

Participation and Coaching: In-Season

ALL eligibility and sport regulations, guidelines, policies and procedures set forth by the NMAA, the APS Athletic Department and the school apply to all student-athletes and coaches during the regular season (first day of practice through season end as defined by the NMAA). Refer to NMAA Bylaw: 7.2 Definition of a Season and NMAA Bylaw: 7.6.8 Season Ends.

NMAA Handbook, Section VI Eligibility Bylaws

http://www.nmact.org/file/Section_6.pdf

NMAA Handbook, Section VII Sports Regulations

http://www.nmact.org/file/Section_7.pdf

Team Selection and Free Choice

A student has the right to try out for any sport and be evaluated on merit and performance. Selection of team members shall not be made on any basis other than ability and compliance with regulations established by the NMAA. A student shall have free choice of which sport(s) to try out for without dictation and/or coercion.

Quitting a Sport

- Commitment
Having selected a sport, a student-athlete shall not quit the sport in-season to try out for another sport or take part in an out-of-season program until the sport in-season terminates. Exceptions may be made at the discretion of the principal.
- Quitters Lists
A student who chooses to no longer participate in a sport shall not be subjected to ridicule or embarrassment. No quitter's list of any description shall be kept or displayed.
- Parent Organizations and Booster Club Matters
Refer to the *Parent Organizations & Booster Clubs* section in the handbook.

Practice Sessions

Practice sessions are vital for both the student-athlete and the team. It is for this reason that the student-athlete must meet all attendance requirements designated by the school and program policy. It is the responsibility of the parent/guardian to notify the head coach/supervising coach prior to an absence and to present valid reason for non-attendance.

Pre-Competition Practice Requirement

Refer to the NMAA Bylaw: 7.6.19 Pre-Competition Practice Requirement.

NMAA Handbook, Section VII Sports Regulations

http://www.nmact.org/file/Section_7.pdf

School and Religious Holidays

Students missing practice/athletic events during school designated and recognized religious holidays will not be penalized. Absences honoring a religious commitment will be respected as outlined in the APS Student Behavior Handbook.

APS Student Behavior Handbook

<http://www.aps.edu/service-center/documents/studentHandbook.pdf>

Postponement and/or Cancellation of Activities

Refer to the *Scheduling* section in the handbook for detailed guidelines regarding the postponement and/or cancellation of scheduled activities.

Refer to NMAA Bylaw: 7.6 General regarding the following:

NMAA Handbook, Section VII Sports Regulations
http://www.nmact.org/file/Section_7.pdf

- Scrimmage Limit
 - Minimum Contests for Post-Season Competition Eligibility (Individual)
 - Maximum/Minimum Number of Games/Contests Permitted (Schools/Teams)
 - Game Limitation (Maximum)
 - Schedule/Competition Requirement (Minimum)
 - Sub-Varsity District Tournaments/Meets
 - Participation in Sub-Varsity and Varsity Tournaments/Meets/Events
 - In addition to the NMAA sub-varsity and varsity district tournament guidelines, the following tournament/meet/event participation guidelines apply:
 - APS & Non-APS Tournaments/Meets/Events
 - All participating schools will follow tournament guidelines outlined in host packets.
 - Season Ends
 - Tournament Roster
- Note: This in reference to rosters for post-season varsity events.

Dual Participation

Refer to NMAA Bylaw: 7.3.1 Dual Participation

NMAA Handbook, Section VII Sports Regulations
http://www.nmact.org/file/Section_7.pdf

Senior Participation

Seniors participating and/or competing at sub-varsity levels in any sport is not allowed.

C-Team Participation

C-Team participation is limited to 9th and 10th grade students.

8th Grade Student Participation

APS 8th grade students are restricted from participating at the high school level. While 8th grade participation is allowed at the high school level under NMAA guidelines, the APS Athletic Department elects to limit all 8th grade participation to the middle school level.

Participation in APS Athletic Department high school programs is defined to begin with the first day of official practice during the school year as determined by the NMAA calendar of start dates. However, participation is allowed in both extramural/off-campus activities and intramural/on-campus activities during the summer prior to a student's 9th grade year provided that all APS Athletic Department summer guidelines (e.g. residence, enrollment, etc.) and APS Athletic Department and NMAA participation requirements (e.g. physical exam, concussion management documentation, etc.) are met.

Sport Specific Participation

- Moving Up a Level
 - In football, once a 9th grade student-athlete is moved up to JV or Varsity level competition, he/she cannot return to the freshman team.
 - In track & field, once a student-athlete has scored five (5) or more team points in an event in a varsity meet, he/she is no longer eligible to compete in the same event at the JV level.

Sunday Practices

Sunday practices and/or meetings of any kind are prohibited.

An exception for high school varsity teams involved in NMAA district or NMAA state events scheduled on Monday may be made to hold a practice on Sunday, not to exceed 60 minutes and beginning after 12:00 noon. All Sunday practices must be approved in advance by the school principal and the APS Athletic Department.

Additional Requirements

Individual schools may impose stricter rules and regulations which must be approved by the school principal and made available in writing to student-athletes. These regulations must align with the philosophy and purpose of the interscholastic athletic program as outlined by the APS Athletic Department. These additional requirements may include but are not limited to:

- Tryouts and practice participation for academically ineligible students
- Athletic lettering requirements
- Individual program policies
- Mandated time off for students between sports
- Class attendance requirements the day of practice and/or an athletic event