

**New Rockford-Sheyenne Public School #2**  
**437 First Avenue North**  
**New Rockford, North Dakota 58356**  
**Phone 701-947-5036**

**I. TRAINING RULES:**

Items A-F are prohibited:

- A. Smoking
- B. Chewing Tobacco or its by-products
- C. Drinking/Possession of Alcoholic beverages or paraphernalia
- D. Use/Possession of drugs or paraphernalia
- E. Criminal Acts
- F. Use, sale or possession of non-prescriptive anabolic steroids
  
- G. All participants in any interscholastic contest shall meet the eligibility requirements of the North Dakota High School Activities Association and the New Rockford School.
  
- H. There may be periodic checks of bags/person for any of the above reasons.
  
- I. Any violation of A-F during school trips shall result in parents/guardians being called and expected to provide transportation for their child. The student will be taken to the local authorities if the parent/guardians refuse to provide transportation for their child.
  
- J. Student/Athletes are expected to abide by the rules during the entire season. An infraction could cause the student to lose their letter. Letters may be earned back if the athlete reaches the letter expectations outline by coaches. Infractions could cause an athlete to lose any team awards upon seasons end. An infraction that occurs at or near the end of a season will result in a loss of a letter as well as any special awards. As always, conduct will be taken into consideration for any Senior Awards and the Outstanding Athlete Award.

**II. PENALTIES & RESPONSIBILITIES:**

- A. **FIRST OFFENSE:** Shall result in loss of activity for a period of six weeks from the time of infraction. Students will be required to show up for all practices, sit on the team bench in street clothes and ride the team bus to and from contests. IN ADDITION, IT IS THE MISSION OF OUR SCHOOL TO TEACH RESPONSIBLE DECISION MAKING TO OUR STUDENTS. IN ORDER TO PROVIDE GUIDANCE IN THIS PURSUIT, WE ARE REQUIRING STUDENTS INVOLVED IN AN INFRACTION TO ATTEND A COUNSELING SESSION WITH THE SCHOOL COUNSELOR. THE PARENT/GUARDIAN WILL ALSO BE INVOLVED IN THE COUNSELING SESSION. COUNSELING IS REQUIRED FOR RE-INSTATEMENT OF ELIGIBILITY.
  
- B. **SECOND OFFENSE:** Shall result in a loss of activity for a period of eighteen weeks from the time of the infraction. Students are allowed to practice, sit on the team bench in street clothes and ride on the team bus. IN ADDITION, A STUDENT INVOLVED IN A SECOND INFRACTION IS REQUIRED TO ATTEND ADDICTION COUNSELING THROUGH A PROFESSIONAL AGENCY. THE AGENCY MAY BE ARRANGED THROUGH THE SCHOOL; HOWEVER, ANY COSTS INCURRED FOR THE COUNSELING WILL BE THE RESPONSIBILITY OF THE PARENT/GUARDIAN. IF ARRANGEMENT FOR A PROFESSIONAL AGENCY IS TAKEN CARE OF BY A PARENT/GUARDIAN, IT MUST BE APPROVED BY THE SCHOOL. THIS COUNSELING IS REQUIRED FOR RE-INSTATEMENT OF ELIGIBILITY.
  
- C. A student violating the drug/alcohol rules at school or a school sponsored function will also be suspended out of school for 3 school days for the first offense; expulsion/suspension for a second subsequent offense shall be determined by the superintendent and the board of education.

**III. HOURS:**

- A. Sunday – Thursday = Home by 10:30 pm
- B. Friday & Saturday = Home by 12:30 am
- C. Coaches/Advisors MAY enforce hours that are earlier than 10:30/12:30 but may not, without administrative approval, enforce later hours.
- D. Violation of the above will be subject to the discretion of the coach.

Revised September 9, 2004

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**AS A PLAYER/PARTICIPANT I AGREE TO AND WILL ABIDE BY THE RULES AS SET FORTH BY THE TRAINING RULES COMMITTEE. BY SIGNING THIS FORM I FURTHER ACKNOWLEDGE THAT I HAVE RECEIVED A COPY OF THE TRAINING RULES.**

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NAME

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DATE

**AS A PARENT/GUARDIAN, I UNDERSTAND THE RULES THAT MY CHILD IS WILLING TO FOLLOW TO BE A PARTICIPANT IN EXTRA-CURRICULAR ACTIVITIES.**

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PARENT/GUARDIAN

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DATE

**\*\* THIS FORM IS TO BE FILED IN THE SCHOOL OFFICE.**

**\*\* PLEASE KEEP THE PAGE OUTLINING THE TRAINING RULES FOR YOUR RECORDS.**