

# Athletes Handbook

Jefferson County Public Schools



2015-16

Jefferson County Public Schools

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**MISSION STATEMENT**

The Jefferson County Public Schools is committed to the ideals of good sportsmanship, ethical behavior and integrity for all members of our athletic community. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others.

**The Jefferson County School District, R-1 does not discriminate on the basis of disability, race, color, religion, sex, sexual orientation, national origin or age in its programs and activities. The following person has been designated to handle inquiries regarding the nondiscrimination policies:**

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## **Sportsmanship**

Members of the Jefferson County League are committed to principles of good sportsmanship. We believe that all student-athletes, coaches, and spectators should strive to represent the very best spirit and tradition of interscholastic athletics. Good sportsmanship is the cornerstone of a quality athletics program. Jefferson County Public Schools is committed to bringing sportsmanship as a top priority in all our school communities. The sportsmanship standards we hold for coaches, student athletes, spirit groups and spectators will bring about healthy rivalries and competition in the educational environment.

The following are our expectations:

### **EXPECTATIONS OF COACHES**

1. Exemplify high moral character, behavior and leadership.
2. Be a positive role model for all concerned.
3. Respect the judgment of contest officials. Abide by the rules of the contest and display no negative behavior.
4. Discipline those on the team who do not abide by sportsmanship standards.
5. Treats own players and opponents with respect.
6. Inspires in the athletes a love for the game and the desire to compete fairly.
7. Knows he/she is a teacher and understands the athletic arena is a classroom.

### **EXPECTATIONS OF STUDENT ATHLETES**

1. Accept seriously the responsibility and privilege of representing your school and community.
2. Treat opponents with respect.
3. Display modesty in victory and graciousness in defeat.
4. Plays hard, but plays within the rules.
5. Exercises self-control at all times, setting an example for others to follow.
6. Respects officials and accepts their decisions without gesture or argument.

### **EXPECTATIONS OF SPECTATORS**

1. Realize your attendance at athletic events is to support the teams involved.
2. Should know and understand the rules of the contest.
3. Respect the integrity and judgment of sports officials.
4. Appreciate the skills of all players participating.
5. Appreciates a good play no matter who makes it.
6. Shows compassion for an injured player; applauds positive performances, does not heckle, jeer or distract players, and does not use profane and obnoxious language and behavior.
7. Respects property of others and the authority of those who administer the competition.
8. Censures those whose behavior is unbecoming.
9. Cheers positively for their team, does not chant at, or get into exchanges with opposing fans.
10. Leaves the venue respectfully and accepts the outcome of the game.

### **EXPECTATIONS OF SPIRIT GROUPS**

1. Stimulate desired crowd response using only positive cheers and praise without antagonizing or demeaning opponents.
2. Treat opposing teams, spirit groups and fans with respect.
3. Know rules and strategies of the contest in order to cheer at proper times.
4. Maintain enthusiasm and composure, and always serving as role models.

## **JEFFERSON COUNTY LEAGUE SPORTSMASHIP MOTTO**

***BE LOUD - BE PROUD - BE POSITIVE***

## **Philosophy and Values**

Athletics is an extension of the classroom, and an important part of the Jefferson County educational program.

Participation in a sound athletic program contributes to good sportsmanship, character, physical development, coordination, and a wholesome interest in sports.

Interscholastic sports competition exemplifies the value of the democratic process and of fair play. Through participation, the student athlete learns how to work with others for the achievement of group goals. Participation in interscholastic sports is a living laboratory of equal opportunity in action where all students are treated without favor or prejudice.

The program of interscholastic sports is an integral part of the education program. It shall, above all else, foster the growth and well being of the individual student.

Good sportsmanship practices have life-long values. The athlete who acts fairly, who observes laws and customs, who treats others with consideration, and who takes adversity without whimpering earns respect. Students in today's schools are tomorrow's community citizens and, as adults, will demonstrate some of the attitudes they are now learning.

The Jefferson County School District is well aware of the importance of the athletics and activities programs, but it recognizes that they should never overshadow the emphasis placed on classroom work. Schools are strongly urged to maximize student-teacher classroom contact by minimizing the loss of school time involved in extra-curricular activities.

## **Benefits of Participation**

The secret is that athletics and activities are not just a way to have fun or be with friends; they serve as valuable educational tools. From interscholastic sports to music, drama and debate, athletics and activities enrich a student's school experience.

Athletics and activities support the academic mission of schools. They are not a diversion but rather an extension of a good educational program. Students who participate in activities and athletic programs tend to have higher grade point averages, better attendance records, lower dropout rates and fewer discipline problems.

As the state's largest school district, Jefferson County has a rich history in athletics dating back to 1921 for boys, winning 121 state championships; and 1974 for girls, winning 90 state championships. At the high school level, 26 varsity sports are offered to girls and boys.

Athletics and activities are inherently educational. Athletics and activities programs provide valuable lessons in many practical situations -- teamwork, sportsmanship, winning, losing, and hard work. Through participation in athletics and activities programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens.

Athletics and activities foster success in later life. Participation in high school athletics and activities is often a predictor of later success -- in college, a career and becoming a contributing member of society.

### **General Athletics Participation**

- ◆ The safety of athletics is a number one priority. Participants must be aware that other athletes' physical safety is extremely important and avoid any type of aggressive action, which could lead to injury to another participant. Participants are also responsible to avoid any activity, which could lead to injury when not being supervised by an assigned faculty member or coach.
- ◆ Each girl and boy is encouraged to participate in as many different sports during each school year as possible. The students and their parents should determine the choice of sports.
- ◆ Students are expected to report for sports at the beginning of each sport season as established by the Colorado High School Activities Association and Jefferson County Schools.
- ◆ Team members of all sports are required to attend all scheduled practices and meetings during the established sports season. If circumstances arise whereby the student cannot attend a practice or meeting, the validity of the reason will be adjudged by the individual coach. In all cases, however, the coach must be notified, prior to the practice or meeting missed, by personal contact, phone call, or written statement from the parent or guardian.
- ◆ If an athlete is eliminated from one sport, he/she is eligible to participate in another sport during that season at the discretion of the coaches. An athlete faced with this situation would be encouraged to go out for another sport unless eliminated because of disciplinary reasons or eligibility infractions.
- ◆ Any student may drop out of a sport if it is done in the proper way. First, the student must make the reasons known to the coach. Secondly, the athlete must return all equipment and clear all financial responsibility with the school.
- ◆ It is expected that athletes will attend a full and normal class schedule on the day of the event. Exceptions to this rule would be an excused absence or a family emergency.

### **Participation Contract**

1. The use or possession of tobacco, drugs, including steroids, drug paraphernalia, or alcoholic beverages in any form will not be tolerated, regardless of quantity. The following represent **minimum** sanctions for violation of this rule, and shall be served at the first possible contest following the infraction. In cases of greater severity, the responsible administrator may increase the sanction up to and including suspension from school and from all interscholastic participation. Observance of all training rules involving the use or possession of tobacco, alcohol, or drug paraphernalia, drugs, including steroids, is a responsibility of the participant.
  - ◆ The first violation will result in a one-contest suspension for sports with 11 or fewer contests. For sports with more than 11 contests, the sanction will be a two-contest suspension.

- ◆ A second violation occurring at any time during a student's attendance in the Jefferson County Schools will result in a suspension from twice as many contests as are provided for the first violation. Where drugs, tobacco or alcohol are involved in both violations, the student must demonstrate evidence of participation in an alcohol or drug treatment program prior to returning to competition.
  - ◆ A third and any subsequent violation occurring at any time during a student's attendance in the Jefferson County Schools will result in suspension from all interscholastic athletics for one full year from the date of infraction.
2. The following represent behavior expectations to be followed by the participant. Violation of these behavior expectations may result in game suspensions, code of conduct penalties, and/or removal from the team at the discretion of school administration.
- ◆ Participants are expected to conduct themselves in a commendable manner at all times in the school, the classroom, during interscholastic activities, and toward opponents, officials and spectators. The use of profane language is not acceptable and will not be tolerated.
  - ◆ There will be "zero tolerance" for assault upon, hazing, disorderly conduct toward, harassment of, intimidation of, discrimination against, or any criminal offense against another student or damage of property of another student.
  - ◆ Any behavior, on or off school property, which is detrimental to the welfare or safety of others will not be permitted.
3. Students who violate this participation contract out of season, including summer months, are subject to disciplinary action at the beginning of the next competitive season for any sport in which they participate. This contract is in effect from the signing date until the student officially graduates or transfers to another school outside the District.

Participants who violate this contract may be required to attend all practices, if not suspended from school. Refer to Board Policy and Procedure JICH/JICH-R, JBC, JBB and JKDA/JKEA, and the Student Conduct Code Book.

### **Misconduct - Penalties**

- ◆ Any athlete participating in an athletic event who flagrantly violates the rules of good sportsmanship should be removed from the game immediately by the coach regardless of the action taken by the game officials. The school administrators of the two schools involved and the District Director of Athletics have the responsibility to determine if further disciplinary measures are warranted.
- ◆ Any player who has been disqualified from a match or contest for committing any unsportsmanlike act shall be disqualified for the remainder of that match or contest. In addition, the player shall be ineligible for the next regularly scheduled match or contest of the same level (sophomore, junior varsity or varsity). The number of matches, meets or contests for which the participant has been declared ineligible will decrease the stated maximum allowable matches, meets or contests in each sport for the disqualified participant. If such ejection occurs in the final match or contest of the season, then that player shall be ineligible for the first match or contest of the next season of sport that player elects to play. In



satisfying the penalty the player must sit out a game in a sport in which he/she competes for the entire season.

- ◆ Any player ejected from a second match or contest during the same season shall be ineligible for the next two matches or contests of the same level.
- ◆ Any player ejected from a third match or contest during the same season shall be subject to a penalty determined by the Commissioner.
- ◆ These represent minimum sanctions for violation of this rule. In cases of greater severity, the responsible administrator may increase the sanction up to and including suspension from all interscholastic participation.
- ◆ The athlete may not take part in any other games or contests at any level during the suspension time.
- ◆ Any athlete who has been disqualified for unsportsmanlike behavior or because he/she is ineligible may not dress out or sit on the team bench during the period of suspension.

### **Pre-sport Participation**

(The following items must be on file before an athlete may begin practice or be issued equipment.)

- ◆ Signed Jefferson County Participation Contract. *All ninth graders must have a physical upon entering high school. A student in grades 10-12 must have a physical exam within the past 365 calendar days.*
- ◆ Signed Athletic Emergency Card.
- ◆ Athletic Fee paid in full: \$150 for each sport. Only those students who discontinue the program within 15 calendar days after reporting are eligible for reimbursement. (Revenue from athletic fees is deposited to the Jefferson County School District general fund.)

### **Dual Sport Participation**

A student may participate in two sports during the same season provided the parents, coaches and school athletic director approve. Requirements for dual participation include the following:

- ◆ A meeting will be held with the athlete, parents, coaches and athletic director prior to the first contest.
- ◆ The athlete must choose a primary sport. All parties will sign a written agreement, which includes specific information regarding practices and priority of contests during the regular and post seasons.
- ◆ The athlete must pay a fee for each sport.
- ◆ The athlete must practice nine days in each contact sport before participating in a contest.
- ◆ If a conflict arises, the school athletic director will intervene and make a determination, which will be binding.

### **General Appearance and Conduct**

- ◆ All athletes should set and keep a high standard of appearance at all times.
- ◆ Athletes should demonstrate positive leadership toward the conduct of the students in the school and in the community.

### **Season Dates**

- ◆ The Jefferson County Activities Association and the Colorado High School Activities Association govern opening and closing dates for interscholastic sports. Starting dates for all sports are as follows:

Fall sports starting date will be Monday, August 17, 2015.  
(Golf only, Monday, August 10, 2015).

Winter sports starting date will be Thursday, November 12, 2015.

Spring sports starting date will be Monday, February 29, 2016.

- ◆ Boys golf may hold tryouts one week prior to the official starting date with the qualification that, if a student is unable to attend at that time, he be allowed to try out the following week.
- ◆ The sport season ends for a member of a high school athletic team on the day following the completion of his or her school's competition at that level at which the student competes.

### **Open Practice**

- ◆ Open gyms and open practice are allowed before and/or after the season.
- ◆ A coach or supervisor must be with each group in the gym and in direct contact with the athletes involved.
- ◆ A school representative must approve the use of the gym for all groups; however, the sports in season have priority use of the facility.
- ◆ A person, acting in the capacity of the high school coach or serving a role representing the high school, may have informational meetings anytime with 8<sup>th</sup> grade students who live in that high school's attendance area as established by the school district, or with those 8<sup>th</sup> grade student that have pre-registered to attend that high school; the coach may conduct practice with those eighth graders starting May 1. This contact may include currently registered underclassmen. The Sunday Contact rule applies to this contact. (per the CHSAA Article 1900.5)

### **Sports Camp Guidelines**

- ◆ A sports camp is defined as an instructional class limited to one sport and involving participation by the individual student. No coach or school representative may directly or by implication direct a student to attend said camp or camps as a condition to practicing, participating or otherwise influencing a student's opportunity to participate in any school sport. A fee may or may not be charged. School sponsored camps must be pre-approved by the athletics' director, principal and district director of athletics.

- ◆ Unless prohibited by the Colorado High School Activities Association (see restrictions under football in CHSAA Bylaws), school equipment may be used throughout the calendar year.

### **Outside Competition**

- ◆ Students should be aware that different organizations have amateur rules, which are different than those of the Colorado High School Activities Association (CHSAA).
- ◆ Players certified to participate as members of any high school sport may compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the principal, which permission shall be granted if:
  - the student's class attendance is not compromised and
  - the student is in good academic standing under the school's activities policy applicable to all students.

### **Eligibility**

- ◆ The Colorado High School Activities Association sets minimum standards for athletics eligibility.
- ◆ **Although a school is governed by the state association, a school may set a more stringent eligibility requirements than set by the state.**

- ◆ Listed are most of the general eligibility rules as set by the CHSAA. (For a more complete explanation and additional information, see your athletics' director.)

Participation in interscholastic athletics as a part of a school's education program is a privilege, and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance related to school purposes. In this regard, the Colorado High School Activities Association and its member schools may exercise the fullest discretion permitted under law.

A student shall be eligible to represent his or her high school in an interscholastic activity sanctioned by the CHSAA if such student meets the following specific requirements:

- The student is a bona fide undergraduate member of his or her high school.
- In the judgement of the principal of the student's school, he/she is a representative of the school's ideals in matters of citizenship, conduct and sportsmanship.
- During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2½ Carnegie units of credit per semester. At the time of participation, the student must not be failing more than the equivalent of ½ Carnegie unit of credit. For purposes of this paragraph, academic eligibility shall be determined by a periodic check (weekly, bi-weekly, monthly) of the student's grade in progress from the beginning of the grading period for each class, as determined by the policy of the student's school, to the close of the certification day for the interscholastic activity in question. In all cases, the periods of eligibility and ineligibility must be equal and at no time may the two groups become eligible on the same day.
- During the semester preceding the semester in which the student wishes to participate in any interscholastic activity, the student must not have failed more than the equivalent of ½ Carnegie unit of credit and must have enrolled in a minimum of 2 ½ Carnegie units of credit. The number of credits failed during a semester shall be determined from the student's school transcripts and shall include all classes taken during the semester. Fractional credits awarded or not awarded by the school shall be added at the end of each

semester to determine eligibility of the succeeding semester. If, after credits are totaled, and failing credits total more than  $\frac{1}{2}$  credit (.50), students will not be eligible.

- A student who drops out of school after having been enrolled and in attendance 15 days will not be eligible for the following quarter of his/her attendance. If the student attends 15 days or more during the semester, he/she must have completed the required number of credits for the whole of that semester to be eligible the next semester.
  
- ◆ No makeup work shall be permitted after the close of the semester and/or the designated periodic eligibility check for the purpose of becoming eligible; and a "condition" shall, for purposes of determining eligibility, count as a failure. A student failing to complete work during the normal semester because of a manifest hardship (injury - illness, or other circumstances beyond his control) may be permitted, at the discretion of his/her high school principal, to make up the work within a reasonable time following the student's recovery. A "reasonable time" in most cases would be a like number of days that the student was absent from school. Prior notification must be filed with CHSAA. Summer school or its equivalent credit accepted by the school toward graduation may be used to replace any Carnegie units or equivalent of credit failed if completed by the Thursday prior to Labor Day. Credits made up through summer school must be in the same curricular area and be accepted to meet graduation requirements of classes previously failed. Written notification of a student(s) regaining eligibility through summer school must be included with the first semester eligibility report.
  
- ◆ Students who have not met the academic requirements at the close of a semester may regain academic eligibility following a period of time (1st semester, Thursday, October 15, 2015; 2nd semester, Friday, March 4, 2016) at which time the student must successfully meet the general academic eligibility in accordance with the following paragraph.
  
- ◆ During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2  $\frac{1}{2}$  Carnegie units of credit per semester and must not be failing more than the equivalent of  $\frac{1}{2}$  Carnegie unit of credit.
  
- ◆ A student who has been ineligible but now regains eligibility for the upcoming semester or designated date shall not compete in any interscholastic contest and/or scrimmage until the day following the close of the current semester. A student who has been eligible, but who now becomes ineligible for the upcoming semester, shall not compete in any interscholastic contest and/or scrimmage on the day following the close of the current semester. Note: Students who are now ineligible but will regain eligibility, and students who are now eligible but will lose eligibility, may never be eligible on the **same day**.

**Q1:** A student has been ineligible for the first semester but has regained eligibility for the second semester. The school calendar adopted by the Board of Education specifies that the semester ends on a Friday. Is the student eligible to compete on (a) Friday night; or (b) Saturday night?

A1:(a) NO (b) YES

**Q2:** A student has been ineligible for the second semester, but will become eligible for the first semester of the next school year. When may the student compete in an interscholastic contest?

A2:The student may compete interscholastically on the first date for interscholastic competition specified in the specific sport's bylaws. The student is not required to attend classes in the first semester in order to compete in the fall sports season.

**Q3:** A student has been eligible during the first semester but will become ineligible for the second semester. The semester ends on Friday. May he/she play on (a) Friday night? (b) Saturday night?

A3:(a) YES (b) NO

- ◆ A student is ineligible to enter inter-school athletic competition if the date of birth is prior to August 1, 1996. The student may not participate in the upcoming school year if he/she reaches the 19th birthday prior to August 1.
- ◆ Any student who has attended more than eight semesters (in grades 9 through 12) is ineligible for high school athletics, except a student otherwise eligible may complete a season's participation in a winter sport begun in his eighth semester (sixth semester in a three-year high school).
- ◆ No high school student shall play more than four seasons in one sport.
- ◆ Any athlete certified to compete in athletics must be an amateur (refer to CHSAA by-laws for further interpretations).

### **General Lettering and Awards Guidelines**

These are Jefferson County policies unless otherwise noted and were established by the Jeffco League Athletics Board and coaches of individual sports.

- ◆ No awards of any kind other than awards by the school, the association or a group approved by the school or the association and limited in value to \$50, shall be made to participants in any inter-school activity.
- ◆ If unapproved awards are offered and accepted by the participants, such participants shall jeopardize their eligibility to represent their school in any inter-school activity; and, further, such acceptance shall jeopardize standing of the school in the Association and may result in the suspension of the school.
- ◆ The state rules on citizenship, scholarship and attendance are to be followed.
- ◆ The decision of giving an athletic award to a player, once the sport guidelines have been met, shall be subject to the approval of the coaches. These names are then submitted to the athletic director/principal for final approval.
- ◆ If awards are given to the athlete by the school, the coaches and the school administration reserve the right to pick up the award for violation of the county or school athletic policies.
- ◆ Individual schools will determine the method of financing all awards.
- ◆ Only varsity awards may be earned by an athlete while competing in CHSAA varsity approved meets or games unless other contests are approved by the District Director of Athletics.

- ◆ Only one athletic letter may be given to a participant during his/her high school career. Each year after that, if a letter is earned, a service bar may be awarded.
- ◆ All requirements, including completion of the season, must be met before an athlete can be recommended for a letter.
- ◆ An athlete playing in a district, quarter-final, or final state game may be considered for a letter.
- ◆ Service Award: A senior girl or boy who has completed two or more years of participation in any sport may be recommended by the coach for a varsity award. A coach, under unusual circumstances, may be recommended for a senior who has not completed two years of participation.
- ◆ Hardship Award: Any girl or boy who is injured or ill and who, in the opinion of the coach, would have earned an award had the injury or illness not occurred, may be considered for an award. A coach may also recommend an award if an athlete is forced to discontinue competition and has not earned an award because of illness or death in a family.
- ◆ Manager's Award: In order to letter, a girl or boy must manage two years in the same sport or manage one year in two sports. The service award also applies to managers.
- ◆ Athletic Trainer Award: The student must have a basic first aid card, log 175 hours and fulfill attendance and other athletic and academic requirements of that sport. CPR is recommended.

### **Type and Size of Letters**

- ◆ All athletic letter awards shall be a maximum of seven inches in size.
- ◆ The insignia (metal or cloth) symbolic of the sport in which an athlete lettered may be worn on the letter:

Baseball/Softball-	crossed bats
Basketball -	basketball
Cross Country -	CC
Field Hockey -	field hockey stick
Football -	football
Golf -	crossed clubs
Gymnastics -	gymnast
Ice Hockey -	ice hockey stick
Lacrosse -	lacrosse stick
Skiing -	skis
Soccer -	soccer ball
Swimming -	swimmer
Tennis -	crossed racquets
Track -	winged foot
Volleyball -	volleyball
Wrestling -	wrestler
Athletic Trainer -	trainer pin

- ◆ Service bars or stripes of metal or cloth (gold or silver) may be worn under the sport insignia for each year a varsity letter is earned in a sport. There is a maximum of four bars or stripes under any insignia. Colored service bars or stripes may be substituted if the athlete is a member of a league or state championship team. **Individuals who are state or league champions are NOT to have colored service bars unless they were on a championship team. No star/bar is to be given for second team All Conference recognition.**

The following are the recommendation of the league for service bars/stripes of metal or cloth to be awarded:

All Conference	Blue Star
League Champion	Blue Star
League Champion Team	Blue Bar
All State	Gold Star
State Champ. Team	Red Bar
Individual State Champ	Red Star

- ◆ Manager awards will be a regular letter.
- ◆ Any of the above insignias, stripes or bars, etc., may be furnished by the school. The funding within each school will be flexible.

#### **Letter Jacket or Sweater**

- ◆ The athletic letter award will be worn on the left upper front of the jacket or sweater.
- ◆ Numerals, not to exceed 2 1/4 inches, in school colors, may be worn on the left sleeve or right front below the pocket to designate the year of graduation.
- ◆ State championship competition medals may appear on the upper right front of the jacket or sweater.
- ◆ Items mentioned above may be purchased at the athlete's expense.

#### **Sports Lettering Guidelines**

Athletes may be awarded a letter from their school of attendance when they meet the guidelines to letter at their school of participation.

- ◆ **Baseball**
  - An athlete must participate in 28 varsity innings.
  - A pitcher must participate in 14 varsity innings.
  - A specialist, pinch runner and pinch hitter may letter with a minimum of 12 innings.
- ◆ **Basketball**
  - An athlete shall play in half of the total quarters of all varsity games played.
  - Quarters played in state playoff games may be counted in the foregoing minimum.
- ◆ **Cross Country**
  - Eight points are needed in order to earn a letter.
  - Any athlete running as an "A" squad member of a five-to-seven member team against 4A or 5A competition will receive one point toward a letter.

- An athlete placing in the upper 25% of the conference or upper 50% of the state meet automatically earns a letter (“A” squad only).
- Additional points must be made by placing in any varsity invitational meet as follows (“A” squad only):

First place	5 points	Breaking 17:30 boys and 20:30 girls
Second place	4 points	<b>Once only</b> 1 point
Third place	3 points	
Fourth place	2 points	
Fifth - tenth place	1 point	

◆ **Field Hockey**

- An athlete shall play in a minimum of half of the total halves played on the schedule.
- An athlete will have participated in a league or state play-off game.

◆ **Football**

- An athlete shall play a minimum of half of the quarters on all scheduled games.
- Quarters played in state playoff games may be counted in the foregoing minimum.

◆ **Golf**

- An athlete may letter by completing one or more of the following:
  - Competing in the state or regional tournament.
  - Competing in two or more Jefferson County league tournaments.
  - Competing in four or more tournaments designated by the coach as lettering requirements.
  - Discretion of the coach for seniors.

◆ **Gymnastics**

- A total of 11 points must be earned to letter.
- An athlete receives one point for every event entered in a varsity meet.
- Coaches’ discretion may also be used in lettering athletes.

◆ **Ice Hockey** - Completing one or more of the following:

- Competing in at least ½ of the total number of periods for the season.
- Competing in the state or regional tournament.
- Discretion of coach for a senior.

◆ **Lacrosse** - Completing one or more of the following:

- Competing in at least ½ of the total number of periods for the season.
- Competing in the state or regional tournament.
- Discretion of coach for a senior.

◆ **Skiing**

- A minimum of 8 points:
  - One point for each race entered (slalom, giant slalom, classical, freestyle).
  - Qualifying (excluding bye entries) and participation in the state ski championships



◆ **Soccer**

- An athlete shall play in a minimum of half of the varsity halves played on the schedule.
- Halves played in state playoff games may be counted in the foregoing minimum.

◆ **Softball**

- An athlete must participate in 28 varsity innings.
- A pitcher must participate in 14 varsity innings.
- A specialist, pinch runner and pinch hitter may letter with a minimum of 12 innings.

◆ **Swimming**

- A swimmer may earn a letter by accomplishing any or all of the following:
  - Earn an average of at least four points (divers only two points) for each regularly scheduled varsity dual or triangular meet during the season.
  - Individually score in the top eight in a championship format.
  - Be a member of a relay team that places in the top four of a championship format meet.
  - Participate in the state meet.

◆ **Tennis**

- A total of 10 points must be earned for a letter.
- One point is to be awarded for a season's participation.
- One point is to be awarded for each match played.
- One additional point will be awarded for each match won.

◆ **Track**

- An athlete shall earn at least 11 points during the season by placing in the top six at varsity meets or by placing in the top nine at the state meet.
- Each member of a relay team receives points by taking the points awarded for each relay race and dividing by two, with five (5) points being the maximum possible for any one race.

◆ **Volleyball**

- An athlete shall play in at least half of all varsity sets during the season. Clarification: Sets are not to be confused with matches.
- An athlete who represents her school in the state tournament may be recommended for a letter.

◆ **Wrestling**

- Each athlete must earn at least 11 points in association and state competition. Three pre-designated matches/tournaments may also be used for letter points.
- Points are to be counted as follows:

Fall	6 points
Technical Fall	5 points
Decision, major	4 points
Decision	3 point
- A maximum of six points may be earned for forfeits.
- An athlete may letter if he/she qualifies for the state tournament.
- Coach's discretion if points are not met.

### **All State Selection Guidelines**

- ◆ In team sports an athlete must be declared or recognized as a first, second or honorable mention place, or All State athlete or All Colorado by commercial news media.
- ◆ In individual sports the following athletes will be recognized: Cross Country, top 7; Golf, top 5; Gymnastics, top 5 per event plus top 5 all arounders; Skiing, top 3 per event; Swimming, top 3 per event; Tennis, top 5 in #1 singles, 1st place in #2 and #3 singles, 1st place in #1, #2, #3 and #4 doubles; Track, top 3 per event; Wrestling, top 3 per weight. Athletes may also be recognized when named 1<sup>st</sup> team by commercial news media.
- ◆ Coaches may participate in any media All Conference, All Metro or All State selections.

### **Academic Athletic Honor Roll**

Criteria: Athlete must be a ninth through twelfth grade, letter winner with a cumulative GPA of 3.60 or higher. The GPA for a qualifying freshman is based on the first six weeks grading period of their freshman year.

### **NCAA Eligibility Center**

Students wishing to compete in Division I and Division II NCAA schools next fall must be certified as eligible by the NCAA Eligibility Center. Contact your school counselor for NCAA Eligibility Center registration materials at [www.ncaa.org](http://www.ncaa.org).