MENDOCINO
HIGH SCHOOL

Student Athletic Policy 2026-2027

Being a Mendocino High School student-athlete carries with it a tremendous amount of responsibility. Your conduct at school, practice, and games affects the image people have of Mendocino High School and our local community. A student who elects to participate in athletics is making a choice of self-discipline and dedication. Student-athletes must exemplify the school-wide expectations of Excellence, Perseverance, Investment, and Citizenship through their sportsmanship and scholarship. These policies were established with the athletes' well-being and fitness in mind in order to maintain the integrity of the athletics program. It must be understood that students who choose not to follow the policies set forth by the MHS administration and C.I.F. guidelines may be denied the privilege of participation. Participation in athletics is a privilege, not a right. In accepting the challenge of athletic participation, student-athlete and parent are agreeing to follow these policies and expectations and are committed to Honoring the Game.

ACADEMIC ELIGIBILITY FOR PARTICIPATION

Student-athletes enrolled in Mendocino High School and Mendocino Community High School may be eligible to participate in athletics. Student-athletes must meet the following CIF academic requirements (this may differ from Education Code requirements):

a) The student is currently enrolled in at least 20 semester credits of work;
b) The student was passing in the equivalent of at least 20 semester credits of work at the completion of the most recent grading period;
c) The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board;
d) The student has maintained during the previous grading period a minimum 2.0 grade-point average, on a 4.0 scale, in all enrolled courses. In addition, they received no more than one failing grade (F);
e) Academic standing will be established no later than Monday after report cards are issued. Those student-athletes who had been academically ineligible may apply for "early eligibility" on the day after grades are due in the office.

ATTENDANCE EXPECTATIONS AND ELEGIBILITY

a) Student-athletes are expected to be in class and on time. Abuse of this expectation shows a student-athlete is not capable of balancing their responsibilities and may be suspended from participating in future games or removed from the team.

b) Student-athletes **must attend all classes on the day of practice and/or competition to be eligible to participate. If there is no practice or competition that day, the consequence will be applied to the subsequent practice or competition, whichever comes first.** This rule also applies to the Friday before a Saturday game (see "I" below). Exceptions are granted for partial day excused absences that could not be arranged outside of the school day (e.g., medical appointments, funerals, court appearances, etc.) only if a note from the healthcare provider, court etc. can be produced. Failure to produce a note in a timely fashion will result in ineligibility.

   I. Clarification: A student-athlete who misses school on a Friday due to illness is not eligible for participation on Saturday, even if they are "better" or have a healthcare provider's note. This is to protect both players and the coaches who are responsible for them.
   II. Clarification: Student-athletes who are absent 30 minutes or more during any class period without a valid excuse will be considered absent for the purposes of enforcing part "b" of Attendance Expectations and Eligibility. A student who misses 30 minutes or more of a class is considered truant by California Education Code.

c) If classes will be missed due to an away game, it is expected that the student will check with each teacher prior to departure and make arrangements for makeup work.

CITIZENSHIP AND WORK HABITS ELIGIBILITY EXPECTATIONS

It is required that all student-athletes will maintain the basic school-wide expectation of "Be EPIC" – Excellence, Perseverance, Investment, and Citizenship.

a) **Students who receive three (3) or more marks of "1" (below standard) for Citizenship and/or Work Habits combined or two (2) or more marks of "1" (below standard) for Citizenship during a reporting period will be placed on athletic probation** and will have a two week period to improve their marks. Students on probation must submit a weekly progress tracking form to the Athletic Director. A student who does not improve their Citizenship and/or Work Habits mark during the two week probation will be suspended for one week from all athletic participation and must improve their marks or be removed from the team for the remainder of the season.
b) Student-athletes who, based on discipline referrals, are not in good standing with the school community may be suspended or removed from participation in athletics by the Principal or the Principal's designee.

SUBSTANCE USE POLICY

Use or possession of drugs, alcohol, or tobacco will not be tolerated. Substance use is counterproductive to the goals of the athletic department and the school. A student-athlete involved in any incident that involves use or possession of drugs, tobacco, or alcohol will be subject to regular school consequences as determined by administration, as well as suspension from all athletic practices for 7 calendar days and suspension from all athletic contests for 14 calendar days. A second such incident will result in regular school consequences and elimination from all athletic programs for the remainder of the current semester and 1 semester following the incident.

PRACTICE AND GAME RESPONSIBILITIES

1) Time:
    a. All players are expected to be on time for all practices and games. Each sport will have their own rules and consequences for those who are late to or miss practices.
    b. It is the player's responsibility to notify the coach prior to an absence from any practice, game, meeting or scrimmage. Each coach will have their own team rules and consequences for those who do not make this communication.
2) Dress
    a. Dress standards will be strictly enforced. Only issued or approved uniforms will be worn for warm ups and games. Any violation of this rule will result in being ineligible for the game.
3) Behavior: The first violation of a rule will result in the player being ineligible for the next game. A second violation will result in removal from the team.
    a. All players will exhibit respect for the rules, the officials, the opponents, teammates and, one's self, and the facilities and equipment provided.
    b. Players will refrain from any profanity or improper/unsportsmanlike conduct both at games and at practice.
    c. Players will not demean, intimidate or insult the coach, any teammate, opponent, fan or referee.
    d. Players will not use social media to taunt, insult or intimidate opponents, teammates and/or coaches.
4) Ejection Policy Addendum - adopted by NCS Board of Managers on 4/21/95
    a. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
        i. Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season (league, section or state playoff, etc.).
    b. Illegal participation in the next contest by a player ejected in a previous contest.
        i. Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
    c. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
        i. Penalty: The player shall be ineligible for the remainder of the season.
        ii. When one or more players leave the bench to begin or participate in an altercation.
        iii. Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season (league, section or state) playoff, etc.).

OUTSTANDING FEES POLICY

Student-athletes with outstanding fees and fines will not be eligible to participate in athletics until all fees and fines are settled or missing school property is returned. See the office if there is a financial hardship.

GRIEVANCE POLICY

MHS supports its coaches' decisions on playing time and game strategy. In virtually every case of a grievance regarding playing time or strategy, the coach's decision is final. If a student or parent does have a grievance of another nature, the following procedure MUST be employed:

1) The involved student-athlete MUST discuss any issue with the coach before parents become involved. The coach should never be contacted at home. Also, a coach should never, under any circumstances, be contacted directly before or shortly after a contest.
2) If the student-athlete feels that a meeting with the coach would not be prudent, the student athlete may contact the Athletic Director.
3) If a grievance still exists after the first and second step in the process, the student athlete and his/her parents may schedule a meeting with the coaching staff and Athletic Director.

ISSUED EQUIPMENT

It is the player's responsibility to see that all issued equipment is returned at the conclusion of the sport. If the equipment is lost or stolen, it is the player's responsibility to pay the cost of replacing that equipment before being allowed to participate in any other sport. In addition, grade reports, transcripts and diplomas can be withheld until compensation has been made.

DURATION OF SEASON

a) Enrollment dates will be established for each sport. No player should join a team after that date without prior approval of the head coach. Should any player be allowed to join a team late without prior approval, the player will not be allowed to participate in any interscholastic contest for a minimum of two weeks.
b) Any player wishing to drop from a team must have the prior approval of his/her coach. The player shall meet with the coach and discuss his/her desire to drop from the team. Should any player quit a team without having discussed the issue with the coach and gained the coach's written approval, the player will not be allowed to participate in any other sport for one year (i.e. until that same season of the following year). The first two weeks from enrollment date of any sport shall be considered as a tryout period and students may drop without penalty.

TRANSCRIPTED CREDIT FOR ATHLETICS

A player must complete at least 75% of a sport season to receive credit of 5 units on their transcript. A student playing two sports will receive 2.5 units for each sport.

TRANSPORTATION

a) MUSD will provide transportation to all league games. All non-league transportation will be provided by approved adult drivers. If a student is to be released to his/her parent or legal guardian, a face-to-face verbal contact with the coach and a written release from that parent must be given at the site of the competition.
b) With written permission by parent/guardian and approval of the Principal or his designee, a student may be released to another parent or adult 21 or older.
c) No student participant is allowed to drive any other student to or from an athletic contest.

INSURANCE

Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. This insurance requirement can be met by purchasing the school district offered Meyers-Stevens insurance or providing proof of private insurance that covers medical and hospital expenses. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be attained by calling Health Care for All Families at 1-800-300-1506.

CODE OF CONDUCT - HONORING THE GAME

Mendocino Unified School District is a Positive Coaching Alliance partner. At Mendocino High School, all participants in athletics, from players to fans to coaches, are held accountable to Honoring the Game. The ROOTS of Honoring the Game is an acronym which stands for better respecting: Rules, Opponents, Officials, Teammates and Self:

Rules: The rules of a sport have been developed and modified for a reason. Rules keep the game fair, and they also keep athletes safe. Don't try to work against the rules or bend them; respect the role they play in your sport. We obey the Rules even if we can get away with bending them, and even if our opponents don't.

Opponents: As you want respect, give respect to your opponents. A worthy opponent helps us get better—we want to play fierce and friendly and never think of them as enemies.

Officials: Officials are doing the best they can to enforce the rules and maintain a safe environment for play. They are people too, doing the best they can, and there is never an excuse for disrespecting officials. We respect officials even when bad calls go against us.

Teammates: We don't do anything to embarrass our teammates, on or off the field. Make your teammates proud by doing the best you can (on and off the field) and by supporting them in all their efforts.

Self: Finally, and most importantly, you have to respect yourself in order to uphold an honorable approach to sports. Set high standards and live up to them. Don't Honor the Game because someone tells you to. Do it because you want to. We live up to our own standards, even if our opponent doesn't.

Tips for Parents to Honor the Game:

Before the Game

Commit to Honoring the Game in action and language no matter what others may do.
Tell your children before each game that you will be proud of them regardless of how well they perform.

During the Game

Fill your children's "Emotional Tanks" through praise and positive recognition to help them play their best.
Fill their teammates' tanks, too!
Do not instruct your child during game action or at breaks; let the coaches coach.
Cheer good plays by both teams.
Mention good calls by the official to other parents.
If you disagree with an official's call, Honor the Game – BE SILENT!
If other spectators yell at officials, gently remind them to Honor the Game.
Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "What do I want to model right now for my child?"
Remember to have fun and enjoy the game.

After the Game

Thank the officials for doing a difficult job for little or no pay.
Thank the coaches for their commitment and effort.
When reviewing the game with your children, ask rather than tell. Instead of immediately sharing your opinions or telling them how they can improve, ask questions such as "What did you learn from that game?" or "What was your favorite play?" or "What was the most fun part of that game?"
Remember to give your children truthful and specific praise…not just the typical "good game" but, for example, "I saw how well you moved your feet on defense."
Tell your children again that you are proud of them whether the team won or lost.

POSITIVE COACHING ALLIANCE | BETTER ATHLETES BETTER PEOPLE

STUDENT ATHLETIC POLICY
AGREEMENT

The undersigned have read the Student Athletic Policy and understand and agree to the terms of the policy. We understand that participation in Mendocino High School Athletics is a privilege and are aware there will be consequences if expectations and requirements are not met. Furthermore, we have read the Code of Conduct and are committed to Honoring the Game!

_____ _____

Print Student Name **Print Parent Name**

_____ _____

Student Signature & Date **Parent Signature & Date**

Detach and return this signature sheet. Keep the Student Athletic Policy for your records.