



ST. ANDREW'S SCHOOLS

THE PRIORY ♦ THE PREP ♦ THE PRESCHOOL

Athletic Rules and Regulations

Team Uniform

St. Andrew's School or PAC-5 will issue all uniforms, with the exception of swimming/diving, water polo, bowling and golf. These sports will be required to purchase their uniforms from the team. All other school issued uniforms will be returned at the end of the season. The athlete is expected to pay for the uniform/equipment if it is not returned or is returned in poor condition.

Game Day Dress Code

On a school day on there is a game, athletes may wear their team uniform, team t-shirt or team warm-up sweatshirt to school. **Team shirts/jackets must be approved by the Athletic Department. Team uniforms, team shirts/sweatshirts and Priory sweatshirts may not be worn to school on chapel days**, however Priory athletic sweatshirts can be worn after chapel in classes.

Approved team uniforms or team t-shirts may be worn with jeans, black, red, gray or white shorts or team pants. Sweats or tights may not be worn as a part of game day uniform. Covered shoes and socks must be worn. Tank top style/racerback uniforms must be worn with a shirt underneath. Student-athletes may wear their team uniforms on Fridays only if their sole game that week is scheduled on a Saturday.

Warm-up Dress Code

Once you have joined a team, you have the option of purchasing a red hooded Priory athletic sweatshirt for \$25. This may be worn all year as a part of your school uniform. The athletic sweatshirt may not be worn to chapel but can be worn after chapel in classes. Anything other than the Priory athletic sweatshirt or approved team warm-up attire is not allowed. Specific team warm-up sweatshirts may not be worn to school after the season has ended or on non-game days.

Transportation

Weekday transportation is provided for all Priory sponsored sports. Transportation may be provided for PAC-5 sports based on availability. Please be aware that we are not able to accommodate all PAC-5 sports every day. The vans will leave daily at 3:10 p.m., regardless of your practice/game time. In some instances, students will be released early to accommodate the starting times of games. Because of time constraints, the vans will not wait for students, so we encourage them to be on them. Students need to make arrangements for parent pick-up from the practice/game site.

Students are not permitted to ride with friends/boyfriends to the site. Athletes may drive themselves **only** with permission from the athletic director. A permission note, signed by the athlete's parents, is required. Violations will result in team suspension.

There will be no transportation provided on holidays, in-service days, summer or weekends. Transportation schedules are located on the athletic bulletin board outside the Upper School office and on the 2nd floor of the gym. All practice cancellations due to weather will be posted on both bulletin boards by 1 p.m. that day. It is the student-athlete's responsibility to check these boards.

Student Health Form

It is a school and ILH policy that every athlete must have a **yearly** physical in order to participate in Priory/PAC-5 athletics. Students are **not** allowed to practice/tryout unless both the Student Health Record (Form-14) **and** the Athletic Permission Form are handed into the athletic office. **No exceptions!**

ILH Concussion Impact Testing

Participants in certain ILH activities must complete the state mandated ImPACT concussion test. The dates will be set throughout the school year. Athletes will not be allowed to play certain sports until this testing is done. This is in accordance with a bill (Act 197) that was passed into law in 2012. Testing will be done every two years, unless the student is new to the school.

PAC-5 Clearance for Participation

All athletes wishing to try out for a PAC-5 sport must obtain a PAC-5 clearance form from the athletic director. Athletes who show-up for a sport without clearance will not be allowed to tryout or participate in PAC-5 athletics until eligibility and academic clearance has been obtained. Clearance will be done through the sign-up process. Students must have current physical and concussion testing (if applicable) completed and turned in to the Athletic Department 24 hours before the tryout date.

ILH Transfer Policy

The Interscholastic League of Honolulu (ILH) and the Hawai'i High School Athletic Association (HHSAA) has a transfer rule. An ILH participant who transfers to a member school in the same school year or following year shall be ineligible to participate for the new school in any sport she has participated in at the former school. An ILH participant from a combined or PAC-5 school may participate if the new school is also PAC-5 in that sport. Students in grades 9-12 who transfer to an ILH school from an O'ahu public school must also sit out a year from that particular sport.

ILH Outside Participation Rule

Participants in a team sport are not allowed outside participation during their ILH season, beginning with the ILH starting date of that sport. Individuals may return to outside participation at the conclusion of their respective ILH season. In-season participation in clinics, camps and schools by ILH participants is allowed. Team sports are basketball, canoe paddling, soccer, softball, volleyball and water polo. A student-athlete who is a part of an ILH individual team may not participate in an outside event of the same sport on the same day as an ILH event. Individual sports may not participate on the same day as an ILH event. For more details, please contact the athletic director.

Team Suspension

Any student who voluntarily drops out of a sport, accumulates two or more unexcused absences, or is asked by the coach to leave a team because of disciplinary actions, shall be declared ineligible to participate in any Priority/PAC-5 sponsored sport for **one year from the date of suspension**.

An absence is considered unexcused if the athlete or the athlete's family does not notify the coach prior to missing a practice/game or if the absence is considered unexcused by the coach. Missing games/matches should be avoided unless absolutely necessary. It is important that the athlete realizes her obligation to the team and carries out that responsibility for the duration of the season. It is an honor and a privilege to make a team when others may have been denied. The athletic director and the Upper School principal will review academic issues individually.

Academic Requirements and Study Hall Policy

During the school year, grade checks will be generated to monitor academic progress for athletes. If the student has earned two D+'s or lower at interim time, or if at the end of the quarter, the student has earned one D or lower, she will be placed on an academic contract and placed in after-school study hall. If the student has an open period, the student will be placed in study hall during the day in place of the after-school study hall (unless determined otherwise by the Upper School principal and athletic director). This contract will be in effect until the end of the quarter and until it is determined by the principal that the student should be released from the existing contract. Students will not be released from study halls for practices.

While the student is on an academic contract, she may not be played as a "starter" for the team until her grades have improved and the principal has approved the participation. The student must obtain this "starter release" and if at the end of a quarter, the student has one or more failing grades, she will be placed on academic suspension for two weeks and will not be allowed to practice or play in after school sports until the grade is raised.

Absences

To letter in a sport a student must, whenever possible, attend all practices and games. Students who acquire more than five excused absences or two unexcused absences from practices or games will not letter for that sport and may be excused from the team. Although injury and illness will count toward excused absences, it will not give reason for team dismissal. As much as possible, injured athletes are expected to remain a part of the team and attend practices.

High School PE Credit

Students participating in any varsity or junior varsity sport, either Priory or PAC-5, may earn up to 1½ credits, equaling three semesters of PE credit. To earn a ½ PE credit, the student must participate in at least one season of a varsity or junior varsity sport. Please contact the athletic director **before** the start of your season for more information. The student must obtain all paperwork within one week of the season starting date and return all signed paperwork within two weeks of the completed season. The student must not have more than five excused absences (including injuries, illness, school functions and trips) OR two unexcused absences from practices.

Attendance at all matches is required, unless excused by the athletic director. The student must not be suspended from play for disciplinary or academic actions. The student must receive a varsity or junior varsity letter in the sport in order to receive credit. Credit will only be awarded after all requirements have been met and all paperwork is turned in at the end of the season.

Restriction: Students who participate in a Priory or PAC-5 sport but attend “club” practices instead of Priory or PAC-5 practices will not be eligible.

Game Site Behavior

Students have been chosen to represent The Priory Athletic Program. It is a privilege to be a part of an ILH/Priory/PAC 5 team and students should act accordingly. Good sportsmanship and following school rules are expected by athletes and parents at all times. Parents are an important part of our teams and are expected to follow general rules of sportsmanship and show respect for our coaches and other teams. Acts of verbal or physical harassment will not be tolerated. Please show Priory Pride!

ILH Snack Policy*

ILH member school athletic teams are not permitted to snack or potluck when visiting another ILH member school campus facility. ILH member school athletic teams are allowed to provide only drinks after their scheduled ILH event.

* Violation of this league policy is subject to fines.

For questions or concerns about the Athletics Rules and Regulations, please call or email Mrs. Missy Kilbey, Athletic Director, at 532-2461 or email mkilbey@standrewsschools.org.