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SAFEGUARDING YOUR ATHLETIC ELIGIBILITY

NOTE: NDHSAA By-Laws are published in the Constitution and By-Laws Handbook. Your principal has a copy of this book and should be contacted to answer questions you may have concerning your eligibility, as well as the NDHSAA Due Process Procedure.

ATTENTION ATHLETES!

The four years in which you represent your high school in interscholastic athletic competition conducted under the auspices of the North Dakota High School Activities Association (NDHSAA) may be four of the most enjoyable years in your young life. As you compete, your school will have local rules and regulations you must follow in order that your interscholastic participation and competition can be a profitable educational experience. The NDHSAA also has rules and regulations incorporated into the Association's Constitution and By-Laws to which students, as well as school personnel and fans, must adhere.

The information contained in this document describes the By-Laws of the NDHSAA that apply to you and your athletic eligibility. It is designed to help you safeguard your athletic eligibility while you participate in interscholastic athletics. You are strongly urged to review the following material with your principal, coaches, and especially with your parents to be eligible for high school competition; you must comply with the By-Laws in the following areas:

ATTENDANCE

1. You may represent only the school you attend.
2. You must be enrolled and attending classes no later than the beginning of the 11th day of the semester.
3. If you enroll after the 1st day of the semester and before the 11th school day, you must have been in attendance as many school days as you missed before you can participate in an interscholastic contest.
4. If you are enrolled for 30 days in any one semester or participate in an interscholastic contest in a lesser period, it will count as one of the 8 semesters you are allowed for interscholastic eligibility during your high school career.

RESIDENCE

1. You are eligible at any school upon enrolling for the first time as a ninth grade student in that school.
2. Should your parents move to another school district, you do not lose your eligibility in the school in which you have been attending if you choose to remain at said school. You have the right to move with them when they move and be immediately eligible in the school in that district.

TRANSFER

1. If you transfer schools and your parents do not move into that high school district, you will be ineligible for varsity competition one (1) calendar year.
2. If your parents move to a new high school district and you transfer, you will be immediately eligible if your transfer is made within a reasonable time. This may be at the end of the semester or even at the end of the year under certain circumstances. However, it is best to secure a ruling from your principal if you do not transfer immediately when your parents move.
3. Should you transfer schools without a corresponding change in your parents' residence and then re-transfer to your home school, you are ineligible for varsity competition for one (1) calendar year.

SCHOLASTIC STANDING

1. You must be making satisfactory progress toward the school's requirements for graduation.
2. You must have passed at least two and one half credits the previous semester to be eligible at the beginning of the next semester. If you do not pass at least two and one credits you will be ineligible the first two weeks of the next semester.

AGE

1. You are eligible until the day on which the twentieth anniversary of your birth occurs.

PARTICIPATION LIMITATIONS

1. After you enroll in the 9th grade, you will be eligible for no more than eight semesters unless you are under 18 years of age.
2. Your seventh and eighth semesters must be consecutive.
3. After you enroll in the 9th grade, you will be eligible for no more than 4 years of competition in any sport.
4. Participation on a high school team as a 7th or 8th grade student does not count toward your 8 semesters of enrollment or your 4 years of competition as a high school student.

PHYSICAL EXAMINATION

1. Prior to participation (including practice), a student participating in NDHSAA sanctioned athletic activities and representing his/her school must have on file with the superintendent, principal, athletic director or school nurse an annual

NDHSAA Physical Examination form completed by a qualified health care professional (i.e. Doctor of Medicine or Osteopathy, Nurse Practitioner or Physician Assistant under the supervision of a physician). The Physical Examination is valid for one school year; a physical examination completed before April 15 is not valid for participation the following school year.

AMATEUR STATUS

1. You will become ineligible in a sport if you receive cash for participating in an athletic contest.
2. You will become ineligible in a sport if you participate in athletic activities, schools, try-outs, or games sponsored by professional athletic organizations during the season of a sport.
3. You will become ineligible if you compete in any contest under an assumed name.
4. You may accept any medal, cup, or trophy award (not cash) for winning or placing in athletic competition providing the cost of such award does not exceed \$300.00.

PLAYING ON TEAMS OUTSIDE SCHOOL

1. When you are participating or under suspension in a sport that is in season at your high school, you may not play on an outside team or as an unattached individual in a nonschool meet in the same sport during the school season for that sport. However, you may do so at any time other than the high school season of the sport without affecting your eligibility.
2. You may play on a team outside of school or participate as an unattached individual in a sport other than the sport in which you are a member of a school team even during the season of your school sport team. (For example, if you are on a school basketball team, you may not play on any other basketball team during the high school basketball season, but you may play on a volleyball team in an independent league, or on any team other than a basketball team and still be eligible at school for basketball).

SUMMER CAMPS

1. Students may not participate in sports camps during the season of that particular sport, but may do so outside of the high school on their own. However, participation in such camps for fall team sports is not permitted after July 31.
2. Students may participate on city recreation or independent teams or as unattached individuals during the summer until the opening of the high school season in that particular sport.

USE OR POSSESSION OF ALCOHOL, DRUGS, AND TOBACCO

1. Use or possession of tobacco or alcohol and illegal use or possession of narcotics or habit-forming drugs is prohibited. Violation of this regulation results in a 6 week suspension for the first offense and an 18 week suspension for any subsequent offense. The use, possession or sale of non-prescriptive anabolic steroids by any student athlete at any time during the school year is prohibited.

USE OF PLAYERS

1. You may never participate in an interscholastic contest representing your school while you are ineligible.

GAME LIMITATIONS

1. Individual players are restricted to a certain number of meets or a certain number of quarters of participation per night, per week, or per season in various sports. You should find out what the limitations are in your sport from your coach, so these rules are not violated. Violations can result in your suspension from future contests.

MISBEHAVIOR DURING CONTESTS

1. If you are found to be in gross violation of the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic activities, either as a participant or as a spectator, or both.

COACH/STUDENT CONTEST DISQUALIFICATION

Part Two, Article XIV, Section XII of the By-Laws under Rules of Eligibility shall read:

Any student or coach ejected from an interscholastic contest by game officials for unsportsmanlike conduct, including but not limited to flagrant, violent or verbal misconduct will be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition. When a non-typical schedule is involved, the ejection penalty may be administered on a case-by-case basis.

Any subsequent ejection in that season's activity carries a four (4) regularly scheduled game/meet ineligibility. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in that particular sport until the next school year. In the case of a senior, the penalty will continue to the next sport season.

Student: Any time a student is ejected from a game/meet, he/she does not participate the remainder of that day. The student is also suspended for the next scheduled, rescheduled or contracted contest at that level of competition and all contests in the interim at any other level of competition. **Note: To meet this requirement, the contest must take place.**

Coach: When a coach has been ejected in accordance with Part Two, Article XIV, Section XII, he/she is not allowed to attend any of his/her team's contests or to be on site for any pre-game contact direct or indirect with participants during the suspension.