

# Luther Knights



## Athletic Handbook 2023-2024

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## Philosophy

**The mission of Luther High is to provide a Christ-centered education that encourages and equips students for life and for eternity.** Because the “fear of the Lord is the beginning of wisdom” (Proverbs 1:7), all teaching and training at Luther High School rests upon and is drawn from God’s Word. Thus, through the operation of the Holy Spirit, God’s Word is the vital force and determining standard of all instruction; its injunctions and principles permeate all activities. Athletics is one part of the total educational experience. All aspects of athletic training and competition also find their purpose in God’s Word that commands us to preserve our bodies, the temples of the Holy Spirit (I Cor. 3:16-17), and to do “all things to the glory of God” (I Cor. 10:31).

## Sports Offered

Girls	Fall season	Cross Country, Tennis, Volleyball
	Winter season	Basketball, Gymnastics (Co-op)
	Spring season	Softball, Track & Field, Soccer (Co-op)
Boys	Fall season	Cross Country, Football
	Winter season	Basketball, Wrestling (Co-op), Hockey (Co-op), Swimming (Co-op)
	Spring Season	Baseball, Golf, Track & Field

## Cooperative Teams

Through the co-operative sport effort, students at Luther are able to experience the team participation in more high school sports. It also affords the Luther High School athlete with a unique opportunity to witness his/her faith through sport.

Parents of participating athletes are the first and foremost liaison between the host school and Luther High School. It is imperative that any concerns regarding events that may conflict with the mission of Luther High School be communicated with the Luther High School Athletic Director immediately.

Some co-operative teams may have a fundraising component directed by the lead school to help with costs associated with the co-operative program. **Participants in co-op teams are required to pay the established Luther Athletic Fee.**

Athletes will complete an end of season survey regarding their experience.

## Student Athlete Responsibilities

Athletic participation is a privilege offered to all students who meet team requirements and are willing to assume the responsibilities of team membership. As redeemed children of God and as an expression of their faith, student-athletes will strive to:

- 1) Witness his/her love for his/her Lord by representing Him, his/her parents, school, community and himself/herself properly at all times.
- 2) Display Christian behavior at all times.
- 3) Display respect for rules, officials, coaches and all in authority.
- 4) Display a spirit of cooperation and teamwork.
- 5) Honor the Athletic Code of Conduct.
- 6) Use social media in a God-pleasing manner.
- 7) Honor all team rules established by the coach.

“But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.”

*I Corinthians 12:24b-27*

## Cutting Procedures

Luther High School Athletic Department will make an effort to keep as many athletes as the facilities and program dictate. If cuts are made, the student should expect to meet privately with the coach for an evaluation of his/her strengths and weaknesses. This policy flows out of the love that our Savior shows us and that we in turn show our athletes.

## Insurance

Anyone participating in interscholastic athletics should have adequate personal insurance. Luther High School does not have insurance to cover athletic injuries.

## Out-of-Season Participation

Students may voluntarily assemble at any time without school and/or school coach involvement.

The WIAA has rules in place to allow for some coaching contact during the summertime. Complete policy may be found in the WIAA Senior High Handbook, Article VI, Section 2. The Senior High Handbook is found under the “Schools” and then “Forms & Publications” tabs.

## Participation

Participating in high school sports is a privilege afforded to students. In team sports, a group of individuals with uniquely different talents and abilities comes together and collectively works as one unit. It is the responsibility of the head coach to balance the responsibility of teaching the fundamentals of sport specific skills and blending the group of individuals into a competitive team.

Every effort will be made to give all student-athletes as much participation as possible, but the athletes must be willing to sacrifice their own goals in favor of the goals of the team.

## Parent Support of Athletic Programs

Parental support of the athletic program at Luther High School is an important part of its success. Parents are encouraged to support all members of the team as they work toward a common goal and purpose. Parent support comes in many forms: prayers for God-pleasing use of all talents showered on athletes and coaches, volunteer help throughout the season, monetary support, words of encouragement to players and coaches, God-pleasing procedures in dealing with problems.

There will be times when issues arise that may cause concerns among parents. When this occurs, the following principles are to be our guide:

- DO: Pray for God's blessings on all of our activities, for those who lead them and for those who participate in them.
- DO: Pray for God's guidance in tactfully raising concerns.
- DO: Speak directly with the coach or offending party. Open, forthright discussion will often lead to a complete understanding from both sides.
- DO: Find an appropriate, non-threatening time and place to address your concerns.
- DO: Feel confident that coaches will listen and react in a God-pleasing manner to any issues raised.
- DON'T: Write letters anonymously.
- DON'T: Use email to replace face to face discussion with coaches regarding any concerns.
- DON'T: Relay your concern to a coach at the conclusion of a game.
- DON'T: Feel that your concern will not be addressed.
- DON'T: Remain silent for fear of retribution. Problems, whether perceived or real, are only solved through prayer and open discussion.

If, after speaking with the coach, you feel that a particular situation has not been addressed appropriately, please bring that concern to the athletic director and then to the principal.

Parents can also support their athlete's commitment to the team by:

- ★ Encouraging their athlete to demonstrate team loyalty in all they do.
- ★ Showing respect to the coaching staff in all circumstances. If disagreements or concerns arise, deal with them quickly and in a God-pleasing manner (See above)
- ★ Planning family vacations outside of the team's season if possible. It is certainly understandable that this may not always be practical or possible. However, just as prolonged absences from school hinder academic progress, these absences from practice also impact your athlete and thus the team.
  - Please note the "first practice" days for each sport.
  - The first day(s) / week(s) are often used by teams for tryouts which may include "cuts". There is no guarantee that a roster spot will be reserved for an athlete that misses these practices.
  - Extended absences from practice effects the conditioning athletes need to contribute to the team. The conditioning and reconditioning of athletes must always be considered for the safety of athletes after they return.
  - Extended absences from a team may impact the athlete's role on the team.
  - If planning a vacation or some other planned absence, please speak with the coach as soon as possible.
- ★ Looking for ways to support your athlete, other team members, other parents, and the coaches throughout the season.

## Policies

### Abuse and Harassment

As kingdom workers it is our responsibility to care for those students whom the Lord has put in our charge. All coaches should be aware that innocent actions may be perceived by others differently than they were intended. Inappropriate actions such as physical abuse, verbal abuse, emotional abuse, sexual abuse, sexual harassment or the use of profanity will not be tolerated. Corporal punishment is not a part of our coaching philosophy.

### Amateur Status

According to Eligibility rules of the WIAA, all athletes must be amateurs in all recognized sports of the WIAA. Violation of amateur status is career ending. In general, high school athletes:

Refer to the WIAA Eligibility information at the end of this handbook for complete detail on WIAA amateur status guidelines.

## **Athletic Fee**

All students, regardless of team status or participation level, participating in sports (co-ops included) are required to pay an athletic fee. Athletic fees are due August 1 of each year. Athletes will not be allowed to participate until the athletics fee is paid. Current fee structure is:

\$85 Per Sport

Refunds will only be made if an athlete is cut from a team or never joins a team in which prepayment was made. Refunds will not be made for players who quit a team or who are removed from a team for academic and/or conduct violations. Athletic fees will not carry over from school year to school year.

## **Attendance**

A student-athlete must be in school **all day** in order to practice or participate in athletic contests on any given day of school. Bonafide medical appointments, attendance at funerals, and emergencies at home are excuses acceptable for not being at school the entire day and still being permitted to participate. Other excuses must be approved by the Dean of Students.

## **Awards**

Any athlete who makes an athletic team and completes the season as a member of that team will receive the following awards:

*Numerals* - awarded after the first season of participation.

*Certificate of Participation* - will be awarded to all C-team participants and any team support personnel that do not earn a varsity letter.

*Junior Varsity Certificate* - will be awarded to participants on junior varsity teams or to players who did not achieve the varsity letter on teams where there is only a varsity level team.

*Chenille "L"* will be awarded to participants who earn their first year varsity award.

*Varsity Certificate* will be awarded for each season in which the varsity letter is earned.

*Varsity Pin* will be awarded for each season in which the varsity letter is earned.

*Captain's Star* will be awarded for each varsity captain.

Each sport may establish three (3) special awards (Most Valuable, Leadership Award, Most Improved, etc.). The specific awards and criteria are established by the coaching staffs of each sport.

The following are the criteria established by each sport for varsity awards.

Cross-Country:	3 years participation, or selection for sectional competition (including alternates), or achieving a time under 20 minutes for half of the season's races
Football:	Make and complete the varsity team season
Volleyball:	Make and complete the varsity team season
Tennis: (Girls)	Must actively participate in 1/2 of the varsity matches (singles or doubles)
Basketball: (Boys)	Make and complete the varsity team season
Basketball: (Girls)	Make and complete the varsity team season
Hockey:	Established by host Co-op team
Swimming: (Boys)	Established by host Co-op team
Wrestling:	Established by host Co-op team
Baseball:	Make and complete the varsity team season
Golf:	Participation in 1/3 of the varsity meets
Soccer (Girls)	Established by host Co-op team
Softball:	Make and complete the varsity team season
Track: (Boys & Girls)	Earn an average of 2 points per meet or 3 years of participation

\* *For all sports, attendance at all practices and games is expected unless excused in advance by the coach.*

\*\* *Note - In all cases, special situations may arise. Each coach will carefully weigh all options and through consultations with the athletic director and colleagues will arrive at a decision.*



## SENIOR AWARDS

### Distinguished Female Athlete

(Plaque 8 x 10)

*Awarded to a senior female athlete that has accomplished the most with her God-given abilities in Luther High School varsity sports.*

Accomplishments which may be considered but are not limited to: team or individual state championships, team or individual sectional championships, team or individual regional championships, all-conference honors, individual state participation, player of the year awards, team mvp awards, school records.

The recipient of this award will also be an individual who has consistently represented Luther High School and her Savior in a manner worthy of recognition. Code of conduct violations may be considered when determining this award.

### Distinguished Male Athlete

(Plaque 8 x 10)

*Awarded to a senior male athlete that has accomplished the most with his God-given abilities in Luther High School varsity sports.*

Accomplishments which may be considered but are not limited to: team or individual state championships, team or individual sectional championships, team or individual regional championships, all-conference honors, individual state participation, player of the year awards, team mvp awards, school records.

The recipient of this award will also be an individual who has consistently represented Luther High School and his Savior in a manner worthy of recognition. Code of conduct violations may be considered when determining this award.

### Triple Threat Award

(Plaque 5 x 7)

*This award recognizes and honors the multi-sport athlete.*

Given for athletes who make and complete the season as a member of the team in all three seasons of each year of attendance at Luther High School. Those who serve as support personnel for athletic teams (managers, statisticians, videographers, etc.) will also be considered for this award.

### WIAA Scholar Athlete

WIAA Award

*This is a WIAA award which considers both academic and athletic success. Athletes earn points per a WIAA established point system. One male and one female are nominated from the list of candidates that meet the WIAA criteria. The WIAA then selects the top 32 Scholar Athletes from all nominees presented by schools throughout the state.*

The nominees selected by vote of the varsity head coaches are also recognized by the Coulee Conference as the Coulee Conference Scholar Athletes.

## **Concussion Awareness – Management Procedures**

Wisconsin state law mandates that, “At the beginning of a season of youth activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.”

To comply with this state law, all athletes must review the concussion awareness pamphlet and return the signed concussion agreement form. This must be completed before the first day of practice for each season. The Concussion awareness forms and agreement form may be found on the Luther High School athletic home page. Completion of this concussion awareness form is only needed once per school year.

Luther High School also utilizes the ImPACT concussion testing baseline program. All athletes participating in Football, Volleyball, Basketball, Wrestling, Hockey, Baseball, Softball, and the following Track & Field events: Hurdles, Pole Vault, and High Jump will take the baseline test prior to their first season of sport at Luther and again in the Junior year. This baseline test, administered by the athletic trainer (Gundersen Health), is confidential and utilized by medical personnel later in the event the athlete is diagnosed with a concussion during practice or competition.

### **Eligibility - Academic**

A student becomes ineligible for co-curricular activities and organizations with a failing grade in any class at the end of each academic term. Ineligibility begins the first school day of the next term. Ineligible students may not participate in or attend their activity until eligibility has been restored. A student may regain eligibility no sooner than the beginning of the eighth calendar day of the next term by bringing all current classes to a passing grade, completing the Eligibility Reinstatement Form from the Registrar, and being informed by their Advisor that they are now eligible. A student who is ineligible at the end of the second semester will be ineligible beginning the first day of the next academic school year (summer practices/competitions don't apply) and may complete the Eligibility Reinstatement Form no sooner than the beginning of the eighth calendar day of the new term.

Students may appeal their ineligibility to the Eligibility Committee (registrar, activities director, and advisor) in writing if there are extenuating circumstances. Appeals will be handled on a case-by-case basis. For example, if a student is out of school due to illness 2 days before the end of a term and receives 0's on all their assignments, which drops one or more courses to a failing grade, they may request an appeal. In this scenario the Committee will use the following guideline: ineligibility will be suspended for the number of days ill (2 days) giving the student time to complete the missing work, after which eligibility will be checked again. If the student has any remaining failing grades then the regular eligibility rules would be used.

Provisional eligibility may be granted. This means a student becomes eligible for 10 school days after which a new Eligibility form must be completed to retain eligibility.

Upon the recommendation of the advisor, a student may be declared ineligible at any time.

A student who receives two failing grades, falls under 15 scheduled school days and nights ineligibility period as required by the WIAA. A student-athlete may begin participation on the 16<sup>th</sup> scheduled school day after he/she is declared eligible by the faculty eligibility committee.

### **Eligibility - Conduct**

In order to carry out the conduct code, the following procedures are representative of the process used for disciplinary purposes. We also need to realize from the outset that bringing the student to the cross of Christ is the only power and strength that can change the heart, and secondly, that God has placed parents in the role of authority for nurturing and disciplining His children. Since these sins adversely affect the praise that is due God alone and are sins of our society that are currently receiving much attention, Christ-centered disciplinary measures may need to be administered in order to point out the seriousness of the sin.

Proper disciplinary action, which could lead to expulsion, will be enforced for the welfare of each student and the student body.

#### ***Violations of the conduct code include, but are not limited to:***

- 1) Purchase, possession, distribution, or drinking of alcoholic beverages.
- 2) Purchase, possession, distribution, or use of illegal drugs, look-alike drugs, or drug paraphernalia.
- 3) Purchase, possession, distribution, or use of tobacco, E-cigarettes, vapor pens, and the like.
- 4) Attendance at events(parties) where drugs and/or alcohol are being consumed or used, even though the student was not personally involved in the use of alcohol or other drugs. ***(It would be wise for students to carefully consider their attendance at events/parties prior to actual attendance.)***
- 5) Insubordination or illegal acts or conduct in direct violation of the philosophy of Luther High School.

Any student who violates any of the five points above, or who is apprehended by the police, or seen by a Luther High School faculty/staff member, or by an independent reliable source which is corroborated, will be subject to the guidelines listed below. This discipline is administered with the hope of assisting parents to bring the Law and Gospel to the soul of the student. ***This conduct code is in effect throughout the entire calendar year and complies with WIAA guidelines.***

As a general rule, athletes in violation of the code of conduct are not eligible for nominated awards. Each situation will be carefully reviewed.

An athletic discipline committee, consisting of the Dean of Students (chair), Athletic Director, and a designated coach will consider each case and determine all discipline. Students will be given the opportunity to have a parent present when being questioned about a possible conduct violation. The designated coach will be appointed by the Dean of Students from the Called Staff and will not be part of the coaching staff of the athlete in question.

***Athletic penalties for violation of conduct code \****

- First Offense:** 20% of the regular scheduled contests by Luther High School.
- Second Offense:** Calendar-year suspension (Twelve months from date of penalty)
- Third Offense:** Termination of any athletic participation for the remainder of high school attendance

\* Any previous conduct offenses for transfer students will be carry over to Luther High School when applying the level of offense.

*See Game Suspension Chart on next page.*

Game Suspension Chart	
First Offense - 20%	
Total Games	Games Suspended
1-5	1
6-10	2
11-15	3
16-20	4
21-25	5
25-30	6
<i>Note: Any decimal amount is rounded up per WIAA guidelines</i>	

- a. Under first offense violations, athletes will remain part of the team and must practice while under the athletic discipline. For second offense, team participation is at coach's discretion.
- b. Post-season tournament games or matches may be part of the suspension. If the penalty results in a student being suspended for one or more WIAA tournament competitions, the student is immediately disqualified for the remainder of the total tournament series in that sport per WIAA rule.
- c. If a student is not involved in a sport at the time of the violation, the suspension will begin at his/her next involvement with a team sport. A student may join a team on which they have not previously participated to serve the suspension. They must complete the season in good standing, however, for the suspension to be considered served.
- d. If the suspension is not completely fulfilled during one sport season, it will be proportionately carried over to the next season of participation. The duration of this suspension will be determined by the athletic discipline committee.
- e. Students, who refer themselves, or parents who refer their son or daughter for help in dealing with these conduct code violations, may have their penalty reduced. If the self-referral takes place within seven days of the offense, the suspension will be one game/meet (First offense only). A self-referral is defined as notification by the involved athlete or his/her parent to school personnel of a violation. It is not considered a self-referral if a school personnel seeks out an involved athlete and directs them to go and speak to school administrators.

- f. Under first offense violations, athletes will travel with the team on the bus/vehicles to contests (with the exception of overnight trips). These suspended athletes will remain on the bench or sidelines with the team in street clothes.
- g. After a second offense, the athlete must participate in at least two counseling sessions with their pastor, a campus pastor at Luther High School, a WLCFS counselor, or other approved counselors. Counseling sessions must begin within the first month of the suspension and be completed before reinstatement for participation in Luther High School Athletics.

It is the intent of this entire conduct policy to reinforce the proper Christian response to difficult situations that arise in our youths' lives. We recognize that the temptations of Satan are great and at times, our student-athletes will make choices that are not God-pleasing. This conduct policy is in place to support and help student-athletes make God-pleasing choices after the sin. It is intended to encourage student-athletes to recognize and admit their sin so that the sweet message of the Gospel and forgiveness can be afforded to them.

In summary, do some investigating prior to attendance at parties to make sure it is a "clean" party. If alcohol or drug use presents itself at a party; leave immediately or remove the violators. Finally, inform the proper authorities of such inappropriate actions. Remember, in all that we do, "do it all to the glory of God".

#### **Eligibility – Appeals Process**

Parents/athletes have the right to appeal the decision of the athletic discipline committee. An appeal should be made in writing to the Dean of Students within two days of the parent/athlete notification of the discipline. The appeal should include the reason(s) for which it is being requested. Upon receipt of the written appeal, the Dean of Students will inform the Principal. The appeal will be heard by the Appeals Committee, consisting of the Board of Control Chairman (or his appointee), the Board of Control Education Committee Chairman (or his appointee), the Principal and an appointed Luther High School teacher. (The teacher shall not be the coach, whether head or assistant, of the athlete for whom the appeal is requested.) The appeals committee will meet within two days of the receipt of the written appeal. The ruling by the appeals committee will be final. The athlete will remain ineligible through the appeals process.

#### **Eligibility - Dual Participation**

Athletes are not permitted to participate on more than one school sponsored athletic team per season.

During a given sport season, athletes may not compete in that sport as an individual or with a team (including intramurals) other than his/her high school team. Participation on a team other than the high school team will make the athlete ineligible according to WIAA policies. (Example: a student participating on a Luther basketball team could not participate on a YMCA or club team during the winter sport season.)

There is a waiver available for up to two non-school competitions of the same sport during the regular season. Athletes would request a waiver from the athletic director. Requests and approval must be made prior to the event.

## **Eligibility - Residency**

Per WIAA policy, a full-time student, whether adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence.

In situations involving divorce or legal separation of parents, the residence at the beginning of the school year shall determine eligibility. It is not considered a violation for students to stay at the homes of others for social events, late night games, weather related concerns, or whenever the safety of the student would be compromised.

Students not residing full-time in the primary residence of their parents may request a waiver. Anyone wishing to apply for a waiver should do so well in advance of any sport participation. Contact the athletic director for more information.

## **Eligibility - Suspensions**

Any student-athlete who has been suspended from school for disciplinary reasons is prohibited from participating in athletics until the matter is resolved.

## **Locker Rooms**

State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except for emergency situations.

## **Permission to Participate (Blue Card)**

Parental permission to participate in sport is required each year. This consent to participate card (blue) includes the Co-Curricular Registration, Participation Permission, and WIAA Eligibility Acknowledgement. This form must be completed, signed and filed with the athletic director before any physical participation will be allowed. This acknowledgement form (blue card) is available in the main or athletic office.

## **Physicals (Green Card)**

Before any student-athlete can participate in any practice or contest, he or she must have passed a physical examination by a qualified physician. This examination must have taken place on or after April 1 of the upcoming school year and within two years of the beginning of participation. A physical card (available from the school office or athletic director) must be completed, signed by the physician and parent or guardian. This card must be kept on file with the athletic director before any physical participation of any kind will be allowed.

## **Social Media**

Student-athletes are reminded to make use of the many forms of social media in a God-pleasing manner. Posting confidential information, derogatory, discriminatory, negative or sexist messages or photos on social networks, (i.e. Facebook, Twitter, Snapchat, Instagram etc.) is harmful to your neighbor's reputation and not reflective of the sanctified lifestyle of God's children. Student-athlete misconduct through these media outlets will be dealt with on an individual basis and may include suspension of practice/games/meets/matches etc.

## **Sexual Misconduct Policy Statement / Background Checks**

Luther High School (LHS) exists for the purpose of bringing Christ into high school education. While Christ is the center for the education at our school, our school does exist in a sinful world. Realizing that misconduct by our faculty, staff, and volunteers can be harmful to the Luther High School Association, both financially and with regards to reputation, the LHS Board of Control (BOC) finds it necessary to implement a system for screening its faculty, staff, and volunteers. These periodic screenings will consist of background checks, and in special cases additional checks may be dictated by area of service to LHS.

The focus of these screenings will be to identify potential problems from past history that may compromise our students and the Luther High School Association *or may constitute immoral conduct as defined under Wis. Stat. 115.31(1)(c) “conduct or behavior that is contrary to commonly accepted moral or ethical standards and that endangers the health, safety welfare or education of any pupil.” Immoral conduct also includes intentionally using an educational agency’s equipment to download, view, solicit, seek display, or distribute pornographic material.*

## **Transportation**

When transportation is provided by Luther High School, student-athletes must ride to the contest and return back on the school provided transportation unless special circumstances require them to travel by alternate means.

Permission for a student-athlete to travel to or from any off-campus school athletic event by non-school transportation may be done in two ways:

1. Completion of the travel release form given to the coach prior to departure. (Forms are available at the end of the handbook or in the school office.)
2. If the student-athlete will travel home with parents after the conclusion of a contest, the parent or guardian must sign them out with the coaching staff.

## **Undue Influence for Participation**

It is the philosophy of the athletic department that student-athletes should enjoy as many sport seasons as they and their parents wish, free from any undue influence to specialize in any one sport.

Commitment to the team is an important aspect of sport. With this in mind, athletes who quit a team after the team’s first contest will be ineligible to participate on another team in the same sport season. Athletes who quit a team prior to the first contest may not join or practice with another team until a meeting takes place between the athlete and both coaches.

Student-athletes cut from one sport may, however, try out for another sport providing they were not cut from the first sport for disciplinary reasons and providing cuts were not already made for the second sport.

## **Uniforms & Equipment**

1. The student-athlete is responsible for the care, safekeeping, and return of all uniforms and equipment assigned to him or her.
2. Students will be responsible for the full replacement cost of items of school equipment or uniforms that are not returned or returned damaged.
  - a. At the conclusion of the season, each coach will establish a date in which all uniforms should be washed and returned. Parents of athletes who have not turned in uniforms / equipment at this time will be sent a letter requesting the return of uniform / equipment or payment for replacements.
  - b. Athletes will not be allowed to participate in their next season until all uniforms and equipment are returned or payment has been made.
3. Uniforms are not to be used as personal wearing apparel. With the consent of the head coach, uniform tops may be worn on certain game days.

## **Weight Room**

1. The weight room must be supervised by an adult (not a high school student) approved by the athletic director. Supervisors must follow the guidelines established for supervision.
2. There must be a spotter when free weights are being used.
3. Athletes must wear athletic shoes.
4. Shirts must be worn at all times and must cover the sides/torso and midriff areas.
5. All weights should be put back on the racks when finished.
6. No food is allowed.
7. Lock and secure weight room when finished.



**LUTHER HIGH SCHOOL  
CONTEST TRAVEL RELEASE**

This is to certify that \_\_\_\_\_ has my permission to ride (to-from-both)  
*(Student's Name)(s)* *(Circle one)*

the \_\_\_\_\_ athletic contest on \_\_\_\_\_ at \_\_\_\_\_.  
*(sport)* *(date)* *(location of contest)*

I certify that I am personally transporting the above-named student(s), or have arranged for transportation with \_\_\_\_\_.  
*(Adult non-student)*

I understand that Luther High School athletic rules require that students ride the buses to and from all athletic events and a departure from this requirement will release Luther High School from all liability for any adverse results that may occur.

I agree to release Luther High School and its employees and officers from all liability with Reference to the above- stated transportation.

\_\_\_\_\_  
*(Signature of Parent or Guardian)* *(Date Signed)*

**Return or fax (608 / 781-7042) this form to Luther High prior to the contest.**

**LUTHER HIGH SCHOOL  
CONTEST TRAVEL RELEASE**

This is to certify that \_\_\_\_\_ has my permission to ride (to-from-both)  
*(Student's Name)(s)* *(Circle one)*

the \_\_\_\_\_ athletic contest on \_\_\_\_\_ at \_\_\_\_\_.  
*(sport)* *(date)* *(location of contest)*

I certify that I am personally transporting the above-named student(s), or have arranged for transportation with \_\_\_\_\_.  
*(Adult non-student)*

I understand that Luther High School athletic rules require that students ride the buses to and from all athletic events and a departure from this requirement will release Luther High School from all liability for any adverse results that may occur.

I agree to release Luther High School and its employees and officers from all liability with Reference to the above- stated transportation.

\_\_\_\_\_  
*(Signature of Parent or Guardian)* *(Date Signed)*

**Return or fax (608 / 781-7042) this form to Luther High prior to the contest.**



**2023-2024 High School Athletic Eligibility Information  
Bulletin**

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and \_\_\_\_\_

(School)

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at [www.wiaawi.org](http://www.wiaawi.org).

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

**Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing. Reading and signing this form is a condition of participating in interscholastic athletics at WIAA member schools. It does not guarantee a student-athlete's athletic eligibility nor does it give rise to any contractual rights, direct or indirect, to student-athletes or their parents.**

These are WIAA eligibility rules, which are current for the 2023-2024 school year:

**AGE**

A student shall be ineligible for interscholastic competition if they reach their 19th birthday before August 1 of any given school year.

**ACADEMICS**

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

**ATTENDANCE**

A student-athlete is eligible for interscholastic competition at a member school if they are carried on the attendance rolls as a duly enrolled full-time Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

- A. A student must complete eligibility in the four consecutive years starting with Grade 9, unless there are documented extenuating circumstances and a waiver has been provided.
- B. A student is ineligible if they have graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for any portion of a spring athletic schedule not completed by the end of the academic year. Mid-year graduation ends athletic eligibility on the last day of attendance.
- D. A student is ineligible if they have not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

**DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS**

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries their parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.

- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.
- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at their school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, they shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, they become eligible.
- H. A student-athlete will not be eligible if their attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if they transfer to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

#### **DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS**

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions may also apply.
- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.
- E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.
- F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

#### **TRANSFERS**

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

- A. A student who transfers from any school into a member school will be subject to the transfer rules for one calendar year, unless the transfer is made necessary by a total and complete change in residence by parent(s). [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Students entering 11th and 12<sup>th</sup> grade are restricted to nonvarsity opportunities for one calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- D. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- E. 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- F. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade.
- G. District policies with respect to intra-district transfer do not supersede WIAA transfer rules.
- H. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at their new school until the fifth calendar day of such transfer.
- I. A student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- J. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- K. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at their new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education. Note: A student who does not serve a penalty for violation by leaving the state and competing in another state, will be ineligible for the balance of the suspension upon return to the state.
- L. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

#### **PHYSICAL EXAMINATION and PARENT'S PERMISSION**

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and they must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

#### **TRAINING and CONDUCT**

A student-athlete must follow their school's code of conduct (training rules) on a year-round basis.

- A. A student-athlete who violates their school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
- B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.
- C. Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid their debt to society and the courts consider the sentence served (including probation, community service, etc.).
- D. A student-athlete who violates their school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.
- E. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.

- F. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event at the same level of competition as the disqualification.
- G. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- H. A school must provide an opportunity for the student to be heard prior to a penalty being enforced (except for felony charges). If a student appeals a suspension, according to the school's appeal procedure, the student is ineligible during the appeal process.
- I. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

#### **AMATEUR STATUS**

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash (including gift cards) or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete.
- D. A student-athlete may not receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.
- E. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.
- F. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than their own name.

#### **SPORTS ACTIVITIES OUTSIDE OF SCHOOL**

Athletes may compete in not more than two non-school competitions with prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

- A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).
  - (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
  - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
  - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or their parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be their coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.
- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.

- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

#### **USE OF STUDENT IMAGE**

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

***In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.***

5/2023