



## GUIDELINES FOR STUDENT ATHLETES

Cornerstone Baptist Academy

*Now then we are ambassadors for Christ..., II Corinthians 5:20*

As Christians, we are representatives of Christ, and we must set a godly example to those around us. The purpose of the athlete is to promote team unity, show good sportsmanship by example, and support good relations between rival teams/schools. As an athlete of Cornerstone Baptist Academy, you are in a leadership position and are a representative of the school. You must set a good example at all times, not just when you are in uniform. You need to put your *all* into everything you do, including this position. You need to develop leadership skills as well as the character traits of faithfulness, commitment, loyalty, and deference. You must do all to the glory of God. The coaching staff has a lot planned for each athlete and has many goals for the team. Coaches are putting their all into the team and expect the same from the athlete. As the coaching staff and administration have goals for each athlete of CBA to accomplish, we also want you to have personal goals in whatever areas you see need for improvement. Everyone needs to work together in harmony with the coaching staff and the administration of the school.

### ***I. Participation Requirements***

1. A student has eight (8) semesters of sport eligibility begin the ninth grade year. This eligibility is for consecutive semesters.
2. A student must be taking at least five (5) credits the first six semesters and a minimum of three (3) credits during semesters seven and eight at CBA to participate in CBA sports.
3. Each student must have a yearly sport physical before the first practice of the sport in which he is participating. According to IHSAA, conditioning and try-outs are considered to be practice. Physicals may be completed any time after April 1 for the following school year. (Elementary athletes playing intramural sports or those students participating in cheer block are excluded from having a sports physical.)
4. A yearly \$100.00 sports fee is charged to each athlete per sport in which he participates.

### ***II. Academic Eligibility***

1. CBA has implemented a year-round eligibility system. This means that a student must achieve minimum academic eligibility at each report card period (end of each quarter) as well as each following three weeks during the sports season in which he participates.
2. Grades will be checked at each nine-week grading period and every three weeks between grading periods during the season.
3. Academic eligibility rules also apply for all elementary intramural sports programs.
4. A student remains ineligible until the next 3-week grading period is over. If the child's grade has improved to meet standards at the end of that 3-week grading period, the student is eligible to participate.
5. If a student is academically ineligible for two consecutive 3-week grading periods, the student is suspended from the team for the remainder of the season.
6. Student who are ineligible for grading periods not within his sport's season will be ineligible as follows:

- a. Soccer / Volleyball
    - 1) A student who is ineligible during the third or fourth quarters of the previous school year will be ineligible for the first two weeks of the regular season. However, the student must participate in all practices during the pre-season and during the two weeks he is ineligible.
    - 2) A student who is ineligible during both the third and fourth quarters of the previous year will be ineligible for the entire season.
  - b. Basketball
    - 1) A student who is ineligible during the first or second quarters of the school year will be ineligible for the first two weeks of the regular season. However, the student must participate in all practices during the pre-season and during the time he is ineligible.
    - 2) A student who is ineligible during both the fourth quarters of the previous year and the first quarter of the current school year will be ineligible for the entire season.
7. Eligibility will be determined at 8:00 AM the next school day after the announced date for the check. Eligibility (for those who have been ineligible or for those who maybe become ineligible) will not affect any game on the day eligibility is determined.
- a. The date for eligibility check cannot be change without the approval of the administration.
  - b. All students will have their eligibility checked at the same time (unless approved by the administration).
  - c. Only work due before the 8:00 AM deadline is to be used for eligibility. Work due after the 8:00 AM cutoff may not be used in calculating eligibility.

### **III. Conduct Eligibility**

- 1. If a student receives three detentions in a nine-week grading period, the athlete is suspended from the team for one week.
- 2. If a student receives five detentions in a nine-week grading period, the athlete is suspended from the team for the season.
- 3. Issues such as lying, anger, disrespect, unsportsmanlike conduct, destruction of school property, complaining, and fighting will be dealt with according to the discretion of the administration and coaches.
- 4. Major issues of misconduct by a student will be dealt with by the administration.

### **IV. Practice**

- 1. If a student is academically ineligible, the student is suspended for a 3-week period. During this period, the student must attend all practices (but cannot participate in games). If a student does not attend practices he will be dismissed from the team for the remainder of the season.
- 2. All practices are mandatory. An athlete must notify a coach ahead of time if a practice is going to be missed. These absences may or may not be excused.
- 3. Unless a student presents a doctor's note, a player must be at school no later than third hour (by 10:24 a.m.) to be able to attend practice that day.
- 4. All jewelry and hard plastic or metal hair pieces are prohibited.
- 5. Absence due to injury will be regulated by the coach.

6. Students may not run through the building after practice. Students from early practices who must wait for other students from later practices must check in to Aftercare until 5:30. At that time, they will return to the gym and sit on the bleachers to wait until practice is over. Failure to do this will result in a loss of playing time.
7. Students must be picked up within fifteen minutes after the close of the scheduled practice time (except as noted above). Students are to stay with their coach to wait to be picked up and not roam the school building. If a student is not picked up on time, a late pick-up fee will be applied to the parent's account. For each minute late, after the first fifteen, there will be a \$1.00 charge. After three late pickups, the athlete will be placed on a one-week suspension. The fifth late pickup will result in dismissal from the team.
8. Students must wear clothing that meets school standards to all practices.
  - a. Girls may wear culottes, sweatpants (full or Capri length), or basketball shorts that come below the knee. Shirts with spaghetti straps and plunging or low-cut necklines are not permitted.
  - b. Boys may wear sweatpants or basketball shorts that come below the knee.
  - c. All athletes must wear coach-approved athletic shoes.
9. Failure to follow these guidelines will result in a one-game suspension for the first infraction and a three-game suspension for the second infraction. A third infraction will result in dismissal from the team.
10. During the school day (7:00 a.m. - 5:30 p.m.), if athletes are not leaving the building immediately following practices, all athletes must change into CBA-approved dress.

#### **V. Games**

1. If an athlete is academically ineligible, the student is suspended for a three week period. During this period, the student must attend all practices but may not travel with the team to away games. For home games, the student will sit the bench during the game wearing his/her school uniform.
2. An athlete must notify their coach ahead of time if he will miss a game or if he will arrive at school late on a game day. Absences not reported to the coach ahead of time will not be excused.
3. On game days, male athletes are to wear a shirt, tie, and dress shoes to school and for travel to and from the game. Female athletes are to wear Sunday dress and dress shoes to school and for travel to and from the game (length and modesty standards will apply.) Ineligible athletes must wear their school uniform to school.
4. All jewelry and hard plastic/ metal hair pieces are prohibited.
5. Unless a student presents a doctor's note, a player must be in class on time (by the 8:00 a.m. bell). If a student is tardy, he will miss the first quarter/set of the next game. If the student is present for less than half the day, he will be ineligible to participate in the next game.
6. Students are not to change into their uniforms until directed by the coach.
7. At the conclusion of the game, the student must change back into a school uniform or coach approved sweat/warm-up long pants to leave or to watch any remaining games.

**VI. Injury**

1. Injuries requiring medical attention must have an official doctor’s note before being an athlete is reinstated into practices or games.
2. If a doctor’s note prohibits a student’s participation, the student must bring a doctor’s release before that student is allowed to participate again.
3. Absences due to non-serious injury will be regulated by the coach.
4. If a student is injured while participating in a school-sponsored practice or game, the student’s guardians are responsible for all doctor’s visits.
5. Any injured student who does not seek medical attention will be subject to the coach’s and administration’s discretion as to whether or not the student is well enough to participate.
6. Any athlete suspected of having a concussion should be evaluated by an appropriate health care professional that day. Any athlete with a concussion must be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition per the National Federation of State High School Associations guidelines.

**VII. Bench Personnel**

1. Bench personnel (team manager, statisticians, etc.) must meet the same eligibility, behavior, and dress requirements as athletes. Failure to meet those requirements may result in forfeiture of that position.
2. If they become ineligible, they may not attend practices, travel with team, or help at games until eligible again.
3. The position may be forfeited if replaced by someone during the ineligibility period.

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I have completely read the Cornerstone Baptist Academy Sports Guidelines and understand the guidelines. I further understand that if the guidelines are not met, it may result in dismissal from the team.

I have read the attached information and understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury.

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cornerstone Baptist Academy  
**Athletic Release**

Student name \_\_\_\_\_ Grade: \_\_\_\_\_ School year: \_\_\_\_\_

Participant in the following athletic activities (Please circle all that apply):

Volleyball      Basketball      Soccer

**PHYSICAL RELEASE:** To the best of my knowledge, my child has no physical ailment that would limit his/her full participation in any athletic event including all practices and games. Further, I have completed and submitted the required sport physical.

**TRAVEL RELEASE:** My child has permission to travel by bus with the team to all away games, including overnight trips for tournament play. Further, I entrust to the coaches and/or sponsors the responsibility for the discipline or correction of my child while on such a trip.

**FINANCIAL RELEASE:** I accept financial responsibility for all uniform and travel expenses that may be required and will pay all fees promptly. Further, should injuries be incurred during a practice or a game, home or away, I give permission to the coaches and/or sponsors to secure appropriate medical attention if I cannot be reached, and I will assume all financial responsibility for the expenses incurred. I will not hold the school, administration, coaches, or sponsors liable for injuries that may be sustained by my student.

INSURANCE COMPANY: \_\_\_\_\_

POLICY#: \_\_\_\_\_

Father Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mother Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*IF YOU CHANGE INSURANCE COMPANIES DURING THE SCHOOL YEAR,  
PLEASE NOTIFY THE SCHOOL**