B. dresses in accordance with school/athletic code;
 - C. travels with their team both to and from all contests, except when prior written permission from their parents and signed by a school administrator permits them to do otherwise;

_____ Parent/Guardian Initials

_____ Student Athlete Initials

IV. At school - a good athlete:

- A. meets the citizenship standards of their school in regular attendance, conduct, and personal appearance, realizing that athletics is only a part of their being in school;
- B. shows respect for their teachers and fellow students;
- C. does all that they can do to promote a feeling of pride in their school.
- D. knows that hazing of students, fights or any form of rough-housing does not promote proper school spirit;
- E. never uses profanity or vulgarity;
- F. never cuts practice or puts themselves above the welfare of their school.

GUIDELINES

To be eligible for participation in sports, students must abide by the following rules:

1. Must be in school all day of the contest. If a student must miss any part of a game day, the excuse must be "pre-excused" prior to beginning of school that day. In case of Saturday contests, must have been in school all day on Friday, unless prior arrangements have been made with the Administration and/or Athletic Director. The section demands a minimum of half day attendance.
2. Grade level, age, and residence, as required by S.V.L., C.I.F, and Willows Unified School District.
3. Have insurance paid or cleared.
4. Parent consent form must be signed by the parent or guardian and on file in the school office.
5. Physical examination must be completed and on file in the school office. Valid physicals have to be dated after the conclusion of the previous school year.
6. Drug test form signed by parents/guardians and students and on file in the school office.
7. Until a student has shown evidence of a physical examination, signed permission form, "adequate" insurance coverage for the current school year, drug test form signed, they will NOT be issued a uniform or allowed to practice.

A student **is not** eligible if:

1. they will be nineteen years of age by June 15;
2. their scholastic standing is below the ninth grade;
3. they have attended high school for more than eight consecutive semesters (ten weeks of attendance constitutes a semester);
4. they have changed schools during the current semester (except upon like changes of their parents);
5. They have taken part in an exhibition of boxing or engaged in any form of boxing competition.
6. they have received any money, goods, or expenses for participation in any athletic activity.
7. they have trained with or have been a member of a college squad or has participated in a college contest.
8. they have participated on any organized team outside of school while on any school team of the same sport as outlined with C.I.F. Handbook.

_____ Parent/Guardian Initials

_____ Student Athlete Initials

ELIGIBILITY REQUIREMENTS IN ADDITION TO THOSE OF C.I.F.

Athletes are representatives of the school and the community, and, as such, they are expected to act in accordance with all laws and school regulations. The coaching staff and administration of Willows High School believe that competition in school athletes is both a privilege and a part of the high school curriculum. With this privilege goes the responsibility of the athlete to conform to reasonable standards of conduct, training, and grooming that bring credit to the school. In view of this fact, the following citizenship and dress regulations have been adopted.

1. Any athlete who is proven guilty of using or possession of narcotics, alcohol, using tobacco in any form, using or possession of illegal drugs, or theft shall be suspended from all athletic participation or practice.
2. Athletic Appeal Board - At the end of a minimum four-week period, a student who has been suspended from athletics at Willows High School may file an appeal to the Willows Athletic Board for reinstatement to the athletic program of Willows High School. (The Board will consist of three head coaches from Willows High School, and two team members, chosen by team vote, of the team from which the athlete has been suspended).
3. Students may not practice or in any way participate in a sport while under suspension for any reason.
4. Students who are awaiting eligibility verification because of custodial questions, residential problems, etc., will not be allowed to participate in any practice or competition without administrative approval.
5. Students who are placed on the no fly list for any disciplinary reasons will be ineligible to participate in any scheduled contests. The student is allowed to practice but can not participate until they get off the list. Students can get off the no fly list by serving a detention, serving an administration led discipline session, or serving a coach directed discipline session (must be cleared with administration)

AFTER SCHOOL TUTORIAL AND THE STUDENT-ATHLETE

If a student-athlete receives an "F" grade on any progress report and/or quarter during the season, they are ineligible to play for two weeks.

Student-Athletes can become eligible again IF:

- Two of the three offered After School Tutorial Program Sessions* are attended in their entirety from 3:00-4:30 pm (Offered Mondays, Tuesdays, Thursdays) * 1 of the 2 required tutorial sessions can be replaced with a coach directed session (must be cleared with administration)
- AND**
- The received "F" grade is no longer an "F" on the Student-Athlete Progress Report Form turned in to the office on Friday afternoon

Failure to attend at least two days of After School Tutorial, even if the grade is raised, will result in continued ineligibility for the student-athlete.

____ Parent/Guardian Initials
____ Student Athlete Initials

STARTING AND PRACTICE SESSIONS

Practice sessions may be held or started at the end of the previous sport, except in the case of football/volleyball, which is governed by League and C.I.F. rules.

Practice sessions will be supervised by the coach. Workouts held without the coach's knowledge or without their supervision are forbidden.

EQUIPMENT

Equipment must be accounted for, except for consumable items. Equipment must be returned by the student not more than five (5) school days after the close of the season. If it is not returned at the end of five days, the student is to be billed for the equipment by the school and a copy of the billing forwarded to the Athletic Director and the student will be declared ineligible until equipment is paid for or returned

The athlete will be ineligible for participation in any interscholastic activity until the equipment is accounted for and/or paid for. He/she will not be allowed to practice and compete in any contest during ineligibility.

ATHLETIC AWARDS

Coaches have the jurisdiction to award blocks to those athletes they feel have contributed in some manner to the overall success of a team.

1. Every athlete is encouraged to attend the awards program unless prior arrangements are made with their coach.
2. Frosh. participation certificate
Junior Varsity. numeral and certificate

Varsity (1st year). letter, emblem and certificate
Varsity (after 1st year). . . . Emblem and certificate
3. Team Awards:

Football.	Varsity	5 awards
	J.V.	4 awards
	Frosh.	3 awards
Basketball, Volleyball.	Varsity	4 awards
	J.V.	3 awards
	Frosh.	2 awards
Girls & Boys Tennis, Golf.	Varsity	4 awards
Baseball, Softball, Track	Varsity	4 awards
	J.V.	3 awards
Wrestling, Soccer.	Varsity	4 awards

GENERAL GUIDELINES

1. **CHANGING SPORTS:** A player may change from one sport to another if he has permission from the athletic director and both coaches involved. It is the athlete's responsibility to contact both coaches before practicing for the new sport. Players dropping a sport without coach's permission are required to wait until the season of the sport he drops or quits is completed prior to practicing for a new sport in the next sport season.
2. **TRIAL PARTICIPATION IN A SPORT:** A student shall be given a trial period consisting of 10 practice sessions to determine if they wish to remain out for that sport. This trial period begins the first day of organized practice whether or not the specific athlete is in attendance.
3. **DUAL SPORTS:** An athlete participating in two sports needs permission from both coaches and the athletic director.
4. **QUITTING A SPORT:** After the Trial/Tryout Period of the season (see Trial Participation in a sport) athletes are expected to commit to their team and season sport. The student athlete quits during the athletic season, they will be issued a penalty of 6 weeks of the athlete's (not the school's) next competitive season.
5. **REMOVAL FROM A SPORTS TEAM:** Quitting or being removed from a team for insubordination is an unacceptable habit. A player is removed from a team after the trial period may be denied participation for the following season of sport. Should this happen in the spring the student could be denied for the following fall sport season.
 - a) Consult with the immediate coach and then the head coach.
 - b) Report situation to the athletic director and principal
 - c) Check in all equipment.
6. **TRANSPORTATION:**
 - A. All students will travel to away games/matches by school van, bus, or under adult supervision cleared with the Athletic Director or Principal in advance. Any students who violate this rule will not be allowed to participate in that game/match. A student may be released from traveling in school provided transportation with coach's approval and PRIOR written administrative and parent permission. The coach will only release students to ride home with their own parents. If a special situation arises, the coach, in conjunction with the Administration's approval, may make special arrangements.

GUIDELINES:

- a. Students should be released to parents/guardians via signed note and visual contact.
 - b. Coach should visually verify that the student is indeed released to the parent/guardian.
 - c. Special situations should have the coach and administrator's approval PRIOR to releasing any student from school provided transportation to private transportation.
7. **INJURIES:** If a player is injured, they must still be in attendance for practices, and contests as a member of the team. If a parent or guardian requests the player to not participate in practice/contests, then that student will not participate until the original request is rescinded by the parent/guardian or physician in writing. Any player who has an injury that will permit no further

_____ Parent/Guardian Initials

_____ Student Athlete Initials

participation during that sport season, will be considered on leave from the sport with no penalty and the player will be given their award, at the coach's discretion.

*Please report ALL injuries to the coach so that proper medical treatment can be rendered.

8. ATTENDANCE: All students participating in scheduled school activities necessitating missing a regular class, will be given equal amounts of time to make up their work. (Athletes are required to meet with their teachers and get assignments prior to missing a class.)
9. ASSOCIATED STUDENT BODY (ASB) CARD/STICKER: All athletes are required to purchase a student body activity sticker before participating in any sport or activity. The ASB card provides identity for travel, admission free to home games. The cost of the ASB Card/Sticker is \$25.00.
10. RESTRICTED AREAS AT OTHER SCHOOLS: When we are visiting another school, all players and personnel are restricted to the facilities. NO ONE will leave the area unless they have checked in with their coach for permission. Violation of this rule can lead to possible suspension and/or being dropped from the traveling team.
11. DISCIPLINARY CONSEQUENCES: Any student who elects to participate in athletics and fails to follow the Athletic Guidelines in any way or at any time will experience disciplinary consequences.

Some of the major consequences are listed below:

1. Students will refrain from using, possessing, or furnishing tobacco - vaping, smoking or chewing.

1. FIRST OFFENSE in a school year:
 - a. Suspension from participation for no less than five school days. Participation is defined as follows: Students will not be allowed to play or practice. Students can attend practice sessions, but will not be allowed to play or practice.
2. SECOND OFFENSE in a school year:
 - a. Suspension from participation for no less than 10 school days.
3. THIRD OFFENSE in a school year:
 - a. Suspension from participation for the duration of the school year. The student will be placed on probation for the following school year and a subsequent violation while on probation will cause the student to be denied further participation for the remainder of that school year.

2. Students will refrain from using, possession or furnishing alcohol.

1. FIRST OFFENSE in a school year:
 - a. Suspension from participation for no less than five school days. Participation is defined as follows: Students will not be allowed to play or practice. Students can attend practice sessions, but will not be allowed to play or practice.
2. SECOND OFFENSE in a school year:
 - a. Suspension from participation for no less than 10 school days.

Parent/Guardian Initials

Student Athlete Initials

3. **THIRD OFFENSE** in a school year:
 - a. Suspension from participation for the duration of the school year. The student will be placed on probation for the following school year and a subsequent violation while on probation will cause the student to be denied further participation for the remainder of that school year.

3. Students will refrain from using, possession or furnishing illegal drugs.

1. FIRST OFFENSE (during their high school career)
 - a. Notify parents or guardians.
 - b. Suspension from participation in the Willows High School athletic program for no less than 40 calendar days.
 - c. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.
2. SECOND OFFENSE (during their high school career)
 - a. Notify parents or guardians.
 - b. Suspension from participation in the Willows High School athletic program for the remainder of the current season and the next athletic season for which the student is eligible.
 - c. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.
3. THIRD OFFENSE (during their high school career)
 - a. Notify parents or guardians.
 - b. Suspension from participation in the Willows High School athletic program for the remainder of their high school career.

12. **CRIMINAL ACTIVITY:** All students will not violate any local, state or federal law listed as a misdemeanor or felony in the penal code. If found guilty of violations, appropriate discipline will be administered by the coach and/or Administration at their discretion.

13. **LOGISTICS:**

- A. Every participant and their parent/guardian will be informed of the Code of Conduct via the usual school-to-student and/or school-to-parent communiqués.
- B. The school principal/designee, will review Code of Conduct disciplinary referrals to ensure appropriate due process procedures and will be responsible for enforcing the Code.
- C. The parent/guardian of any student who violates the Code will be appraised of the violation and the disciplinary consequences.
- D. The School Administration will direct the development and implementation of any needed school regulations and/or forms to implement or revise any newly developed regulations or procedures.

____ Parent/Guardian Initials
____ Student Athlete Initials

CONCLUSION:

Being part of a **Willows High School team** comes at a cost—your time, energy, and dedication. But that’s the price of **greatness**. We’re not just here to play; we’re here to **be champions**. That takes **sacrifice**.

When the season ends and you’ve given everything you had, the success you’ve earned will be **worth it**. You’ll walk away with more than wins—you’ll walk away with **memories, pride, and a legacy**.

Now is the time to build a record you can be proud of. Let’s make it happen—together.

This Code emphasized the Student Athletic portion of the Interscholastic Sports Rules and Regulations for the Willows Unified School District. Any student or parent wishing to review the complete Interscholastic Sport Rules and Regulations should see the Athletic Director for a copy.

_____ Parent/Guardian Initials
_____ Student Athlete Initials

Willows Unified School District
Willows High School
203 N. Murdock Avenue
Willows, CA 95988
(530) 934-6611

WILLOWS HIGH SCHOOL ATHLETIC CODE

Students who participate in Willows High School athletics are required to abide by the Athletic Code.

I understand the Athletic Code and its implications. I also understand that if I fail to uphold the provisions set forth in the Athletic Code, my privilege to participate as a team member for Willows High School, may be revoked.

I have read and understand the Willows High School Athletic Code. I will assume responsibility for equipment and for damages caused by me and agree to pay for lost equipment.

Student Signature

Date

_____ (Sport(s) I will participate in) _____

I fully understand the provisions set forth in the Athletic Code and support it fully.

Parent Signature

Date

Parent/Guardian Initials

Student Athlete Initials