

COMPETITIVE AND EXTRACURRICULAR ACTIVITY HANDBOOK



**CARLINVILLE MIDDLE
AND HIGH SCHOOL**

2025 – 2026 School Year

CARLINVILLE HIGH SCHOOL EXTRA CURRICULAR CODE

PURPOSE

The Board of Education of Carlinville Community Unit School District #1 has adopted this Extracurricular Code which applies to all students in grades 6-12 who participate in competitive or extracurricular activities. The purpose of this handbook is to define expectations for Students that promotes their well-being, encourages the development of self-discipline and self-control in students. **This handbook is a supplement to the student handbook and participants are required to adhere to the policies of both handbooks.**

Students who participate in competitive or extracurricular activities are perceived by students and the public as **representatives of the school** and other students. They are provided certain unique privileges and services not available to other students. The Board determines that it is necessary for the maintenance of discipline, and to promote exemplary conduct that additional rules apply to competitive and extracurricular activities.

Participation in extracurricular activities is a privilege available to qualified students. There is no right of students to participate in a competition or any other school governed extracurricular activities. Those who participate in extracurricular activities have a responsibility to favorably represent the school and community. Student competitive and extracurricular participants are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of Carlinville High School and Carlinville Middle School. Strict adherence to the rules set forth in this Competitive and Extracurricular Participation Code is a responsibility which accompanies the privilege of participation.

If a student fails to comply with the terms of this Code, the privilege to participate in competitive and extracurricular activities may be lost in accordance with the terms of this Competition and Extracurricular Activity Code.

Students desiring to participate in any such competitive or extracurricular activity are required to have on file in the school office a Competitive and Extracurricular Activity Form. Such forms shall be provided to students and parents and/or guardians and shall include this Competitive and Extracurricular Participation Code. Students participating in extracurricular activities and a parent or guardian shall sign the form indicating that they have read and understand this Competitive and Extracurricular Activity Code.

DEFINITIONS

Participant – Participant means a Student enrolled in grades 6 through 12 at Carlinville Middle School, Carlinville High School or is otherwise authorized by the administration

to participate in any competitive or extracurricular activity sponsored by Carlinville Middle School or Carlinville High School.

Activity – means any and all activities associated with a competitive activity or extracurricular activity sponsored by Carlinville Middle School or Carlinville High School and includes but not limited to, tryouts, practices, rehearsals, games, events, contests, competitions, performances, tournaments, matches, weight training, summer league, camp, open gym or other recreational activities connected to the conducting of any school-sponsored competitive activity or extracurricular activity. Activities governed by this Code include, but are not limited to:

ACTIVITIES

Cavalettes
All School Musical
NHS
Student Council

FALL

Football
Golf
Cross Country
HS Volleyball
Fall Cheerleading
Boys Soccer
MS Girls Basketball
MS Softball
MS Baseball
WINTER

Boys Basketball
Wrestling

HS Girls Basketball
Winter Cheerleading
MS Volleyball
Scholastic Bowl
Bowling

SPRING

Boys Track
Girls Track
HS Softball
HS Baseball
Girls Soccer
Scholastic Bowl

Other school-sponsored clubs and organizations may, in the discretion of the activity sponsor, elect to follow this Code.

Extracurricular—means any activity scheduled outside of the regular school day and include but are not limited to clubs, choir, band, academic groups or other school-sponsored activity.

Competitive Activity – means any those activities sponsored by the Illinois High School Association, Illinois Elementary School Association or similar organization and in which the participant engages in physical activity.

Activity Sponsor – means the sponsor(s) or coaches of any extracurricular or competitive activity.

CONFERENCE AFFILIATION

Carlinville High School is a member of the Illinois High School Association (IHSA) and the South Central Conference. Eligibility of student athletes and extracurricular

participants is governed by the rules and regulations of the IHSA, the South Central Conference, the Board of Education, the principal and the activity sponsor(s) of the various extracurricular and athletic activities offered by Carlinville High School. Carlinville Middle School is a member of the Illinois Elementary School Association (IESA) and the 2M Conference.

WHEN THIS EXTRACURRICULAR CODE IS IN EFFECT

The rules set forth in this Extracurricular Code are in effect 24/7 beginning at the participant's first participation event, i.e. try-out, practice, initial extracurricular activity meeting until the final participation event.

POLICY CONFLICTS

This Code does not replace existing Board of Education Policies but rather clarify the application of existing policies to students participating in competitive or extracurricular events. The Board of Education has reviewed and adopted this Code and it is the Board's expectation that students and staff will comply with the provisions outlined in this Code.

REQUIREMENTS FOR PARTICIPATION

A competitive or extracurricular participant must have the following fully executed documents on file at the school office wherein the participant is in attendance before the participant's first participation in any activity:

1. A current physical examination report completed by a physician licensed in Illinois to practice medicine in all its branches which finds the participant is physically able to participate, if required by a specific activity.
2. A permission slip to participate in the specific activity in which the participant intends to participate signed by the participant's parent or guardian, if required by a specific activity.
3. Proof the participant is covered by medical insurance, if required by a specific activity.
4. A receipt showing the participant and his/her parents received a copy of the Extra-curricular Code, understand the terms of the Extracurricular Code and agree to abide by its terms and conditions.
5. If participating in an IHSA sponsored event(s), a signed IHSA Sports Medicine Acknowledgement and Consent Form regarding concussions and the IHSA Performance-Enhancing Testing Policy. All other IHSA requirements are to be adhered to if participating in an IHSA sponsored event(s).
6. To be eligible to participate in any IHSA-sponsored or school-supported athletic or extracurricular activity, a student must pass six (6) classes in the previous semester and be passing six (6) classes each week. Any student-participant failing to pass six classes in one semester shall be suspended from extracurricular participation for one semester.
7. To be eligible in any IESA-sponsored or school-supported athletic or extracurricular activity, a student must have no failing grades.

ABSENCE FROM MIDDLE SCHOOL AND HIGH SCHOOL ON DAY OF ACTIVITY

A middle school or high school participant who is absent from school for more than half of the school day shall be ineligible for any activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the activity sponsor:

1. For a medical absence pre-arranged with the activity sponsor.
2. For a death in the participant's family.
3. For a court date.

INSURANCE

Before any student participant shall be permitted to practice for or compete in any competitive event, and before any equipment is issued to the participant, the participant must provide proof of coverage for extracurricular injuries by a private insurance carrier by listing company and signing off, verifying proof of insurance.

REPORT OF INJURY

The student participant shall promptly report all injuries and illnesses or medical conditions, regardless of severity, and whether or not caused by extracurricular competition to the head activity sponsor of the activity in which the participant is competing.

STUDENT INJURY

No participant shall be permitted to participate in a practice or extracurricular event if the nature or extent of an injury to the participant dictates that the participant should be withheld. When doubt exists as to the ability of the participant to practice or compete, competent medical advice shall be solicited.

MEDICAL RELEASE TO RETURN TO COMPETITION

When there is any question of a participant's medical fitness to practice or compete, activity sponsors or school officials may require the participant to provide a release to participate, signed by a physician licensed to practice medicine in Illinois, before allowing the participant to engage in further extracurricular activity. In each instance when a participant has been directed by an activity sponsor or other school official to seek medical examination treatment, the participant shall provide a release to participate, signed by a physician licensed to practice medicine in Illinois before the participant is allowed to engage in further extracurricular activity.

DRESS AND GROOMING

All participants shall be well groomed to best represent the Carlinville Middle and High School and the Carlinville Community Unit School District #1 in extracurricular activities. Specific rules regulating the dress or grooming of participants may be developed by the activity sponsor of each respective activity provided, however, that such rules are limited to health or safety regulations. Team uniforms and equipment shall be required when an activity so requires. No wearing apparel, attire or jewelry shall be worn which displays any vulgarity, profanity, drugs, alcohol, tobacco, or any other message which is

inconsistent with the pedagogical mission of the school. Other prohibitions shall be limited to regulating forms of dress or grooming which present health or safety concerns for the participant or other extracurricular participants.

USE OF EQUIPMENT

Participants shall be responsible for the care and maintenance of all extracurricular equipment issued to them.

RETURN OF EQUIPMENT

Each participant issued extracurricular equipment shall return the equipment in the condition in which it was received, normal wear and tear excepted, to the respective department that issued the equipment within one (1) week of completion of the activity season for which the equipment was issued, or within one (1) week of the end of the participant's participation in the activity for the season, whichever comes first. If a participant fails to return equipment as required, or returns it in damaged condition, the participant may be charged for replacement or repair, or otherwise disciplined as appropriate.

LOCKERS

Lockers are school property and are loaned to students for their temporary use. Lockers are subject to search by school officials at any time.

TRAVEL

All participants shall travel to extracurricular events and return home from extracurricular events with the team on which the participant competes by use of school approved means of transportation when provided. A written waiver of this rule may be issued by an activity sponsor or administrator upon advance written request of a participant's parent or guardian and provided the parent/guardian or adult designee appears and accepts custody of the participant. In no case shall a waiver be issued unless the alternate means of transportation anticipated by the waiver will be provided by the parent, guardian or adult designee. This request must be provided in person to the head activity sponsor or administrative staff. Oral requests shall not be honored and oral permissions shall not be valid. In addition, when the district does not provide transportation, a parental authorization for student transportation form must be filled out. Any person who provides transportation to any student who is not his or her own child must provide the school district with a certificate of insurance evidencing coverage for bodily injury, medical, property damage and uninsured motorist coverage in amounts of at least \$250,000 per person and \$500,000 per occurrence.

TRAINING RULES

The activity sponsor of each activity may establish training rules which shall apply to each student participant participating in the activity, provided, however, such rules shall not be inconsistent with the rules provided herein. Training rules, the purpose of which shall be to enhance the educational experience, provide for the safety, or protect the physical well-being of the student participant, shall be subject to the approval of the Superintendent of Schools. Before the adoption of any training rule(s), the proposed

rule(s) shall be submitted to the assistant principal or principal who shall submit the rule(s) to the Superintendent of Schools for approval.

ATTENDANCE AT PRACTICES, MEETS, GAMES, AND EXTRACURRICULAR EVENTS

For the protection of the health and safety of participants, and to protect the integrity of the activity group, group members shall be required to attend all regularly scheduled practices, meets, games and events of the activity group. Failure to attend by a team member may result in discipline, including suspension or dismissal from the team.

DRUGS, ALCOHOL AND/OR TOBACCO

Except with respect to prescription drugs used by the person for whom such drugs were prescribed in the manner intended by the prescribing medical doctor, the possession, use, distribution, purchase or sale of any alcoholic beverage, drug, drug paraphernalia, controlled substance, look-alike, tobacco or tobacco product or any other substance which, when taken into the human body is intended to alter mood or mental state, including any item or substance which is represented by a student to be, or is believed by a student to be any of the foregoing, regardless of the true nature or appearance of the substance, is prohibited in school buildings, on school buses and on all other school property or school related events at any time. This prohibition shall include all school-sponsored or school related activities, whether held before or after school, evenings or weekends and shall additionally include a prohibition of use by a student participant in any instance where the school can demonstrate a reasonable connection to the school program or school athletic program. For purposes of this policy, students who are under the influence of prohibited substances shall be treated in the same manner as though they had prohibited substances in their possession.

Any student participant found to be in violation of this policy shall be subject to discipline in accordance with the Carlinville Middle School and High School's extracurricular discipline policies, rules, and regulations as provided herein.

EXTRACURRICULAR PARTICIPATION GUIDELINES

An extracurricular participant will be subject to disciplinary action if the participant violates the rules identified in this Code. As a reminder, this Code applies to infractions occurring while a student is participating in an extracurricular activity, whether on or off school premises.

VIOLATION GUIDELINES

Violation of Sponsor Conduct Rules

The relationship between an extracurricular participant and a sponsor is an important relationship. It is the expectation of the Board of Education and administration that each sponsor will address any violation of the sponsor's conduct rules with the participant. The decision of the sponsor is final.

Violation of IESA and IHSA Rules/Organization Codes of Conduct

The Carlinville District proudly participates in activities organized by the Illinois High School Athletic Association (IHSA) and Illinois Elementary School Athletic Association (IESA). Any student participating in an IHSA or IESA sponsored activity must adhere to all rules and requirements of those organizations.

Any alleged violation of IHSA or IESA rules will be addressed by a building administrator.

Violation of District Rules

While the Board of Education takes great pride in winning, it does not condone “winning at any cost” and discourages any and all pressure that might tend to neglect good sportsmanship and good mental and physical health. While not all misconduct can be predicted, those actions that place students at risk or are deemed detrimental to the school or athletic program or violate law shall be subject to discipline.

The following violations are considered as guidelines which extracurricular participants are expected to respect and to maintain:

LEVEL A:

Violations:

- The possession, use, purchase, or act of being under the influence of any alcoholic beverage, controlled substance, look-alike drug (a substance, that because of its physical characteristics, would lead someone to believe the substance is a controlled substance, or it is represented to be a controlled substance), anabolic steroid (unless it is being administered in accordance with a physician’s or licensed practitioner’s prescription), any performance-enhancing substance on the Illinois High School Association’s most current banned substance list (unless administered in accordance with a physician’s or licensed practitioner’s prescription), any prescription drug when not prescribed for the student by a physician or licensed practitioner or when used in a manner inconsistent with instructions, an inhalant that is capable of causing intoxication, hallucination, excitement or dulling of the brain or nervous system, drug paraphernalia, illicit drug, or the misuse of prescription or over-the-counter medications.
- Violation of the rules and regulations of the Carlinville District that results in-school and/or out of school suspension(s) greater than four (4) days total in a school year.
- Possession of a weapon, explosive, or incendiary device.

Consequences:**First Offense:**

- ☐ Athletics: Participant will be suspended for one-third of the season, with limitations as set forth by the IHSA for high school participants. A student may choose to complete the assessment phase of the substance abuse policy, at the administration's discretion, for a possible reduction in the number of games suspended. This option shall be available only one time during a student's middle school career and one time during a student's high school career Activities: Participant will be suspended for forty-five school days. A student may choose to complete the assessment phase of the substance abuse policy, at the administration's discretion, for a possible reduction in the number of days suspended.
- ☐ For those students participating in band, the following consequences will be applied:
 - a. First semester: One-third of the Marching Band season
 - b. Second Semester: The student will not be able to participate for forty-five (45) school days.
 - c. Second Offense: Participant will be suspended from all athletics/activities for period of one (1) calendar year.
 - d. Third Offense: Participant will be suspended from all athletics/activities for the remainder of his/her middle school or high school career.

LEVEL B:**Violations:**

- ☐ Use or possession of any tobacco substance, including all vaping devices and electronic cigarette products, or other electronic nicotine delivery systems capable of delivering nicotine.
- ☐ Stealing or vandalizing personal or school property.
- ☐ Any intentional, knowing, or reckless act directed against a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization, club, or athletic team whose members are or include other students.
- ☐ Activity that may be considered by the administration to be unsportsmanlike conduct. Such conduct may include, but is not limited to, violation of team rules, use of violence, force, coercion, hazing, threats, intimidation, fear, bullying, or other comparable conduct toward anyone or urging other students to engage in such conduct.

This conduct can occur during a competition or participation in an activity governed by this Code. Such conduct can also occur off-campus and during non-participation in an activity governed by this section.

Consequences:

First Offense:

- Athletics: Participant will be suspended from all athletics for a period of one-sixth of the competitive season, with limitations as set forth by the IHSA.
- Activities: Participant will be suspended from all activities for a period of two (2) weeks.

Second Offense:

Participant will be suspended from all athletic/activities for a period of ninety (90) calendar days.

Third Offense:

Participant will be suspended from all athletic/activities for a period of one (1) calendar year.

LEVEL C:

Violations:

- Suspensions totaling four (4) or fewer days in a school year for violation of the rules and regulations of the Carlinville District.
- Unexcused absence from a contest, performance, or practice.
- Misconduct at a contest, performance, or practice, or on an activity bus.

Consequences:

First Offense:

Punishment will be determined by the coach/sponsor with notification given to the athletic director/principal.

Second Offense:

Participant will be suspended from the team/activity. Length of time will be determined by the coach/sponsor with notification given to the athletic director/principal.

SPECIAL RULES RELATED TO CRIMINAL OFFENSES

If a student is charged with a criminal felony offense, an offense which would be a felony if committed by an adult, or a misdemeanor offense as listed in Section 24-1, 24-3, or 24-3.1 of the Criminal Code pertaining to weapons or firearms, the student will be excluded from participating in all athletic and extracurricular activities until the criminal charge is adjudicated or dismissed. If the student is convicted of a felony offense, adjudicated delinquent for an offense which would be a felony if committed by an adult, or a misdemeanor offense as listed in Section 24-1, 24-3, or 24-3.1 of the Criminal Code pertaining to weapons and firearms, the student shall be excluded from participation in all athletic and extracurricular activities for a period of one calendar year from the date of conviction. If a student is charged with an offense reportable to the District pursuant to a reciprocal reporting agreement with local law enforcement and that offense is not already listed above as a Level A, B or C Offense, the student will be excluded from participating in all athletic and extracurricular activities for a period of time determined appropriate by the Administration.

INVESTIGATION

If a violation of the Code is presented to an administrator, the administrator will conduct an investigation into the violation. Such investigation will include a meeting with the involved participant. After the investigation is completed, the administrator will then determine if a Code violation occurred. If the administration determines a Code violation occurred, the administrator will explain the violation to the participant and inform the participant of any consequences for the violation.

APPEAL TO THE SUPERINTENDENT

The participant can challenge the administrator's consequence by submitting, within five (5) business days from the date the participant was notified of the consequence, a request for review to the Superintendent. The Superintendent's review will be limited to reviewing the administrator's investigation. No further investigation will be conducted by the Superintendent. The Superintendent will then issue his/her decision within five (5) business days. During any appeal to the Superintendent, the administrator's consequence will continue to be imposed unless otherwise changed by the Superintendent.

APPEAL TO THE BOARD OF EDUCATION

If a Student disagrees with the decision of the Superintendent, the Student can challenge the Superintendent's decision by requesting review by the Board of Education. Any appeal to the Board of Education must be submitted to the Superintendent, in writing, within five (5) business days of the Superintendent's decision. The Board of Education will consider the Student's appeal at its next regularly scheduled board of education meeting. No additional investigation will be conducted by the Board of Education. The consequence imposed by the administrator, or if modified by the Superintendent, will continue to be imposed unless otherwise changed by the Board of Education. The decision of the Board of Education is final.

AWARDS AND HONORS

The achievements of CHS student athletes are recognized at awards banquets held at the conclusion of each season. Certificates, numerals, letters, medals, and service bars are awarded in accordance with the following Guidelines: A certificate, the letter 'C' and a service bar will be awarded for a significant contribution to the success of the varsity team. A medal signifying the sport will be awarded the first time a student-athlete letters in a given sport.

1. Numerals representing the student's year of graduation will be awarded to student-athletes for the first year of participation.
2. Certificates of Award will be presented to all student-athletes who successfully complete a sport season.

Only one set of numerals and one letter 'C' will be given to a student-athlete during his/her four-year high school career.

Two major honors to recognize individual achievement will be presented at the conclusion of each varsity season:

1. Most Valuable Player. The award is for the team member who made the greatest total contribution to the team's success. It goes beyond statistics to also include intangible things such as leadership, morale, and sportsmanship. The coach selects the recipient.
2. Most Improved Player. This award recognizes the individual team member who has made the most dramatic effort to improved performance. The coach selects the recipient.

BEHAVIOR EXPECTATIONS OF THE STUDENT-COMPETITORS

1. Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.
2. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
3. Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport? Never direct remarks at opponents in a taunting manner.
4. Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
5. Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you

disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.

BOARD POLICY 7:305

STUDENT ATHLETE CONCUSSIONS AND HEAD INJURIES

The Superintendent or designee shall develop and implement a program to manage concussions and head injuries suffered by students. The program shall:

1. Prepare for the full implementation of the Youth Sports Concussion Safety Act, that provides, without limitation, each of the following:
 - a. The Board must appoint or approve members of a Concussion Oversight Team for the District.
 - b. The Concussion Oversight Team shall establish each of the following based on peer-reviewed scientific evidence consistent with Guidelines from the Centers for Disease Control and Prevention:
 - i. A return-to-play protocol governing a student's return to interscholastic athletics practice or competition following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise an athletic trainer or other person responsible for compliance with the return-to-play protocol.
 - ii. A return-to-learn protocol governing a student's return to the classroom following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise the person responsible for compliance with the return-to-learn protocol.
 - c. Each student and the student's parent/guardian shall be required to sign a concussion information receipt form each school year before participating in an interscholastic athletic activity.
 - d. A student shall be removed from an interscholastic athletic practice or competition immediately if any of the following individuals believes that the student sustained a concussion during the practice and/or competition: a coach, a physician, a game official, an athletic trainer, the student's parent/guardian, the student, or any other person deemed appropriate under the return-to-play protocol.
 - e. A student who was removed from interscholastic athletic practice or competition shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the return-to-play and return-to-learn protocols developed by the Concussion Oversight Team. An athletic team coach or assistant coach may not authorize a student's return-to-play or return-to-learn.
 - f. The following individuals must complete concussion training as specified in the Youth Sports Concussion Safety Act: all coaches or assistant coaches (whether volunteer or a district employee) of interscholastic athletic activities; nurses who serve on the Concussion Oversight Team; athletic trainers; game

officials of interscholastic athletic activities; and physicians who serve on the Concussion Oversight Team.

- g. The Board shall approve school-specific emergency action plans for interscholastic athletic activities to address the serious injuries and acute medical conditions in which a student's condition may deteriorate rapidly.
2. Comply with the concussion protocols, policies, and by-laws of the Illinois High School Association, including its *Protocol for NFHS Concussion Playing Rules* and its *Return to Play Policy*. These specifically require that:
 - a. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.
 - b. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.
 - c. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.
3. Require that all high school coaching personnel, including the head and assistant coaches, and athletic directors obtain online concussion certification by completing online concussion awareness training in accordance with 105 ILCS 25/1.15.
4. Require all student athletes to view the Illinois High School Association's video about concussions.
5. Inform student athletes and their parents/guardians about this policy in the *Agreement to Participate* or other written instrument that a student athlete and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.
6. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent in continuing to play after a concussion or head injury.
7. Include a requirement for staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.

HEAT POLICY FOR SCHOOL ACTIVITIES

Heat Policy - Modifications for Golf Competitions and Practice when the Heat Index is 95°104°

Players should have immediate access to water regardless of their location on the course. Water bottles should be kept with players at all times. Pace of play should

be so that players are resting at least one minute for every three minutes that they are walking. The time taken between shots and the transition time on the tee-box between holes can be considered resting time.

Heat Policy - Modifications for Soccer Competition when the Heat Index is 95°-104°

The referee shall stop the game for a heat time-out lasting no less than five minutes during the first and second half. The time-out will be called at the first logical time to stop play after the 20 minute mark of each half.

Heat Policy - Modifications for Football Competition when the Heat Index is 95°-104°

Officials shall stop the game for a heat time-out at the first dead ball after the halfway point of each quarter. If either team has possession of the ball inside the other team's twenty-yard line, officials may delay this time out until either the offensive team scores or the ball is turned over.

Heat Policy - Modifications for Cross Country Competition when the Heat Index is 95°-104°

Athletes should have access to unlimited water before and after competition. Athletes should be monitored closely for signs of heat illness following the conclusion of the competition. Athletes should be encouraged to re-hydrate and seek shade as soon as the competition is complete.

Heat Policy - Modifications for Track and Field Competition when the Heat Index is 95°-104°

Athletes should have access to unlimited water before, during and after competition. Athletes should be monitored closely for signs of heat illness during the competition. No mandatory stoppage of play required unless the heat index exceeds 104°. Athletes should re-hydrate and seek shade at each available opportunity during the competition.

Heat Policy - Modifications for Baseball Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition in the dugout area. No mandatory stoppage of play required unless the heat index exceeds 104°.

Heat Policy - Modifications for Softball Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition in the dugout area. No mandatory stoppage of play required unless the heat index exceeds 104°.

