



**Granite**  
SCHOOL DISTRICT  
**JUNIOR HIGH**  
INTRAMURAL / ATHLETICS  
**HANDBOOK**  
**2018-2019**

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## **From here, anything is possible**

### Junior High Athletic Manual and Handbook

*During the 2017-2018 school year Granite District introduced a new intramural and competitive athletic experience for students. In addition to having the traditional athletic teams of cross country, wrestling, and track & field, Granite implemented a blended intramural experience. Similar to our traditional athletic programs the purpose of the blended intramural athletic program in the Granite District is to provide exercise, recreation, competition, and **fun** to participants at all levels of play in a relaxed, welcoming, yet structured environment. School programs should be designed to enhance the **academic** experience by promoting and reinforcing leadership qualities, teamwork, personal accomplishment, mutual respect, integrity, competition and recreation, as well as skill development and exercise. This program is considered a blended program by mixing both a participation program open to all and a selective competitive all-star portion with interschool play.*

Cross Country, Wrestling, and Track & Field will continue as traditional athletic teams that can be joined by all eligible students. A \$20 participation fee will be charged to students choosing to participate in any of these three programs. Coaches of these teams must meet all state certification requirements including current CPR, first aid, concussion, bullying and hazing certifications as well as completion of the NFHS Fundamentals of Coaching class. All-star coaches must also pass the hiring process of the district. Cross Country, Wrestling, and Track & Field will continue to operate as they have in the past because they allow for all interested students to participate without the fear of team cuts.

District organized blended intramural athletic activities will operate differently than the traditional sports programs. Schools will no longer have a tryout to select a single team with limited space at the beginning of the season but instead provide several days of intramural activities for all interested participants. Dates of expected participation can be found on the district junior high athletic calendar located on the district athletic web page. School physical education classes should work in tandem with blended intramural athletic offerings. The student experience will be enhanced if their understanding, and skill level is developed before after school offerings commence. Kids are much more likely to attend after school programs if physical education classes boost their confidence in activity participation.

All schools participating in this program are expected to hold activities on each day displaying a light green color on the district athletic calendar. Intramurals should provide an hour and a half of activity each day that they are offered. The calendar indicated an official start date for each activity. At the completion of the open intramural participation period an all-star team will be selected from students who attended a minimum of 70% of intramural days provided. Students who did not participate 70% of the time cannot be considered for the all-star team. Selecting a great athlete to the all-star team who did not participate in open intramural play to gain advantage in inter-district competition is contrary to the philosophy and goals of this program.

Dates of all-star team selection can be found on the district athletic calendar. Each school will select a girls and boys all-star team for each competitive activity. The district does not encourage a junior varsity all-star team to be created. Schools are allowed to collect a \$20 fee from each participant selected to the all-star team. Coaches for the all-star team are required to meet all state standards including current CPR, first aid, concussion, bullying and hazing certifications as well as completion of the NFHS Fundamentals of Coaching class. All-star coaches must also pass the hiring process of the district.

District sponsored blended intramurals activities will include:

- Soccer: 20 participants per all-star team
  - Official start date August 27, 2018
  - All-star team selection September 14, 2018
- Basketball (Quarter Two) 15 participants per all-star team
  - Official start date November 5, 2018
  - All-star team selection November 26, 2018
- Volleyball (Quarter Two & Three) 15 participants per all-star team
  - Official start date January 2, 2019
  - All-star team selection January 10, 2019

Realizing the need for acceptable standards for the operation of sound athletic programs on a district wide basis the following manual has been created to guide administrators, coaches, athletes, parents and spectators within the Granite District to maintain the highest possible standards. The following guidelines and stated rules apply to junior high athletics within the Granite District. The following rules have been established for the following purpose:

- To maintain consistency in the governance of the junior high school athletic programs throughout the district;
- To enhance opportunities for fair play and competition;
- To impose sanctions on schools, coaches, players, spectators, officials and anyone involved in the athletic programs who do not adhere to the rules and regulations and subsequently violates the intent or substance of these rules and regulations.

### ***Athletic Eligibility***

Only students currently enrolled in grades six through nine may participate in junior high interscholastic athletic competition. Six grade students are allowed to participate in schools that have sixth grade within their student body. Students may only compete for the school in which they are enrolled or reside within the boundaries. In order to qualify for public school participation, a student must meet the following requirements:

### ***Academics/Citizenship***

Each school shall establish all academic and citizenship requirements for participation and membership for their athletic teams.

### ***Participation***

In defining participation in junior high school athletics, dressing and sitting on the bench shall be interpreted as playing in the game.

### ***Enrollment***

To try-out or participate with a team the student must be enrolled in the school they are trying out for, or participating, unless they qualify under the allowance for charter, home, or private schools.

### ***Charter, Home School, or Private School Participation***

***Charter, home, or private school participation requires students to pay a \$75 fee in addition to the participation fee. The \$75 fee is a one-time annual fee.***

### ***Charter/Home/Private Schools***

Students exempted from compulsory public school education by the local board for instruction in charter, home or private schools may be eligible for participation in extracurricular public school activities provided they earn credit as outlined in R277-700 and R277-438-3 & 4. The charter, home or private school student may only participate in extracurricular activities at the school within whose boundaries the student's parent(s) or legal guardian(s) resides or at the public school from which the student withdrew for the purpose of home schooling or attending a charter or private school. Charter and private school students may only be eligible at a public school for sports or activities which are not available at their charter or private school.

### ***Cross Country, Wrestling, and Track & Field Participation Fees***

Cross country, wrestling, along with track & field requires a participation fee of \$20.00. Once an individual has participated in two \$20 activities and paid \$40.00, no additional fees need be paid. \$40.00 is the maximum any individual is charged per school year for participation in extracurricular athletic activity.

### ***Soccer, Basketball, and Volleyball All-Star Team Participation***

Soccer, basketball, and volleyball all-star team participation require a \$20 participation fee. \$40.00 is the maximum any individual is charged per school year for participation in extracurricular athletic activity.

### **Participation Forms** *(Assumption of Risk, Consent for Medical Treatment)*

Student Athletes are required to turn in two forms to participate on any school team that competes with other Jr. High Programs within the Granite District. Those forms include the **Acknowledgement of Risk Form**, and **Consent for Medical Treatment form**. The assumption of risk form should be collected by the coach after the team selection is finalized. The Consent for Medical Treatment form must be collected before an athlete can compete in any inter-district game, match, meet, or scrimmage. Coaches are to keep Consent for Medical Treatment forms with them during practice or competition in case of emergency. If an injury occurs the coach is to turn the form over to emergency medical personal. Coaches should retain a backup copy at school. Acknowledgement of Risk Forms must be filled out for each individual sport students participate in.

### **Safe School Provision**

Any student who is suspended from school for violation of the Safe Schools provision of the Granite Board of Education or governing board of a member charter or private school, shall be declared **ineligible for participation** (including practice) in any activity for a period equal to any suspension, bar or dismissal, but in no case shall the period exceed twelve months. If the student is transferred to another school, the transfer rule provisions will apply.

### **ALL-DIVISION & ALL-DISTRICT ACADEMIC / ATHLETIC TEAM**

Any ninth grade student athlete that has a cumulative grade point average of 3.6 or higher, and has competed at the varsity level will be named to the All-Division Athletic & Academic Team. Any ninth grade student with a cumulative grade point average of 3.8 or higher will be named to the All-District Athletic & Academic Team. Cumulative grade point average will be assessed from the academic quarter prior to the start of the season. A certificate is provided for coaches on the district intranet site.

### **COACHING REQUIREMENTS – STATE OF UTAH**

All school leaders, including administrators, student activity leaders, coaches, assistant coaches, ect., should become acquainted with and adhere to Utah Code 53A-11-901, thereby setting positive role models for students and others.

### **2018-2019 UHSAA Handbook – BY-LAWS**

**All coached (Paid or nonpaid) shall be certified.**

#### **Interps & Guidelines 5.1.1: Coaches Certifications**

B. Coaches' certification includes eight components and shall be completed prior to the start of any coaching. The eight (8) components are: Background Check; First Aid Training; CPR Training; yearly Concussion Training; yearly Child Sexual Abuse Prevention Training; yearly Bullying, Cyber-bullying, Hazing, Harassment, and Retaliation Training; the NFHS "Fundamentals of Coaching" course; and to meet a set of professional standards that are consistent with the Utah Educator Professional Standards as described in USBE Rule R277-515. The training must be completed through an approved or recognized program which complies with USBE requirements. First Aid and CPR components require current certification through an approved or recognized program which complies with USBE requirements. Yearly concussion training requires successful completion of the NFHS Concussion Course.

## WHAT YOU NEED

- **Background Check**
- **Fundamentals of Coaching Course or P.E. Major or Minor**
- **First Aid Training**
- **CPR Training**
- **Bullying and Hazing Training**
- **Concussion Training**
- **Child Sexual Abuse Training**
- **Meet professional standard as defined in USBE Rule R277-515**

### UTAH Administrative Code

#### **R277-613-5: Training by School Districts and Charter Schools Specific to Participation in Public School Athletic Programs and School Clubs.**

**School districts and charter schools that offer athletics shall provide annual training to all new students and require refresher training for all students once every three years.**

## General Rules and Regulations

### **Athletic Moratorium**

During athletic moratorium dates no athletic contact can take place between a coach and a player. There can be no workouts, no meetings, or tryouts. These periods are reserved for students to focus on academics.

### **Official Start Date**

No **required** workouts can be held before the "Official Start Date" that is posted on the district calendar.

### **No Team Cut**

No cuts or elimination of participants can be made until the selection of All-star team has taken place. This date is indicated in the Granite Athletic Calendar provided on the internet.

### ***Administration and Supervision of Games***

The school administration is responsible for adequate supervision of athletic contests to secure safety and proper conduct of athletes, coaches, fans, and officials. Administration supervision is expected to be provided by the hosting school. Junior high school administration supervision is expected at cross country and track and field events help off campus. Officials should be escorted to safety at the end of every game.

### ***Host Site Responsibilities***

It is the responsibility of the host site to provide the necessary accommodations for event hosted. Athletes should be ready to compete when they step off the bus. Locker-rooms do not have to be provided. However, visiting teams are the guests of the hosting school and should be treated with respect and sportsmanship.

### ***Filming and Videotaping***

Filming or videotaping of a contest by non-participating schools, in any sport, is considered unsportsmanlike conduct unless agreed upon by competing teams.

### ***Cheerleaders***

Cheerleaders are not to attend away games in an official capacity. They can attend only as student wearing street clothes. The only exception is for a championship or final game. School cheerleaders are not to participate in national competitions.

### ***Off-Season Training***

At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. During the summer, working with individuals, including incoming seventh or sixth graders will be allowed, as long as it is not required.

### ***Head Coaches***

The head coach of an interscholastic athletic team shall be considered a bona fide member of the faculty and as such shall be responsible for supervision of athletic teams during all practices, games, and trips. The principal may, designate non-faculty persons as head coaches until such time as a suitable bona fide faculty member becomes available. The head coach is responsible for the conduct of assistant coaches, players, and bench personnel.

### ***Officiating***

Officials are recommended to be obtained through a satellite-booking agent of the UHSAA. Any complaints with the officiating are to be filed with the district athletic specialist. Also, officials should be instructed to inform school principals when ejections occur. Officials should be escorted to safety at the end of play in all games.

### ***Protest/ Complaints***

Complaints should be made to the athletic coordinator or school administrator. Principals of schools involved are responsible for ruling on issues of complaint in accordance with Granite School district policies and UHSAA guidelines.

### ***Ejection***

For the first offense, the person shall be reprimanded and suspended for the next game at the level of play (varsity or junior varsity) and for any intervening games at either level; For a second offense, the person shall be placed on probation and suspended for the next two games at that level of play (varsity or junior varsity) and for any intervening games at either level; For a third offense, the person shall be suspended for one calendar year. ***A coach who is suspended at any level may not coach in any other grade level during the period of suspension.*** Penalties are cumulative from sport to sport and from sport season to sport season. If no member of the school's coaching staff is present to assume an ejected coach's duties, the contest shall be terminated by a forfeit.

## **Post Season Play and Tournament Information**

Individual sport guidelines will list criteria for playoffs. In the case of a three way tie a conference call will be held between all principals. Each principal will flip a coin. Coins will be flipped until there are two coins that are similar with the odd coin being out. Out of the two remaining teams the highest seed will be given to the winner of the head to head contest.





**The GSD advocates the following on lightning safety for outdoor activities:**

- **Get everyone to a safe place.** If you hear thunder, suspend your activity immediately and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Stay away from isolated tall trees, towers or utility poles as lightning tends to strike the taller objects. Stay away from metal bleachers, backstops and fences as lightning can travel long distances through metal. Spread out to reduce the risk of multiple lightning casualties. For a shelter to provide protection from lightning, it must contain a mechanism for conducting the electrical current from the point of contact to the ground. On the outside, lightning can travel along the outer shell of the building or may follow metal gutters and downspouts to the ground. Inside a structure, lightning can follow conductors such as the electrical wiring, plumbing, and telephone lines to the ground. Once inside, stay off corded phones and away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers or grandstands. If no sturdy building is nearby, a hard-top vehicle with windows closed will offer some protection as the steel frame of the vehicle provides some protection if you are not touching metal.
- **Develop criteria for suspension and resumption of play:**
  - When thunder is heard, or a cloud-to-ground lightning bolt is seen the thunderstorm is close enough to strike your location with lightning. **SUSPEND PLAY AND TAKE SHELTER IMMEDIATELY.**
  - **THIRTY-MINUTE RULE.** Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed to resuming play.
  - Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.

**For more detailed information, refer to the “Guidelines for Lightning Safety” contained in the NFHS Sports Medicine Handbook.**

**[www.nfhs.org](http://www.nfhs.org)**

## GRANITE DISTRICT EVENT GUIDELINES

In the chart below, **ONLY** those items marked “Yes” will be allowed as support items at all Granite District playoff games and tournaments. It is recommended that schools follow these same regulations during regular season and tournament play. Sportsmanlike vocal cheering and support from team bench area are encouraged.

### LEGEND:

**BSK** Basketball

**CC** Cross Country

**SC** Soccer

**TR** Track & Field

**VB** Volleyball

**WR** Wrestling

Sport	BSK	CC	SC	TR	VB	WR
Balloon	NO	YES	YES	YES	NO	NO
Banner on wall except welcome or corporate sponsor	NO	NO	NO	NO	NO	NO
Confetti/shredded paper	NO	NO	NO	NO	NO	NO
Hand held signs of any kind	NO	NO	NO	NO	NO	NO
Laser Light/pointer	NO	NO	NO	NO	NO	NO
Miniature sports balls thrown into crowd	NO	NO	NO	NO	NO	NO
Megaphones	NO	YES	YES	YES	NO	NO
Artificial noise makers (shakers, clickers, horns, vuvuzelas, bells, cow bells, buzzers, thundersticks)	NO	YES	YES	YES	NO	NO
Whistles	NO	NO	NO	NO	NO	NO
Shirts on fans; spectator faces must be identifiable	YES	YES	YES	YES	YES	YES
Paper banners for teams to run through	NO	NO	NO	NO	NO	NO
Poms	YES	YES	YES	YES	YES	YES
Rally towels	YES	YES	YES	YES	YES	YES
Appropriate recorded music over PA system	YES	YES	YES	YES	YES	YES
School bands (including drums)	YES	NO	NO	NO	YES	YES
Air horns/sirens	NO	NO	NO	NO	NO	NO
Cannons/muskets	NO	NO	NO	NO	NO	NO