

## **Participation and Coaching: In-Season**

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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](http://www.nmact.org/file/Section_6.pdf)

NMAA Handbook, Section VII Sports Regulations

[https://www.nmact.org/file/Section\\_7\\_General.pdf](https://www.nmact.org/file/Section_7_General.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/Athletic Director.

### **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 a 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

[https://www.nmact.org/file/Section\\_7\\_General.pdf](https://www.nmact.org/file/Section_7_General.pdf)

### **Postponement and/or Cancellation of Activities**

District Directives will be implemented for when situations arise.

## Refer to NMAA Bylaw: 7.6 General regarding the following:

NMAA Handbook, Section VII Sports Regulations

[https://www.nmact.org/file/Section\\_7\\_General.pdf](https://www.nmact.org/file/Section_7_General.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
  - NMAA sub-varsity and varsity district tournament guidelines apply.

## Dual Participation

Refer to NMAA Bylaw: 7.3.1 Dual Participation

NMAA Handbook, Section VII Sports Regulations

[https://www.nmact.org/file/Section\\_7\\_General.pdf](https://www.nmact.org/file/Section_7_General.pdf)

## 8<sup>th</sup> Grade Student Participation

APS 8<sup>th</sup> grade students are allowed to participate at the high school level. 8<sup>th</sup> grade participation is allowed at the high school level under NMAA guidelines.

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 8th 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.

NMAA Handbook, Section VII Sports Regulations

[https://www.nmact.org/file/Section\\_7\\_General.pdf](https://www.nmact.org/file/Section_7_General.pdf)

## Sport Specific Participation

- Moving Up a Level
  - 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

Follow NMAA guidelines:

NMAA Handbook, Section VII Sports Regulations

[https://www.nmact.org/file/Section\\_7\\_General.pdf](https://www.nmact.org/file/Section_7_General.pdf)