

Ocala Christian Academy's General Rules for Student Athletes

- ATTENDANCE** - Attendance at all practices is required unless previously arranged with the coach. Please be considerate of others and be on time. Discipline actions may occur if not at practices. A note from parents in advance is appreciated. An athlete may not attend a practice or a game unless he or she is in school by the end of the first period on that day and attend a minimum of a ½ day. Exceptions must be cleared through the Athletic Director (A.D.).
- AUTHORITY** - The A.D. is the final authority on department matters unless it is deemed necessary to involve the principal. Each coach is expected to exercise proper authority over his or her team. The coach is responsible for team actions and reactions.

- DISCIPLINE** - By following the school standards for discipline, there should be few problems.

Suspension: An athlete will sit out one game for each day suspended. The suspended game will be on the day of suspension or the first game following the suspension. If the suspension is on a game day, the athlete will not be allowed to attend the game.

Detention: The following action will be taken for any athlete who receives the following number of detentions during a sports season. Accountability begins the first day of practice and is based on earned detentions, not served detentions.

1 detention – running penalty.

2 detentions – increased running penalty and drop a string for a game (i.e. starters do not start; subs go to the back of the rotation)

3 detentions – increased running penalty and sit for a quarter of the event (football – 1 quarter; volleyball – 1 set; basketball – 1 period; baseball/softball – 2 innings)

4 detentions – increased running penalty and sit for half of the event (football – 2 quarters; volleyball – 2 sets; basketball – 2 periods; baseball/softball – 4 innings)

5 detentions – removal from team

Penalties for golf will be at the coach's discretion for the first three detentions since it is a different format than the other sports. However, if a golfer reaches a 4th detention, he will sit for 1 full match, regardless of number of holes being played.

Athletes will not serve a detention on a day when there is an away game leaving before 4:30 pm or a home game beginning before 4:30 pm. In this case, the detention will be rescheduled to the next detention time when no such conflict exists.

- DRESS** - Students are required and encouraged to dress properly, both in and out of school. No hats or caps unless they are part of the uniform should be worn. Do not wear clothing advertising alcohol, tobacco, drugs, rock music or groups, etc. Dress code for practice and competition: girls- 2" maximum above the middle of the knee; cheerleaders- 1" maximum above the middle of the knee. (P.E. uniforms for practice). Games: Athletes will wear clothes set forth by the Athletic Department. This applies to athletes who eat with the team but ride home with their parents. No sneakers. (Exceptions must be approved by the A.D. in advance.) These rules apply to home games. Students are not to enter buildings, other than the gym, in shorts or sit outside any building in shorts (boys or girls). They may leave the gym in shorts if they go directly to their ride. Shirts are to be worn always, both in practice and P.E.

- EMERGENCIES** - Any accident or injury must be reported, in writing, to the school office. Our medical kits are kept adequate for minor needs.

- ELIGIBILITY** - Previous school year: A student who failed to pass four (4) of the five (5) full unit subjects the previous school year will be ineligible for competition during the first grade period of the current school year. The academic subjects referred to here will be four (4) of these five (5): Bible, English, Math, Science, and History. A "Conditioned" or "Incomplete" subject is a failure. A student must set out the first nine weeks, minimum.

Current school year: To be eligible during any grading period after the first, he or she must have a passing grade in each of his or her subjects for the grading period just closed. ALL students must maintain a "C" average with no "F" on their quarter grades of the report card. An accumulative "C" average, figured by semesters, must be maintained once an athlete enters the tenth grade. If the requirements are not met, the student must set out a minimum of 4 ½ weeks at a time and then the above criteria must be met.

- GYM** - The side doors of the gym are for emergency exits only (alarmed). Do not enter through the side doors. No gum chewing (especially during practice or games), glass, or cleats in the gym.

- HEALTH FORMS** - Students are required to undergo a preparticipation physical evaluation and be certified as being physically fit for participation in interscholastic athletics. The physical evaluation is valid for 365 calendar days from the date that it was administered after which time you must successfully undergo another physical evaluation to continue your participation for a period of time. Parental consent and private insurance is also required on form supplied by the Athletic Department.

- INELIGIBLE STUDENTS** - Students will sit out half of a football game for each day suspended and an entire game/match for all other sports for each day suspended. The student will not be allowed on campus or at a game if the suspension is on a game day. It is a conference rule that an academically ineligible student will not be allowed on the player's bench, in the team box or on the field of play in **athletic uniform** during an athletic contest. A player may practice during this time and attend games where the athlete will not miss school time. A player will not be allowed back on a squad if he/she is removed for other reasons other than O.C.A. rules and/or the coach's reasons. An athlete may not try out for the next sport until the sport he/she quit is over.

- PRACTICES** - Times and days will be determined by the coach of each sport with the prior approval of the A.D. Practice duration should not exceed two (2) hours for any sport excluding shower time.

- TRANSPORTATION** - No food, drink, candies, gum, magazines, radios, games or toys are to be taken or used on trips unless the A.D. gives permission in advance. Athletes must ride to all away games with the team. Team members can only return with adults when the coach a day before the activity receives written permission. No student is to ever be allowed to return with a group of students or young people only.

- UNIFORMS** - Game uniforms are to be cleaned by a designated school service. Do not take home your game uniforms. Students will clean their practice uniforms weekly (or more).

I am participating in the designated activity voluntarily and am eligible by established rules and regulations of Ocala Christian Academy, the Florida Christian Conference, and the Florida High School Activities Association. I will adhere to school policies and specific activity rules. I recognize the importance of following the instructions of the coach/sponsor regarding prevention of injury, good safety practices, appropriate conduct and other applicable rules. I have read, understand and agree to follow the above requirements.

Name of Student (printed)

Signature of Student

Date

Name of Parent/Guardian (printed)

Signature of Parent/Guardian

Date