



LINCOLN MIDDLE SCHOOL • PULLMAN HIGH SCHOOL

# ATHLETICS & ACTIVITIES



2025-2026

# HANDBOOK



The PHS & LMS Athletics & Activities Handbook is a sub-handbook under the [Pullman School District Family & Student Handbook](#) and [WIAA Handbook](#). All expectations of this Athletics & Activities Handbook are in addition to those expectations outlined in the PHS & LMS Family and Student Handbook and WIAA Handbook appendices. PHS & LMS value Student-Athletes and Club Members and require them to be students first. Participants must prioritize commitments accordingly to be a successful student and to meet the requirements of extra-curricular activities if PHS & LMS students choose to participate. Athletes and Club members may miss a significant amount of school and thus must be proactive in their actions and prior planning. Communication is key for Club Members and Athletes to be successful in working with teachers, coaches, advisors and school administration; participants are encouraged to reach out to PHS & LMS staff when needed to ensure positive experiences.



# TABLE OF CONTENTS

*This handbook is interactive. There are many "clickable" [links](#) throughout.*

<a href="#">Introduction</a>	1
<a href="#">Athletics &amp; Activities Information</a>	3
<a href="#">Sports Season Information</a>	4
<a href="#">Lincoln Middle School</a>	
<a href="#">Pullman High School</a>	
<a href="#">Guidelines &amp; Standards</a>	7
<a href="#">PSD &amp; WIAA Rules/Regulations</a>	
<a href="#">Students, Parents, Advisors/Coaches Code of Ethics</a>	
<a href="#">Sportsmanship</a>	
<a href="#">Communication Between Student, Advisors/Coaches &amp; Parents</a>	
<a href="#">Social Media Conduct</a>	
<a href="#">Athletics &amp; Activities Code</a>	12
<a href="#">Unsportsmanlike Conduct</a>	
<a href="#">Safety</a>	
<a href="#">Attendance</a>	
<a href="#">Dress Code</a>	
<a href="#">Multiple Sports at One Time</a>	
<a href="#">Two or More Conflicting PSD Activities</a>	
<a href="#">Substance Use, Abuse &amp; Possession</a>	
<a href="#">Code Violations &amp; Disciplinary Sanctions</a>	
<a href="#">General Expectations for LMS Athletes/Parents</a>	
<a href="#">Positive School Climate</a>	20
<a href="#">Gender Identity &amp; Participation</a>	
<a href="#">Hazing</a>	
<a href="#">Harassment, Intimidation &amp; Bullying</a>	
<a href="#">Discrimination</a>	
<a href="#">Training, Travel &amp; Equipment Guidelines</a>	29
<a href="#">WIAA Athletic Eligibility</a>	33
<a href="#">Enrollment &amp; Regular Attendance</a>	
<a href="#">Transfer Students</a>	
<a href="#">Age</a>	
<a href="#">Physical Examination for Players</a>	
<a href="#">ImPACT Testing for Players</a>	
<a href="#">Previous Semester Rule</a>	
<a href="#">Amateur Standing</a>	
<a href="#">Non-School Participation</a>	
<a href="#">Scholarship Rule</a>	
<a href="#">Recruiting Philosophy &amp; Rules</a>	38
<a href="#">Athletic &amp; Activity Awards</a>	41
<a href="#">PHS Off-Season &amp; Summer Programs</a>	46
<a href="#">The College Bound Athlete</a>	48
<a href="#">Booster Clubs &amp; Fundraising</a>	50
<a href="#">Cross &amp; Legal References</a>	51



# Pullman School District Athletics & Activities

---



## District Office:

240 SE Dexter Street  
Pullman, WA 99163  
Phone Number: (509) 332-3581  
Fax Number: (509) 336-7202  
Email: [info@psd267.org](mailto:info@psd267.org)

The Pullman School District interscholastic athletic & activities program is designed to provide opportunities for as many students as possible so that each student may reach their potential. Pullman School District takes pride in its fine tradition of academic and extra-curricular accomplishments. Students who attend Pullman High School and Lincoln Middle School are of high caliber and responsible character. This handbook serves to remind students, their parents/guardians, coaches and advisors that excellence, both in extra-curricular participation and in classroom performance, necessitates self-responsibility and self-discipline. It is to this end that interscholastic sport and club participants, their parents/guardians, coaches, advisors, and the community are asked to pledge their support to the following guidelines.

The interscholastic athletic program and club participation are completely voluntary. Participation is not required for graduation. Involvement in the athletic and activity program, however, do require extra effort and extra time on a voluntary basis beyond the regular school day. Although interscholastic athletics and club participation is voluntary, those participating do represent their student bodies and community. Therefore, standards, citizenship, sportsmanship, conduct, and reliability must be maintained at a high level. The total school program is reflected in the interscholastic athletic and activity program.

The selection of team members is necessary. However, the selection of team members is not based solely upon skill and performance, but also upon attitude, conduct, cooperation, reliability and an earnest and sincere desire by the student to participate on the team in a fashion that complements the school and the community.

We believe there is a positive correlation between an student's performance and their adherence to specific training practices. Following are rules and regulations concerning interscholastic athletics and club participation for all of our students in the Pullman School District.

*The Pullman School District Board of Directors and the Pullman School District shall provide equal educational opportunity and treatment for all students in all aspects of the academic and activities programs without regard to race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation (including gender expression or identity), marital status, the presence of any sensory, mental or physical disability, participation in the Boy Scouts of America or the use of a trained dog guide or service animal by a person with a disability. The district will provide equal access to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society. District programs will be free from sexual harassment. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator and Title IX Coordinator, Assistant Superintendent, (509) 332-3144, [compliancecoord@psd267.org](mailto:compliancecoord@psd267.org), and Section 504/ADA Coordinator, Assistant Superintendent (509) 332-3144, [compliancecoord@psd267.org](mailto:compliancecoord@psd267.org), 240 SE Dexter Street, Pullman, WA 99163. Applicants with disabilities may request reasonable accommodations in the application process by contacting the Personnel Coordinator at (509) 332-3584.*

Title IX inquiries may also be directed toward the U.S. Department of Education, Office for Civil Rights (OCR):  
<https://www2.ed.gov/about/offices/list/ocr/index.html>.

Information about the nondiscrimination and sex-based discrimination policies and grievance procedures, and how to report a concern or complaint: [https://www.pullmanschools.org/families/hib-and-discrimination/discrimination\\_sexual\\_harassment](https://www.pullmanschools.org/families/hib-and-discrimination/discrimination_sexual_harassment).



## Mission Statement

*The Pullman School District is committed to providing quality opportunities in education, athletics and activities for all students while teaching the values of sportsmanship, teamwork, integrity, self-discipline, time management, responsibility, sacrifice, dedication, citizenship, and competition.*

---

## WIAA Core Principles



*Pullman School District Athletics and Activities supports the WIAA Core Principles by creating and providing opportunities in educational athletics and activities.*

*With integrity, we will:*

- *Ensure respect for all individuals and communities by valuing others, treating them with dignity, and promoting ethical behavior in all activities.*
- *Provide a safe environment where participants pursue positive relationships and healthy activities.*
- *Challenge all students to attain personal academic excellence through participation, competition, and teamwork.*
- *Provide access to equitable, fair, and diverse activities.*
- *Strengthen character, build confidence, and maximize potential through sportsmanship, leadership, and service.*



## School Information:

315 SE Crestview St.  
Pullman, WA 99163

Phone Number: (509) 334-3411  
Email: [lms-info@psd267.org](mailto:lms-info@psd267.org)

## Lincoln Middle School Athletics & Activities Information

Lincoln Middle School Administrators	Name	Email
Principal	Cameron Grow	<a href="mailto:cgrow@psd267.org">cgrow@psd267.org</a>
Assistant Principal	Tammy Sewell	<a href="mailto:tsewell@psd267.org">tsewell@psd267.org</a>
Assistant Principal / Athletics & Activities Director (AD)	Evan Hecker	<a href="mailto:hecker@psd267.org">hecker@psd267.org</a>

Activity	Advisor	Advisor's Email
For a complete list of Lincoln Middle School Activities, Clubs, Advisors, and Advisor Emails, please click the following link: <a href="#">LMS ASB Activities</a>		



## School Information:

510 NW Greyhound Way  
Pullman, WA 99163

Phone Number: (509) 332-1551  
Email: [phs-info@psd267.org](mailto:phs-info@psd267.org)

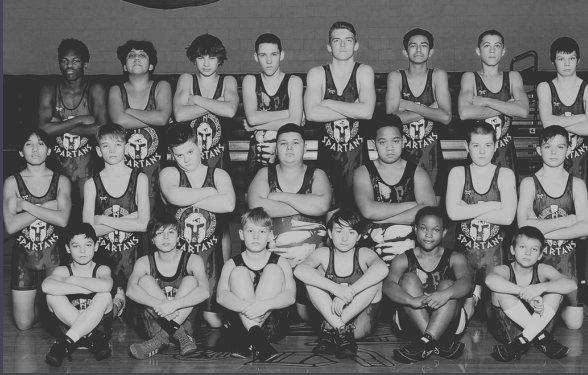
## Pullman High School Athletics & Activities Information

Pullman High School Adminstrators	Name	Email
Principal	Jerrod Fleury	<a href="mailto:jfleury@psd267.org">jfleury@psd267.org</a>
Assistant Principal	Debbie Crabtree	<a href="mailto:dcrabtree@psd267.org">dcrabtree@psd267.org</a>
Assistant Principal/ Athletics & Activities Director (AD)	Evan Hecker	<a href="mailto:hecker@psd267.org">hecker@psd267.org</a>

Activity	Advisor	Advisor's Email
For a complete list of Pullman High School Activities, Clubs, Advisors, and Advisor Emails, please click the following link: <a href="#">PHS ASB Activities</a>		



# ATHLETICS & ACTIVITIES



# SPORTS SEASON INFORMATION





# 2025-2026 MIDDLE SCHOOL SPORTS SEASON INFORMATION

Sport	Practices Needed	Quarter
<b>INTERSCHOLASTIC ATHLETICS (7th &amp; 8th)</b>		
Football	12	1
Cross Country- Girls' & Boys'	8	1
Girls' Volleyball	8	1
Boys Basketball	8	2
Girls Basketball	8	3
Wrestling (6th, 7th, 8th)	8	3
Track (6th, 7th, 8th)	8	4
<b>INTRAMURAL ATHLETICS (6th)</b>		
Girls Tennis (6th, 7th, 8th)	NA	1
Girls Volleyball	NA	1
Girls Bowling	NA	2
Boys Basketball	NA	2
Girls Basketball	NA	3

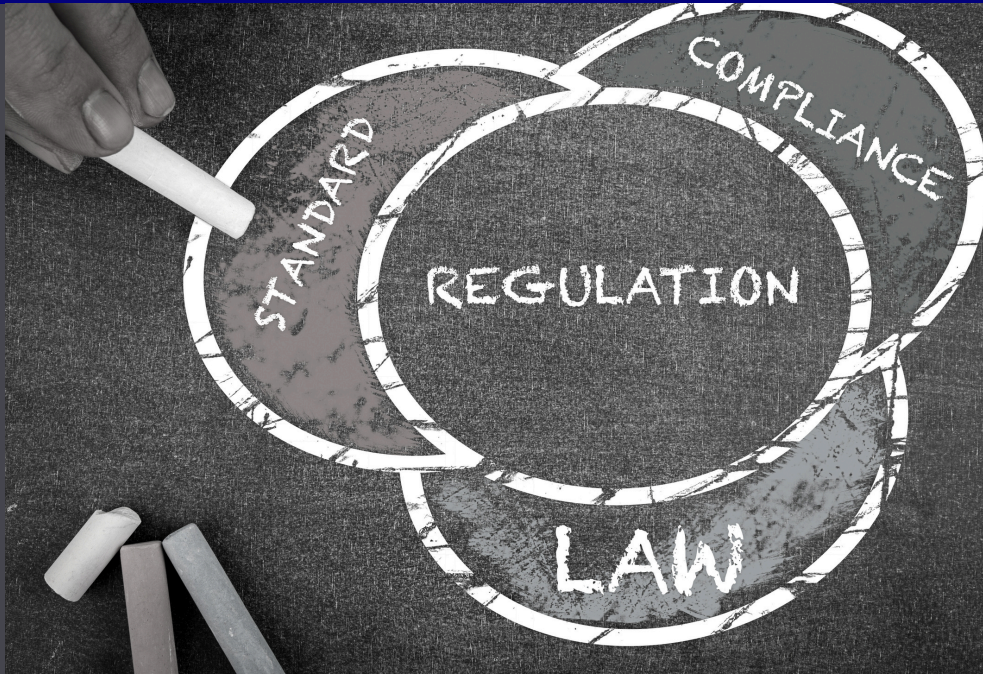


# 2025-2026 WIAA HIGH SCHOOL SPORTS SEASON INFORMATION

First Practice	Sport	Practices Needed	Contest Limit
August 1, 2024	WIAA Out of Season Coaching	--	--
August 21, 2024	Football	12	10 + Jamboree
August 26, 2024	Cross Country- Girls' & Boys'	10	10 + Jamboree
August 26, 2024	Girls' Volleyball	10	18 + Jamboree
August 26, 2024	Girls' Swim	10	12 + Jamboree
August 26, 2024	Girls' Soccer	10	16 + Jamboree
November 4, 2024	Girls' Bowling	NA	18 + Jamboree
November 18, 2024	Basketball- Girls' & Boys'	10	20 + Jamboree
November 18, 2024	Wrestling- Girls' & Boys'	12	16 + Jamboree
November 18, 2024	Boys' Swim	10	12 + Jamboree
March 3, 2025	Tennis- Girls & Boys	10	16 + Jamboree
March 3, 2025	Golf- Girls & Boys	NA	12 + Jamboree
March 3, 2025	Track- Girls & Boys	10	10 + Jamboree
March 3, 2025	Girls' Softball	10	20 + Jamboree
March 3, 2025	Boys' Baseball	10	20 + Jamboree
March 3, 2025	Boys' Soccer	10	16 + Jamboree



# ATHLETICS & ACTIVITIES



## GUIDELINES & STANDARDS

# GUIDELINES & STANDARDS

## PSD & WIAA General Rules & Regulation Statements

Pullman School District is a member of the Washington Interscholastic Activities Association (WIAA) and must comply with the rules as stipulated by the [WIAA Handbook](#).

Students, school staff, and school boards of member school districts in all interscholastic relationships are obligated to practice and promote the highest principles of sportsmanship and ethics. To participate, all athletes/club members must purchase an LMS/PHS ASB card.

## Students, Parents, Advisors/Coaches Code of Ethics

It is the duty of all concerned with school athletics/activities:

- To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- To eliminate all possibilities which tend to destroy the best values of competition.
- To stress the values derived from competing fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a friendly relationship between visitors and hosts.
- To respect the integrity and judgment of officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use initiative, and good judgment by the competitors.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual competitors.
- To remember that an athletic/activity contest is only a game/competition, not a matter of life or death for players/contestants, fans/parents, coaches/advisors, officials of the school.
- As a representative of Pullman School District, students, coaches/advisors, students, parents, and teachers should make every attempt to demonstrate exemplary behavior and respect and follow the rules, both within Pullman School Campuses and while visiting other campuses.

# Sportsmanship



Athletics and activities exist for their educational value. All those in attendance to Pullman School District Sporting events are expected to meet the expectations established by the WIAA and Greater Spokane League for sportsmanship. Your actions and conduct as spectators and participants at athletic/activity events should be positive, respectful, exhibit responsible behavior, and be supportive. Sportsmanship is modeling honor and respect through positive leadership by all participants and spectators present. All other school rules apply to activities and athletics:

Participants and spectators who fail to meet these expectations can face the following consequences depending on the severity of their actions.

1. Warning
2. Removal from event and/or school discipline
3. Permanent ban from school events

Please refer to [Pullman School District Policy 4600 Spectator Conduct and Sportsmanship](#) for more information regarding spectator expectations.



# Communication

## Communication Between Student, Advisors/Coaches & Parents

When a student becomes involved in athletics or activities at LMS or PHS, students are expected to communicate with coaches/advisors to advocate and seek resolution for themselves. When these communication opportunities are taken, they provide students with experience in navigating potentially difficult situations and allows them to gain confidence in their communication and resolution skills. Participants and parents have the right to clear, concise communication of the program's expectations. This should include game/competition and practice schedules, review of team and school rules and regulations, transportation procedures, injury reporting, program philosophy and reviewing the process for addressing concerns. These issues should be addressed at the pre-season participant/parent meeting that each head coach/advisor is responsible for organizing and promoting. It is the participants and parents' responsibility to contact the coach/advisor if they are not able to attend the meeting and the coach/advisor will then provide you with the important information discussed at the meeting. If parents have questions, the first step is to ask your student to seek information from their coach or advisor.

Typically, students are valued for the opportunity they provide to exhibit and develop both character, knowledge, and skill. There will be times when participants and parents will be challenged with difficult situations. Examples could include lack of playing/participation time, not making the starting lineup or top team/group, feelings of being mistreated or neglected, differences of philosophy, etc. In all cases the solution lies in communication. Our primary goal is that of developing students who are prepared to meet the challenges of today and life after high school.

The following procedures will be used when addressing concerns:

1. Students address concerns with the coach/advisor. In some cases, students are reluctant to approach their coach/advisor. In that case the building's AD/assistant principal can help facilitate a meeting.
2. If a satisfactory solution does not occur, the student should address the issue with the AD/assistant principal. At that time, a meeting with the student-athlete, coach, and AD/assistant principal may be appropriate. In some cases, other solutions as determined by all concerned parties may be agreed upon.
3. After the student has exhausted all avenues for resolution outlined above, it is then appropriate for the parent or guardian to contact the coach/advisor and/or AD/assistant principal.

It should be noted that parents are encouraged to contact the coach/advisor or Athletic Director when concerns arise if the student has not been able to find resolution. In the event that parents do contact the coach or AD, parties will work together to facilitate the process described above. This process empowers students to work through problems utilizing the concept of chain of command and communication skills. This serves as a real world learning experience for students.

## Social Media Conduct

Social media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Instagram, Snapchat, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

Pullman School District recognizes and supports its students', coaches', and advisors' rights to freedom of speech, expression and association, including the use of social networks. In this context, each student, coach, and/or advisor must remember that participating and competing for the Pullman School District is a privilege, not a right. The student, coach, and/or advisor represent their school and the school district, and therefore, they are expected to portray themselves, their teams, and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, and school district rules and regulations (including those listed below).

Please refer to Pullman School District Board Policies & Procedures [2022/2022P](#) Electronic Resources and Internet Safety for Students, and [3207/3207P](#) Prohibition of Harassment, Intimidation, and Bullying of Students for specifically prohibited behaviors which include but are not limited to:

1. Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
2. Derogatory language regarding school personnel or other students.
3. Comments designed to harass or bully students or school personnel.
4. Nude, sexually-oriented, or indecent photos, images or altered pictures.

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology and related technologies, which disrupts or interferes with the educational process or activity, in any manner, is prohibited and may result in removal from the team or activity and a recommendation for further discipline consistent with school district policy may occur.

# ATHLETICS & ACTIVITIES CODE



**important**

The opportunity to participate in the interscholastic athletic and activities program is a privilege granted to all students of the district. Participants in this voluntary program are expected to follow specific conduct standards established by the principals, athletic coaches and activity advisors. A student who is found by a staff member of the student's school to be in violation of any rules is subject to removal from team or activity. Provision is made for a student who has allegedly violated one or more of the conduct rules to appeal a disciplinary action as specified in this code (see Pullman School District Board [Policy and Procedure 2151P](#)).

The following athletic code will apply from the student's first signed registration form through their athletic/activity eligibility within the Pullman School District. Disciplinary action will carry over from one school year to the next (6th grade -8th grade; 9th grade-12th grade) and will apply both in and out of season.



# ATHLETICS & ACTIVITIES CODE

## Unsportsmanlike Conduct

Athletes and coaches shall exhibit appropriate conduct in all practices and/or contests. See [WIAA Handbook 20.0.0](#) for what constitutes an ejection and the sport specific consequences that will be applied.

If an athlete is ejected, they are finished for the contest but must remain with the team. If a coach is ejected, they must vacate the playing area/facility, if there is not a qualified assistant coach to supervise/coach the team, the contest will be forfeited.

If an athlete or coach is ejected from a contest, the Athletic Director is to be notified immediately as ejections have to be reported to the WIAA within 1 school business day.

The WIAA appeal process can be followed to try and reverse an ejection if there is valid evidence to do so.

If an athlete or coach's suspension period cannot be completed in the current season, the suspension will be carried over into the succeeding season and the participant must finish that season for their suspension to be complete.

WIAA and Pullman School District may increase a suspension based on upon the aggressive conduct, inappropriate language, and/or circumstances following an ejection.

## Safety

Students will follow all safety rules and instructions provided by the Coach/Advisor and will comply with instructions given by Athletic Trainer if present. If an Athletic Trainer is not available, the Coach/Advisor will provide basic first aid and the family will be responsible to seek medical treatment from their family physician. After an absence due to injury, an athlete will provide the coach notice of clearance by the athletic trainer or licensed family physician to return to participation. WIAA protocols for Concussion, When in Doubt Sit Them Out, will be followed and the Return to Play guidelines will be followed.

Parents/Guardians of athletes will register via Final Forms and indicate they have reviewed, understand & accept current concussion and sudden cardiac arrest information and protocols.



**Pullman Public Schools Final Forms Athletic & Activity**  
**Registration:** <https://pullman-wa.finalforms.com/>

# ATHLETICS & ACTIVITIES CODE

## Attendance

### Attendance at School

Students may not be allowed to participate in an athletic contests/practices or club events if they have unexcused absences during the school day. Families are encouraged to call early in the day if absences need to be excused. Excused absence reasons can be found under Pullman School District Board Policy [3122/3122P](#) Excused and Unexcused Absences & [WAC 392-401-020](#).

The most common, but not exclusive, examples of excused absences are 1) Doctor/Health/Dental Care appointments, 3) Family emergencies deemed extenuating by PHS & LMS administrators, 4) School sponsored activities, 5) Religious Reasons.

If an athlete needs to be absent for another reason than listed above, they are encouraged to pre-arrange(should be more than 24 hours in advance) an absence with the Athletic Director/Coach/Family and Teacher(s) involved for the PHS/LMS Staff to determine if the student has taken care of academic responsibilities in order to approve or deny the absence for the athlete to be able to participate in athletics that day.

### Attendance at Team/Club Activities

When a student makes a decision to participate on a team or in an activity, the student is expected to attend each practice and contest/competition on time. If a student must conduct other school or personal business and/or participate in another school activity, the team Coach/Advisor must be notified in advance of the event.

## Dress Code

At a minimum, students are to adhere to the Pullman School District Board [Procedure 3224P Student Dress](#) when participating in athletics and activities. Coaches and Advisors will ensure the team/activity dress code expectations are clear as athletes and club members shall maintain the dress and grooming standards of the team or club.

- First offense: verbal warning.
- Repeated offenses: removed from activity for up to 5 days.

## Multiple Sports At One Time

Student-athletes may not turn out for more than one interscholastic sport at a time, see WIAA rule 18.23.0. Student-athletes may not turn out for intramural sports if participating in an in-season sport at the time. Exceptions to this policy may be made on an individual basis regarding cheerleading or dance but only upon agreement by both the athlete's Coach and the school's Athletic Director or Principal.

# ATHLETICS & ACTIVITIES CODE

## Two or More Conflicting PSD Activities

Pullman High School and Lincoln Middle School provide a wide variety of extra-curricular and curricular activities in which students are encouraged to participate. It is not the intention of the school for participation to be limited to a single activity. In fact, research shows that a student's satisfaction with the high school experience is enhanced if they are involved in two or more activities. It is important, however, that students avoid ongoing activities with schedules that regularly conflict. Students will also be expected to prioritize school activities ahead of non-school activities. Failure to do so can result in appropriate consequence at the discretion of the coach, advisor or director.

-As much as possible, students should be provided in advance with schedules for each activity so they can avoid conflicts among activities. In cases where an unforeseen, unforeseeable or exceptional conflict arises between two or more school sponsored activities, the student shall have their choice of which to attend without punitive measures being taken by the other activity sponsor. Athletic teams must follow WIAA Rule 18.24.1 which states: Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities. Some examples of special treatment or privileges include reduced practice times, special workouts, late arrivals, early dismissals or missing a practice or contest. Regular is defined as being more than once.

If participation in a non-class time activity (i.e. concert, etc.) is part of the classroom grade, and the student chooses to participate, as a member, of another school sponsored activity (i.e. FFA, athletics, FBLA, etc.), the instructor must make available a reasonable make-up assignment to satisfy the class requirement.

**Special Note Regarding Running Start:** For those students who choose Running Start, please be reminded that it is your responsibility to avoid scheduling conflicts with practices and games/matches. Coaches/advisors are not required or encouraged to make exceptions for Running Start students whose class schedules conflict with interscholastic athletic events or practices.

The principal or the principal's designee, following consultation with the student and the activity sponsors, will settle any conflict arising from the meaning or application of this policy.

# ATHLETICS & ACTIVITIES CODE

*LMS, PHS and WIAA rules and regulations are intended to discourage the use of alcohol, tobacco, nicotine, legend drugs, controlled substances and paraphernalia and to encourage the use of school and community resources.*

An LMS or PHS athlete or club member who is found to be using, selling or offering to sell, delivering or in possession of Alcoholic Beverages, Tobacco products, Nicotine products, Marijuana products or devices:

**1st Violation** - An **in season** participant will be removed from the athletic team or activity for four (4) weeks. Students will be allowed only one "first offense" during their entire middle or high school careers. An **out of season** participant will be allowed to start practice with the team and the 4 week suspension will be started at the beginning of competition/performance season which allows the athlete/club member to be under the purview of the coach/advisor and meet the WIAA minimum practice rule but not be allowed to travel or compete in games for 4 weeks.

**2nd Violation** - An **in or out of season** participant will be removed from the athletic team or activity for 8 weeks.

**3rd Violation** - An **in or out of season** participant who again violates the above code will be excluded from all athletic and activity programs in the middle school or high school for one calendar year.

An LMS or PHS athlete or club member who is found to be using, selling or offering to sell, delivering or in possession of Legend Drugs(drugs obtained through prescription, RCW 69.41.020-050) or Controlled Substances (RCW 69.50) or devices(WIAA, 18.26.0):

**1st Violation** - A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined in B (below.) An athlete who is found to be in violation of the Legend drugs and controlled substances rule shall have two options.

A. The athlete will be ineligible for participation in contests for the remainder of that interscholastic sports season and must meet the school's requirements in order to be eligible to compete in the next interscholastic sports season. The school principal will have the final authority regarding the student's participation in further interscholastic sports programs.

B. The athlete may choose to seek and receive help for a problem with use of legend drugs or controlled substances. Successful utilization of school and or community assistance programs described below under Option to Reduce Suspension may allow him/her to have eligibility re-instated in that athletic season, pending recommendation by the school.

**2nd Violation** - A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

**3rd Violation** - A participant who violates for a third time RCW 69.41.020 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

## **Important Things to Note:**

Suspensions carry over into the next season the athlete participates in if there are not enough weeks left in the season to complete suspension. The suspension would start at the time of competitions not at the beginning of season practices. Athlete must participate in the whole season for the suspension to be complete. LMS suspensions do not carry over to PHS.

As per RCW's, that if the school is notified by juvenile services, courts, or law enforcement that evidence of a violation of said rules above have occurred, appropriate discipline can be administered at that time.

It is the expectation of PHS & LMS students as leaders and role models, that they not attend parties or events where alcohol or drugs are being used by minors. Students need to have the courage and self-discipline to leave immediately, and if they choose not to, they will be held in violation of the substance abuse policy above and the consequences listed may be applied.

While suspended from athletics/activities due to a substance violation, athletes or club members may not be allowed to attend LMS or PHS after school extra-curricular events hosted by the school.

*[Continued on next page]*



# ATHLETICS & ACTIVITIES CODE

## Substance Use, Abuse & Possession: Use, Sale and/or Possession of Alcoholic Beverages, Tobacco, Vape Pens, E-Cigarettes, Marijuana, Illegal Chemical Substances or Opiates:

### Self-Reporting

Only available for first offense: If a student self-reports their violation of the illegal substance regulations noted above, it is possible for them to reduce their suspension by 1 week. Self-reporting must happen prior to the initiation of a school investigation, or the report of an incident to school officials, and should be timely in that the student should not partake in team/club activities between the incident and self-reporting. The suspension can be reduced by one week if the self-report is truthful in its entirety and the students/parents agree to the additional conditions under Options to Reduce Suspension below.

### Option to Reduce Suspension

For first offense for possession, sale, and/or under the influence of alcoholic beverages, tobacco, vape pens, e-cigarettes, marijuana, or any other illegal chemical substances or opiates, parents will be informed that students who have been excluded by a suspension from athletics prior to completion of suspension, may choose to be evaluated by a state-accredited substance abuse treatment agency (Pursuant to WAC 275-19). If the parent/guardian and student choose the evaluation option and in order to possibly reduce the suspension by one week, students and parent/guardian must: 1) meet with the athletic administrator, 2) schedule the evaluation within one week of discovery and show proof of scheduled evaluation to the administrator, 3) agree they will follow the health care recommendations of that agency, and 4) bring proof of evaluation and next step on the agency's letterhead. Once those criteria are met, a one-week reduction of the suspension may occur. If there are fewer than four (4) weeks remaining in the season, the penalty will carry over into the next sports season the athlete participates in and be applied at the start of competition.

Reinstatement is contingent upon a health evaluation plan including a specific day for evaluation, and a recovery plan which is acceptable to school officials. Parents will be responsible for the cost of evaluation and treatment recommended by the agency(see Pullman School District Board [Policy 2121 Substance Abuse Program](#)). In all cases, if the health care recommendations are not followed the length of suspension will be four (4) weeks.

*Note: Refer to the [PSD Family & Student Handbook](#) or your school for violations that occur on school grounds. Athletic and Activity Handbook rules will apply in conjunction with the Student Handbook rules. The athletic and activity code will apply from the student's first signed registration form through their athletic and activity eligibility within the Pullman School District. Disciplinary action will carry over from one school year to the next (6th grade-8th grade; 9th grade-12th grade) and will apply both in and out of season.*

# ATHLETICS & ACTIVITIES CODE

## CODE VIOLATIONS

*Pullman School District's extra-curricular activity programs are voluntary. Involvement in the LMS/PHS Athletics and Activities programs require extra effort and time on a voluntary basis beyond the regular school day. Those who choose to participate represent their student body and community in local, regional, and national competitions and events. The highest standards of citizenship, sportsmanship, personal conduct, and loyalty must be maintained. The total school program is reflected in the extra-curricular activities program.*

### Pullman High School's Code Violations

#### Repeated Athletic/Activity Code Offenses

If a student repeatedly violates one of the Athletic and Activities Codes, or other school rules which are of a serious nature as determined by the school administration, they may be removed from the team/activity for all or part of the season. Progressive disciplinary action will be taken according to the severity of the infraction(s).

#### Appeal Process for Disciplinary Action

When infractions occur within the athletic/activity program, the following process will be followed:

1. Upon the imposition of the penalty for infraction(s) of said rules or regulations, any aggrieved student and parents of said student shall have the right to an informal conference with the Building Principal and/or Designee, Athletic Director, and Coach/Advisor (Building Hearing Committee) to request that they refrain from enforcing the decision of the coach/advisor. If the students and parents do not make a written request for this informal conference within five (5) school days of the grievous action, they will have waived their right to the conference and appeal procedure. This informal conference is to be held within three (3) school days of the appeals request.
2. If the parties are unable to agree at the informal conference, the aggrieved party may appeal to the Building Eligibility Committee. The Building Eligibility Committee consists of the Assistant principal and three Student Peers and three building Staff Members named by the building Administrator. The Building Eligibility Committee must meet within three (3) days of the appeals request. The aggrieved party and the coach(es) shall be available as a resource.
3. The Building Eligibility Committee will hear the case in detail and will render a decision within three (3) school days after hearing the case.
4. The aggrieved party may appeal to the superintendent of schools within three (3) school days of the appeals decision. The superintendent of schools, after hearing the case in detail, shall render a decision within ten (10) school days of the hearing.
5. The aggrieved party may appeal the superintendent's decision to the Board of Directors, after hearing the case in detail, shall render a decision on the case within ten (10) school days of the hearing. This decision shall be final.

# ATHLETICS & ACTIVITIES CODE

## LMS Disciplinary Sanctions & Expectations

Lincoln Middle School students who earn disciplinary sanctions during the school day or insufficient grades(failing more than 1 class) will follow the process listed below:

- 1st detention: Head coach's or advisor's decision on participation in next scheduled event
- 2nd detention/1st suspension: Automatic removal from the next scheduled event. A student may be removed from the activity for the season if the infraction is severe.
- 3rd detention/2nd suspension: Student may be removed from the activity for the season.
- Allowed to practice but suspended from athletic contests/club competitions until improve grades to 1 or less F's.

A student participant who does not abide by all rules and regulations shall be placed on probation, suspended, or dismissed from a team, club, or group. Any disciplinary decisions, resulting from any violation, shall be subject to the hearing and appeal procedure outlined in the [Family and Student Handbook - Lincoln Middle School Appendix D](#), and the Pullman School District Board [Policy 3241 Student Discipline](#).

### **General Expectations for LMS Athletes & Parents**



- All LMS students should be out of the hallways as quickly as possible after school. Students that are waiting for a late practice, game, competition, or activity may wait in the library until it closes, the commons, or the front hallway by the phones. Otherwise, the student should make arrangements to leave and come back at game or practice time.
- Students are not to start practicing in a gym without supervision.
- No students besides athletes and team managers are allowed in the gyms during practices.
- Players should be picked up promptly after their scheduled practice, game, competition, or activity return time. Coaches/Advisors will adhere to the times listed on the practice schedules or agenda.
- Students should be picked up and dropped off in the main parking lot on the west side of LMS before and after all activities. Please do not park in or enter the bus loop for pick-up and drop-off.
- Students that practice at Franklin should be picked up outside the Franklin gym entrance.

# ATHLETICS & ACTIVITIES



# POSITIVE SCHOOL CLIMATE



# Gender Identity & Participation

## OUR SCHOOLS ARE GENDER-INCLUSIVE

Pullman School District encourages participation for all students regardless of their gender identity or expression. State rules and regulations require schools to provide transgender and other gender-diverse student-athletes with equal opportunities to participate in athletics. Pullman School District encourages a culture in which student-athletes can compete in a safe and supportive environment, free of discrimination.

In Washington, all students have the right to be treated consistent with their gender identity at school. Our schools will:

- Address students by their requested name and pronouns, with or without a legal name change
- Change a student's gender designation and have their gender accurately reflected in school records
- Allow students to use restrooms and locker rooms that align with their gender identity
- Allow students to participate in sports, physical education courses, field trips, and overnight trips in accordance with their gender identity
- Keep health and education information confidential and private
- Allow students to wear clothing that reflects their gender identity and apply dress codes without regard to a student's gender or perceived gender
- Protect students from teasing, bullying, or harassment based on their gender or gender identity

To review the district's Gender-Inclusive Schools Policy and Procedure, visit:

- [Board Policy 3211 & Procedure 3211P: Gender-Inclusive Schools](#)

(Rule 18.16.0 & Appendix 6, WIAA Handbook) All students have the opportunity to participate in athletics and/or activities in a manner that is consistent with their gender identity. Currently most athletic programs are offered separately for boys and girls. Athletes will participate in programs consistent with their gender identity or the gender most consistently expressed. School personnel responsible for student eligibility will work collaboratively with the student-athlete to determine eligibility. Once the student has been granted eligibility to participate in the sport consistent with their gender identity the eligibility is granted for the duration of the student's participation and does not need to be renewed every sports season of school year.

Should a student be declared ineligible on the basis of gender identity, the school administrator shall then contact the WIAA office(WIAA Rule 19.3.3.A). Once contacted, the WIAA office will assign a facilitator who will assist the school and student in preparation and completion of the paperwork associated with the eligibility appeal process if that is requested by the athlete(WIAA Rule 19.3.3.B).

If you have questions or concerns, please contact the Gender-Inclusive Schools Coordinator: Roberta Kramer, Assistant Superintendent by email at [rkramer@psd267.org](mailto:rkramer@psd267.org) or by phone at (509) 332-3144. For concerns about discrimination or discriminatory harassment based on gender identity or gender expression, please see the information in the section titled Hazing, Harassment, Intimidation, and Bullying.

# Hazing

“Hazing” refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate. Hazing practices can include harmless pranks or comical antics associated with young men/women in athletics and/or activities.

Today we know that hazing extends far beyond athletics and/or activities and is experienced by boys and girls in school groups, athletic teams, and other social and professional organizations. Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization and within a particular cultural context.

Hazing activities are generally considered to be physically abusive, hazardous, and/or sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups, and settings. While alcohol use is common in many types of hazing, other examples of typical hazing practices include: personal servitude; sleep deprivation and restrictions on personal hygiene; yelling, swearing and insulting new members/newcomers; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; brandings; physical beatings; binge drinking and drinking games; sexual simulation and sexual assault.

Pullman School District is committed to the belief that abusive behavior, harassment, and assault does not build character, does not build leadership skills, and does not foster group loyalty or unity. Hazing is an abuse of power and relationships, and its purpose is to demean others. Therefore, Pullman School District strictly prohibits any and all activities which resemble a hazing / bullying / intimidation/ harassment activity. Possible consequences may be delivered by the coach, Athletic Director, school/district administration, superintendent, and law enforcement. Consequences will also be subject to school district policy and procedure for disciplinary action; refer to Pullman School District [Board Policy 3207 Prohibition of Harassment, Intimidation & Bullying](#).

**More information and complaint forms can be found at:**

**<https://www.pullmanschools.org/hib-discrimination>**

# HARASSMENT, INTIMIDATION, & BULLYING (HIB) & DISCRIMINATION

## Our Schools Protect Students from Harassment, Intimidation, and Bullying (HIB)

Schools are meant to be safe and inclusive environments where all students are protected from Harassment, Intimidation, and Bullying (HIB), including in the classroom, on the school bus, in school sports, and during other school activities. This section defines HIB, explains what to do when you see or experience it, and our school's process for responding to it.

### What is HIB?

HIB is any intentional electronic, written, verbal, or physical act of a student that:

- Physically harms another student or damages their property;
- Has the effect of greatly interfering with another student's education; or,
- Is so severe, persistent, or significant that it creates an intimidating or threatening education environment for other students.

HIB generally involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. HIB is not allowed, by law, in our schools.

### How can I make a report or complaint about HIB?

**Talk to any school staff member** (consider starting with whoever you are most comfortable with!). You may use our district's reporting form to share concerns about HIB ([link to form](#)) but reports about HIB can be made in writing or verbally. Your report can be made anonymously, if you are uncomfortable revealing your identity, or confidentially if you prefer it not be shared with other students involved with the report. No disciplinary action will be taken against another student based **solely** on an anonymous or confidential report.

If a staff member is notified of, observes, overhears, or otherwise witnesses HIB, they must take prompt and appropriate action to stop the HIB behavior and to prevent it from happening again. Our district's HIB Compliance Officer is the Assistant Superintendent and they support prevention and response to HIB.

### What happens after I make a report about HIB?

If you report HIB, school staff must attempt to resolve the concerns. If the concerns are resolved, then no further action may be necessary. However, if you feel that you or someone you know is the victim of unresolved, severe, or persistent HIB that requires further investigation and action, then you should request an official HIB investigation. Also, the school must take actions to ensure that those who report HIB don't experience retaliation.

# HIB & DISCRIMINATION

## What is the investigation process?

When you report a complaint, the HIB Compliance Officer or staff member leading the investigation must notify the families of the students involved with the complaint and must make sure a prompt and thorough investigation takes place. The investigation must be completed within 5 school days, unless you agree on a different timeline. If your complaint involves circumstances that require a longer investigation, the district will notify you with the anticipated date for their response.

When the investigation is complete, the HIB Compliance Officer or the staff member leading the investigation must provide you with the outcomes of the investigation within 2 school days.

This response should include:

- A summary of the results of the investigation
- A determination of whether the HIB is substantiated
- Any corrective measures or remedies needed
- Clear information about how you can appeal the decision

## What are the next steps if I disagree with the outcome?

### **For the student designated as the “targeted student” in a complaint:**

If you do not agree with the school district’s decision, you may appeal the decision and include any additional information regarding the complaint to the superintendent, or the person assigned to lead the appeal, and then to the school board.

### **For the student designated as the “aggressor” in a complaint:**

A student found to be an “aggressor” in a HIB complaint may not appeal the decision of a HIB investigation. They can, however, appeal corrective actions that result from the findings of the HIB investigation.

### **Additional Information**

For more information about the HIB complaint process, including important timelines, please see the district’s HIB webpage at the link below:

<https://www.pullmanschools.org/guide-to-reporting-hib-incidents>

To review the district’s Prohibition of Harassment, Intimidation, and Bullying Policy and Procedure, visit:

- [Board Policy 3207 & Procedure 3207P: Prohibition of Harassment, Intimidation, and Bullying](#)



# HIB & DISCRIMINATION

## OUR SCHOOLS STAND AGAINST DISCRIMINATION

Discrimination can happen when someone is treated differently or unfairly because they are part of a **protected class**, including their race, color, national origin, sex, gender identity, gender expression, sexual orientation, religion, creed, disability, use of a service animal, or veteran or military status.

### What is discriminatory harassment?

Discriminatory harassment can include teasing and name-calling; graphic and written statements; or other conduct that may be physically threatening, harmful, or humiliating. Discriminatory harassment happens when the conduct is based on a student's protected class and is serious enough to create a hostile environment. A **hostile environment** is created when conduct is so severe, pervasive, or persistent that it limits a student's ability to participate in, or benefit from, the school's services, activities, or opportunities.

To review the district's Nondiscrimination Policy and Procedure, visit:

- [Board Policy 3210 & Board Procedure 3210P: Non-Discrimination](#)

### What is sexual harassment?

Sexual harassment is any unwelcome conduct or communication that is sexual in nature and substantially interferes with a student's educational performance or creates an intimidating or hostile environment. Sexual harassment can also occur when a student is led to believe they must submit to unwelcome sexual conduct or communication to gain something in return, such as a grade or a place on a sports team.

Examples of sexual harassment can include pressuring a person for sexual actions or favors; unwelcome touching of a sexual nature; graphic or written statements of a sexual nature; distributing sexually explicit texts, e-mails, or pictures; making sexual jokes, rumors, or suggestive remarks; and physical violence, including rape and sexual assault.

Our schools do not discriminate based on sex and prohibit sex discrimination in all of our education programs and employment, as required by Title IX and state law.

To review the district's Sexual Harassment Policy and Procedure, visit:

- [Board Policy 3205 & Procedure 3205P: Sexual Harassment of Students Prohibited](#)

# HIB & DISCRIMINATION

## What should my school do about discriminatory and sexual harassment?

When a school becomes aware of possible discriminatory or sexual harassment, it must investigate and stop the harassment. The school must address any effects the harassment had on the student at school, including eliminating the hostile environment, and make sure that the harassment does not happen again.

## What can I do if I'm concerned about discrimination or harassment?

### **Talk to a Coordinator or submit a written complaint.**

You may contact the following school district staff members to report your concerns, ask questions, or learn more about how to resolve your concerns.

#### **Concerns about discrimination - Civil Rights Coordinator:**

- Ryan Mulvey, Assistant Superintendent
- 240 SE Dexter St.
- Email: [rmulvey@psd267.org](mailto:rmulvey@psd267.org)
- Phone: 509-332-3144

#### **Concerns about sex discrimination, including sexual harassment - Title IX Coordinator:**

- Roberta Kramer, Assistant Superintendent
- 240 SE Dexter St.
- Email: [rmulvey@psd267.org](mailto:rmulvey@psd267.org)
- Phone: 509-332-3144

#### **Concerns about disability discrimination - Section 504 Coordinator:**

- Dom Ventresco, Assistant Director of Special Services
- 240 SE Dexter St.
- Email: [dventresco@psd267.org](mailto:dventresco@psd267.org)
- Phone: 509-332-3144

#### **Concerns about discrimination based on gender identity - Gender-Inclusive Schools Coordinator:**

- Ryan Mulvey, Assistant Superintendent
- 240 SE Dexter St.
- Email: [rmulvey@psd267.org](mailto:rmulvey@psd267.org)
- Phone: 509-332-3144

To submit a written complaint, describe the conduct or incident that may be discriminatory and send it by mail, fax, email, or hand delivery to the school principal, district superintendent, or civil rights coordinator. Submit the complaint as soon as possible for a prompt investigation, and within one year of the conduct or incident.

# HIB & DISCRIMINATION

## What happens after I file a discrimination complaint?

The Civil Rights Coordinator will give you a copy of the school district's discrimination complaint procedure. The Civil Rights Coordinator must make sure a prompt and thorough investigation takes place. The investigation must be completed within 30 calendar days unless you agree to a different timeline. If your complaint involves exceptional circumstances that require a longer investigation, the Civil Rights Coordinator will notify you in writing with the anticipated date for their response.

When the investigation is complete, the school district superintendent or the staff member leading the investigation will send you a written response. This response will include:

- A summary of the results of the investigation
- A determination of whether the school district failed to comply with civil rights laws
- Any corrective measures or remedies needed
- Notice about how you can appeal the decision

## What are the next steps if I disagree with the outcome?

If you do not agree with the outcome of your complaint, you may appeal the decision to the School Board and then to the Office of Superintendent of Public Instruction (OSPI). More information about this process, including important timelines, is included in the district's Nondiscrimination Procedure ([3210P](#)) and Sexual Harassment Procedure ([3205P](#)).

## I already submitted an HIB complaint – *what will my school do?*

Harassment, intimidation, or bullying (HIB) can also be discrimination if it's related to a protected class. If you give your school a written report of HIB that involves discrimination or sexual harassment, your school will notify the Civil Rights Coordinator. The school district will investigate the complaint using both the Nondiscrimination Procedure ([3210P](#)) and the HIB Procedure ([3207P](#)) to **fully resolve your complaint**.

# HIB & DISCRIMINATION

## Who else can help with HIB or Discrimination Concerns?

### Office of Superintendent of Public Instruction (OSPI)

All reports must start locally at the school or district level. However, OSPI can assist students, families, communities, and school staff with questions about state law, the HIB complaint process, and the discrimination and sexual harassment complaint processes.

OSPI School Safety Center (For questions about harassment, intimidation, and bullying)

- Website: [ospi.k12.wa.us/student-success/health-safety/school-safety-center](https://ospi.k12.wa.us/student-success/health-safety/school-safety-center)
- Email: [schoolsafety@k12.wa.us](mailto:schoolsafety@k12.wa.us)
- Phone: 360-725-6068

OSPI Equity and Civil Rights Office (For questions about discrimination and sexual harassment)

- Website: [ospi.k12.wa.us/policy-funding/equity-and-civil-rights](https://ospi.k12.wa.us/policy-funding/equity-and-civil-rights)
- Email: [equity@k12.wa.us](mailto:equity@k12.wa.us)
- Phone: 360-725-6162

### Washington State Governor's Office of the Education Ombuds (OEO)

The Washington State Governor's Office of the Education Ombuds works with families, communities, and schools to address problems together so every student can fully participate and thrive in Washington's K-12 public schools. OEO provides informal conflict resolution tools, coaching, facilitation, and training about family, community engagement, and systems advocacy.

- Website: [www.oeo.wa.gov](http://www.oeo.wa.gov)
- Email: [oeoinfo@gov.wa.gov](mailto:oeoinfo@gov.wa.gov)
- Phone: 1-866-297-2597

### U.S. Department of Education, Office for Civil Rights (OCR)

The U.S. Department of Education, Office for Civil Rights (OCR) enforces federal nondiscrimination laws in public schools, including those that prohibit discrimination based on sex, race, color, national origin, disability, and age. OCR also has a discrimination complaint process.

- Website: <https://www2.ed.gov/about/offices/list/ocr/index.html>
- Email: [orc@ed.gov](mailto:orc@ed.gov)
- Phone: 800-421-3481



# ATHLETICS & ACTIVITIES



## TRAINING, TRAVEL & EQUIPMENT GUIDELINES

# Equipment & Facility Use

## Issued Equipment

- School equipment checked out by the student is their responsibility. Student Athletes are expected to keep it clean and in good condition.
- Loss of issued equipment/supplies or damage to issued equipment will be the student's financial responsibility.
- Transcripts will be withheld should equipment not be returned.
- No student will be cleared for subsequent sports/activity until all equipment is returned or paid for from a previous sport/activity.
- Your locker combination is private; we are not responsible for lost or stolen items.

## Wearing Issued Uniforms

- Issued equipment is to be worn only while participating with the team/activity in practice, during a scheduled contest/activity or during a spirit activity. Any use of a school issued uniform outside of these occasions will revoke the student's right to use a school uniform other than for actual contest time. PHS Students can arrange with the Head Coach to borrow a team uniform for senior pictures.
- For athletics, the WIAA prohibits the use of school issued equipment while participating in any event outside the yearly school program or activities not sponsored by the WIAA.

## School Equipment and Facilities

- Through their tax dollars, parents and community members are making a substantial investment in student athletics and activities, particularly in the facilities provided by the school district for these pursuits. Therefore, it is important that students exercise personal care and regard for school equipment and facilities.
- Misuse of dressing room facilities, lockers, towels, benches, and gymnasium or field facilities will not be permitted. Failure to comply with this regulation may result in denial of their use.

## Season Completion

- Season ends for each sport after the team banquet.
- Students are responsible for cleaning out their locker of personal and school issued belongings within one week of the completion of the season or activity.
- Uniforms/equipment/supplies must be returned to the COACH/ADVISOR WITHIN ONE WEEK of completion of the season or activity or a fine will be applied to the student.

## Training/Practice



All student-athletes are reminded that successful participation in any sport requires attention to fitness prior to the start of an athletic season. Fitness means adequate cardiovascular health, endurance, strength, and flexibility. These cannot be achieved in the ten (10) days prior to the first contest. Attention to adequate nutrition and sleep are important before, as well as during athletic seasons. An athlete cannot perform well unless the body is well-rested, well-nourished, and adequately hydrated. Weight loss for its own sake is discouraged unless ordered and supervised by a physician. By keeping in shape in the off-season, athletes begin the season better prepared to improve their athletic skills.

Practice is essential to the achievement of athletic excellence. Athletes are expected to be active, willing, motivated participants in all practices. A positive mental attitude is expected of all sports participants. Student-athletes are expected to find a healthy balance in their lives and maintain physical, psychological, social, and emotional health. This is a difficult but essential task for any adolescent. If student-athletes have questions or want help in healthful conditioning, they are encouraged to see a coach, school nurse, athletic trainer, or the Athletic Director.

Prolonged practices are discouraged. Monday through Friday are considered normal practice days, with an occasional Saturday. NO required practices or sporting events will be allowed on Sunday unless the WIAA regulations are followed and is approved by PSD administration.



# Athletic/Activities Travel



Transportation to and from athletic contests and activities will be provided by the Pullman School District during the school year.

- All students must travel to and from contests, competitions, and practices with the team, transportation is provided for this purpose. Students will only be released to their parents/guardians or listed emergency contact in Final Forms after the parent/guardian/emergency contact signs them out with the coach/advisor after the contest/competition.
- In very rare circumstances, parent/guardians may communicate with the head coach of a program for alternate arrangements which must be approved by the AD or PHS/LMS administrative staff
- Each team member will remain with the team and under the supervision of the coaching/advising staff when attending away games, competitions, and conferences.
- Each team member, while traveling to and from contests, competitions, and conferences, will obey all school bus regulations.
- It is requested that students be aware of what constitutes appropriate dress for contests, competitions, and conferences by asking their coach/advisor what is expected of them to wear. Appropriate dress promotes pride in the team and in Pullman High School or Lincoln Middle School.
- Post Season(Overnight) Travel - Student Per Diem Rates:
  - Breakfast: \$5.00,
  - Lunch: \$10.00
  - Dinner: \$15.00

# ATHLETICS & ACTIVITIES



# WIAA ATHLETIC ELIGIBILITY



# WIAA ATHLETIC ELIGIBILITY RULES

## **Enrollment and Regular Attendance (*Rule 18.10.0, WIAA Handbook*)- Athletics Only**

LMS & PHS students shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester/trimester.

## **Transfer Students (*Rule 18.12.0, WIAA Handbook*)**

After registering with and/or attending a middle level or high school, students changing enrollment to/from one school district to another school district or from one high school to another high school within a multiple high school district shall be considered transferring students. In order to be eligible for varsity competition, transferring students must meet the normal residence requirements of 18.11.0 or the transferring student requirements of 18.12.2, or be granted a waiver under 18.12.3 and 18.12.4. This section shall also apply to those students receiving home based instruction.

A high school student who attends, participated or was eligible to participate for a school, and subsequently transfers to another school will be eligible for sub-varsity only for one (1) calendar year from the date of enrollment at the new school: A. If the student transfers from a public, private, or charter school after: 1) Participating on a non-school athletic team within a calendar year from the date of enrollment at the new school (AAU, American Legion, Club USA, USVBA, or any other non-school program) in which one (1) or more of the high school coaches are currently involved and/or 2) Receiving personal athletic or activities instruction or training, including weight training and conditioning, from a person affiliated with another school to which the student transfers. B. The sub-varsity status would apply even if the entire family moves to a new location within the residential area of the school to which the student transfers.

## **Age (*Rule 18.5.0, WIAA Handbook*)- Athletics Only**

At the high school level, the student(s) shall be under 20 years of age within the first two weeks of each sports season.

At the middle school level, student(s) shall not have reached their 15th birthday prior to June 1 of the previous school year. Middle school is defined as a school with at least seventh and eighth grade levels.

# WIAA ATHLETIC ELIGIBILITY RULES

## Physical Examination for Players (*Rule 18.4.0, WIAA Handbook*)- Athletics Only

Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough sports physical medical examination and be approved for middle level and/or high school interscholastic athletic competition by a medical authority licensed to perform a physical examination. The [WIAA Physical form](#) shall be valid for twenty-four(24) consecutive months(WIAA Rule 18.4.6) and must be submitted to Final Forms for continued eligibility.

To resume participation following an illness and/or injury serious enough to require medical care, a participating athlete must present to the school officials a physician's written release. When an athlete is injured during practice or a game all injuries must be reported to the athletic trainer for an accident report(WIAA Rule 18.4.4)

## ImPACT Testing for Players- Athletics Only

- The Pullman School District has an innovative program for student-athletes that assists our team physicians/athletic trainers in evaluating and treating head injuries (e.g. concussion). In order to better manage concussions sustained by our student-athletes, we use a software tool called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sport programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of the head injury and when the injury has fully healed.
- The computerized exam is given to athletes before beginning sport practices or competition. This non-invasive test is set up in "video game" type format and takes approximately 20 minutes to complete. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed and concentration. It is not an IQ test and has no application outside of concussion management and will not be used for any purposes other than for the care of your child should they suffer a concussion.
- If a concussion is suspected, the athlete will be required to retake the test. Both the pre-season and post-injury test data is used by a medical professional to evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with information.

# WIAA ATHLETIC ELIGIBILITY RULES

## **Previous Semester Rule (*Rule 18.7.3non, WIAA Handbook*)- Athletics Only**

The student shall have been in regular attendance as a full time student as defined in 18.10.0, during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

## **Amateur Standing (*Rule 18.24.0, WIAA Handbook*)- Athletics Only**

A student who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student-athlete is one who engages in athletics for the physical, mental, social, and educational benefits and for whom athletics is an avocation not a source of financial reward.

In order to maintain their amateur standing in those activities under WIAA jurisdiction, they may not:

- Accept merchandise or in-kind gifts of more than \$500 in fair market value per sport during any one calendar year August 1 through July 31. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf courses, etc. do not count toward this \$500.
- Accept cash awards
- Enter competition under a false name
- Accept payment of excessive expense allowances over the actual and necessary expenses for the athletic trip (Note: Entry fees are NOT considered a reimbursable expense.)

Name Image and Likeness (NIL): A student is in violation of this rule and shall immediately lose eligibility if that student, their family member, or anyone else on behalf of that student, enters into an agreement with an individual, corporate entity, partnership, association, or any other party or organization, for use of that student's NIL which in any way relates to the student's connection to their high school.

- This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no affiliation with the school team, school, WIAA District or WIAA state association.
- The student does not appear in the uniform of the student's school and does not utilize the marks, logos, etc. of the school, WIAA District, or WIAA state association as part of any endorsement.

## **Non-School/Club Sports Participation (*Rule 17.25.0, WIAA Handbook*)- Athletics Only**

- During any season after joining a school squad, students may not participate on college and/or professional teams in that sport.
- A student is not to be given special treatment or privileges on a regular (more than 1 day a week) basis to enable them to participate in non-school athletics activities, such as reduced practice times, special workouts, late arrivals or early dismissals.
- Students shall not compete in the uniform of their school at non-school events.

# WIAA ATHLETIC ELIGIBILITY RULES

## Scholarship Rules (Rule 18.8.0, WIAA Handbook)

In order to maintain athletic/activity eligibility during the current semester, the PHS student shall be enrolled in at least 3 credits per semester and maintain passing grades in a minimum of five (5) full-time subjects. Any class taken one (1) period daily for the duration of the semester shall be considered a full-time subject.

A PHS student shall have passed at least five (5) full-time subjects in the immediately preceding semester. The record at the end of the semester shall be final, except for those credits earned in a regular accredited summer school program and accepted by the school district.

Pullman High School has six (6) grade reporting periods and Lincoln Middle School has four (4) grade reporting periods. PHS & LMS Athletes are only allowed 1 F reported for each grading period to remain eligible for athletics and activities. If a PHS student is not passing at least five classes at those grade reporting periods, they will not be eligible to play or cheer for 4 weeks. At the end of 4 weeks, grades will be rechecked to determine eligibility. If an LMS student has more than 1 F, they are ineligible for competitions until their grades improve to having 1 or less F's.

If the PHS or LMS student is still not meeting academic requirements, PHS students will remain ineligible until the next grade reporting period or LMS until they improve their grades to meet standards. Ineligible students are expected to practice, *BUT CANNOT* travel, play, compete, or perform with the team/activity. All students are expected to participate in practice during the period between grade checks if they wish to resume as a full member of the squad when they become grade eligible.

Incompletes may be made up for credit during the first five (5) weeks of the subsequent semester. The student shall be ineligible for competitions/activities until the incomplete(s) are cleared.

# ATHLETICS & ACTIVITIES



# RECRUITING PHILOSOPHY



## Recruiting Philosophy & Rules

Students who demonstrate special skills and talent in any of the activities under the jurisdiction of WIAA should not be subjected to pressures to enroll in a member school outside their normal enrollment area. The rules do not prohibit legitimate school public relations, promotion, or marketing.

Efforts to induce students to enroll in a member school because of the student's special talent or skill is considered recruiting. Recruiting of students or attempted recruiting of students for athletic purposes is prohibited, regardless of their residence. (Article 27.0.0, WIAA Handbook)

No student may receive, or be offered, any remuneration of any kind, or to receive or to be offered any special inducement of any kind which is not made available to all applicants who enroll in the school or apply to the school.

Special inducement shall include, but not be limited to the offer or acceptance of:

- Money or other valuable consideration such as free or reduced tuition during the regular year or summer school by anyone connected with the school.
- Room, board, or clothing or financial allotment for clothing
- Pay for work that is not performed or that is in excess of the amount of regularly paid for such service.
- Free transportation by any school-connected person.
- Residence with any school-connected person.
- Any privilege not afforded to non-athletes.
- Free or reduced rent for parents.
- Payment of moving expense of parents or assistance with the moving of parents
- Employment of family unit in order to entice the family to move to a certain community if someone connected with the school makes the offer.
- Help in securing a college athletic scholarship:
  - Inducing or attempting to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given is a violation. No member school and no one acting on behalf of any member school shall give any speech or give any slide, film, or tape presentation or distribute any written material which states or implies that a member school's athletic program is better than the athletic program of any other member school or that it would be more advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school.
  - Member schools shall be responsible for any violation committed by any person associated with the school, including Principals, Assistant Principals, Coaches, Teachers, any other staff members or students, or any organization having any connection to the school. The member schools shall be responsible for any violation committed by any person acting at the direction of the school.

## Recruiting Philosophy & Rules



This rule is not intended to prevent a member school from conducting academic recruitment programs or recruitment programs designed to attract student-base upon the school's overall educational and extra-curricular programs of the school and not be used as a subterfuge for recruiting students for athletic purposes.

A student who has enrolled in a different school and has been determined to be recruited will be deemed ineligible at all levels of play and for all sports for one full calendar year. The one (1) year penalty will begin on the day the determination is made that the student has been recruited.

# ATHLETICS & ACTIVITIES



# ATHLETIC & ACTIVITY AWARDS

## PULLMAN HIGH SCHOOL

# PHS Athletic Awards

Athletic & activity awards are symbols of accomplishment, good sportsmanship and observance of athletic & activity policies and standards. Since the awards are a symbol of accomplishment, its value lies in its implication rather than in its monetary worth.

## **Special Athletic Awards**

- **Four Year, Three Sport Participation Award**

- A plaque is awarded to any athlete who has participated in three sports each of the four years they have attended Pullman High School.
  - Transfer Students: In order to receive a 4-year, 3-sport award the player will be required to furnish documentation of participation from their former school.

- **PHS Senior Male and Female Athlete of the Year**

- This is awarded to the outstanding senior male and female athlete for the current year who exhibit participation, an acceptable GPA, citizenship, and an overall good representative for athletics. Athletes are nominated and voted on by the PHS Head Coaches.

- **Team Plaques**

- The maximum number of awards each sport may present to athletes in their sport is four. If the sports program is determined large enough by the Athletic Director and ASB Business Manager and the head coach deems it appropriate to purchase additional awards out of the program ASB budget, more than 4 can be purchased. These awards may be voted upon by the athletes and/or coaches in the given sport. Ties must be broken.

- **Directed Athletics**

- Pullman High School students in grades 10-12 participating in a PHS supervised, WIAA sanctioned, competitive sports program may receive a one time, semester .5 Physical Education credit toward the two years required for graduation. Documentation of participation is monitored by the Head Coach and the Athletic Office. Athletes must participate and finish the whole season with the team to earn the .5 credit. Directed Athletics will be entered as a class on the student's transcript(1 season = 1 semester(.5 credit). Grade earned will be Pass or Fail. Student must complete Directed Athletics Enrollment form prior to the sports season to be enrolled; credit will not be awarded retroactively. Students must submit the Directed Athletics Attestation form at the end of the season to the PHS Athletic Office to earn credit.



# PHS Athletic Letter Requirements

In order to qualify for an athletic letter, a student-athlete must compete at the varsity level and meet the requirements set forth by the head coach of the sport and be recommended by the head coach. Athletic letters and awards shall only be presented to participants who complete the entire season for a given sport, unless the participant was unable to complete the season due to illness or injury.

Upon voluntarily dropping out of a sport or being dropped from the squad for disciplinary reasons, a student-athlete automatically forfeits any points, awards, or letters they might have received in that sport.

Awards shall be presented as follows:

- A letter and certificate of letter is only awarded to varsity level participants.
  - A student-athlete who meets the requirements for a letter for the first year for a given sport shall receive a letter and a first year certificate.
  - A student-athlete who meets the requirements for a letter for the second, third and fourth years for a given sport shall receive the cooresponding year certificate.
- A student who completes a season in a given sport, however, does not play a sufficient number of contests at the varsity level, shall receive a certificate of participation(JV, F, C)
- A coach will have the right to recommend any athlete for a letter if for some reason they believe the athlete to be deserving.
- A student serving as a team manager can earn a letter when serving as the manager of a varsity sport, if the varsity coach makes that recommendation.

Sport Specific Letter Requirements:

- **Baseball/Softball**
  - Any player who sees action in one-fourth (1/4) of the baseball/softball games played during a given varsity season is eligible for a letter.
  - Pitchers not involved in at least one-fourth (1/4) of the games must have a least one (1) win or pitch in one-sixth (1/6) of the total varsity games played during a given season to be eligible for a letter.
- **Basketball, Boys & Girls**
  - A player must have participated in one-half (1/2) of the total quarters for a given varsity season (NOTE: Postseason quarters will be bonus quarters).
- **Bowling, Girls**
  - A player must have participated in at least  $\frac{3}{4}$  of season competitions. Player must bowl at least 10 games at the Varsity level and player must have an average in the top 9 of the program.
- **Cheerleading**
  - Each cheerleader must cheer at all home games for their respective seasons and cheer for at least one-half (1/2) of all away games for their respective seasons.



# PHS Athletic Letter Requirements

- **Cross-Country**

- A varsity letter winner must have four (4) varsity points for the season (including postseason). You receive a point if you run a varsity race.
- Any athlete, while racing JV during the same competition, can earn one (1) varsity point only by having a better time on the same course and same day, as one of our PHS Varsity Runners.
- If there was a race where the teams were combined or they raced at grade level, points are awarded to the top 7 times.
- A coach's discretion will have overall influence, e.g.; effort, improvement, attendance, and attitude.

- **Football**

- A player must play one-half (1/2) of the total quarters of the regular varsity season to earn a letter. (NOTE: Postseason quarters will be bonus quarters).

- **Boys' Golf**

- A PHS golfer's score must be counted in at least one Greater Spokane League tournament.

- **Girls' Golf**

- A player must play as part of the varsity team in fifty percent (50%) of the matches of the regular season.

- **Swimming**

- A swimmer must score an average of one (1) point per meet and qualify for at least 2 District events, or qualify for the State 2A swim meet all while maintaining 80% attendance.

- **Soccer, Boys & Girls**

- A player must have participated in one-half (1/2) of the total halves of the varsity games of the regular season to earn a letter.

- **Tennis, Boys & Girls**

- A player who participates in at least one-half (1/2) of all varsity matches, not counting exhibition matches, is eligible for a letter.
- A player who earns a place in any district, regional, or state meet.

- **Track, Boys & Girls**

- A contestant must earn the equivalent of one (1) point per meet during the regular season or place at district, regional, or state meets or hold one of the top three places on the team performance list for any individual event at the end of the season.

- **Volleyball**

- A player must have participated in one-half (1/2) of total volleyball matches of the regular varsity season to earn a letter. (NOTE: Post season games will be bonuses).

- **Wrestling**

- A participant must earn eighteen (18) points, or two (2) pins, or complete in two-thirds (2/3) of the matches for a given varsity weight competition, or earn a place in the district, regional, or state tournament to be eligible for a letter.

# PHS Activity Letter Requirements

In order to qualify for an activity letter, a student must participate and meet the requirements set forth by the head advisor of the club and be recommended by the head advisor for a letter. Activity letters and awards shall only be presented to participants who complete the entire season for a given club, unless the participant was unable to complete the season due to an unavoidable circumstance.

Upon voluntarily dropping out of a club or being dropped from the club for disciplinary reasons, a club member automatically forfeits any points, awards, or letters they might have received in for that activity.

- **Band**
  - Standards defined by advisor
- **Choir**
  - Standards defined by advisor
- **DECA**
  - Standards defined by advisor
- **FCCLA**
  - Standards defined by advisor
- **FFA**
  - Member must attend 80% of all chapter activities or place in the top 8 at a state competition, and be non-deficient academically
- **Orchestra-Blue**
  - Member must earn a total of 20 points per year to letter. Two points can be earned per semester of participation and 1 point per participation in an organized Orchestra activity. Member must keep track of their own points and fill out the program lettering form.
- **Science Bowl**
  - **Participants must have a minimum of 80% attendance and compete in the Regional Science Bowl competition.**
- **Skills USA**
  - Member will compete in at least 50% of in house competitions or compete at the regional level or place at the regional level

# ATHLETICS & ACTIVITIES



## OFF-SEASON & SUMMER PROGRAMS

PULLMAN HIGH SCHOOL

## PHS Off-Season/Summer Conditioning Programs

Off-season conditioning and/or weight lifting will be allowed during the summer as scheduled by the weight lifting club advisor. During the school year, the weight room may be open one (1) month after the start date of each season. Students must register for weight lifting and pay \$50 per weight lifting session they will participate in.

All off-season conditioning and/or weight lifting areas and or facilities must be scheduled and supervised at all times by a qualified school employee designated by the high school administration.

Off-season conditioning shall not be held in facilities used by in-season sports and should be limited to weight training and/or conditioning.

Student-athletes participating in off-season conditioning are to be finished and out of the locker room area prior to 4:00pm.

Any student-athlete “cut” from an in-season sport may turn out for off-season conditioning.

Any student-athlete who quits an in-season sport may not turn out for off-season conditioning without the permission of the in-season coach from whose team they quit.

## PHS Summer Athletics & Activities

Athletic programs and/or clubs at Pullman High School or Lincoln Middle School may choose to provide opportunities during the summer season. Only PHS or LMS registered students are allowed to participate and each student and family must complete the Final Forms athletic/activities registration process and be cleared by the Athletics & Activities office prior to participating.

- Summer Athletics and Activities Transportation Notice: Pullman School District does not provide transportation for summer athletics or activities, including those events that might be held out of town. It is the responsibility of families to provide transportation to and from PSD organized summer athletic and club events. If families register their child for summer athletics and/or activities, they accept responsibility for all financial burden and liability for their child's transportation. Parents/guardians will need to provide and facilitate transportation to and from the event. Additionally, parents/guardians will need to have on file with the coach the form that authorized the student to ride in the family provided vehicle and/or the form authorizing the student to ride with another family to the event.
- Summer open gym practices will be open to all registered and eligible PHS/LMS students
- Summer camp participation and competition playing time will be determined by the PHS/LMS Coach according to their duty to assess athlete's readiness for competition and duty to match athletes appropriately
- Participation in PHS/LMS Summer Athletics and Activities is completely voluntary and will not impact Fall, Winter or Spring tryout opportunities

# ATHLETICS & ACTIVITIES



# THE COLLEGE BOUND ATHLETE

PULLMAN HIGH SCHOOL



## PHS Guide to the College Bound Athlete

If you have any intention of participating in college athletics after high school, you need to see the athletic director and school counselor prior to or during your 11th grade year or before to begin the registration process for the NCAA clearinghouse. The sooner this process is started the better.

Please refer to the [PHS Guide to the College Bound Athlete](#) for more information on the recruiting process.

In the event you should be contacted personally by a college recruiter, you have an obligation to work through your coach and the Athletic Department and inform your coach of such contact as soon as possible. This is especially important if it occurs during the time when you are actively participating in the sport at PHS. Check with your coach regarding the rules governing recruiting. Rule violations could result in loss of eligibility.



# Athletics & Activities



## BOOSTER CLUBS & FUNDRAISING

The goals of the Pullman High School and Lincoln Middle School Booster Clubs are to promote parental and community involvement and support of athletics and activities. Booster clubs will follow the [District ASB Procedural Manual](#).

Any patron of the school district who has a student participating in a Pullman High School or Lincoln Middle School sponsored activity or athletics is encouraged to be a member of the Greyhound Booster Club or the Lincoln Middle School Booster Club. Any patron who has an interest in the school activities or athletic programs is welcome to be a member.

- **The Greyhound Booster Club:**

- Support Pullman High School activities and athletics
- Raise money to enhance activities and athletics

- **The Lincoln Middle School Booster Club:**

- In order to carry on a full extra-curricular activity program, it is necessary for the student to help with expenses for these activities. At LMS we will host an annual fundraiser to raise funds for our student activities. This plan has been efficient and profitable. Information in regards to the fundraiser will be sent out to students in September.

# ATHLETICS & ACTIVITIES



## CROSS/LEGAL REFERENCES

# Cross References & Legal References

## **Cross References:**

- [Board Policy 2022 Electronic Resources and Internet Safety for Students](#)
- [Board Policy 2121 Substance Abuse Program](#)
- [Board Policy 2150 Co-Curricular Program](#)
- [Board Policy 2151 Interscholastic Athletics](#)
- [Board Policy 3122 Excused and Unexcused Attendance](#)
- [Board Policy 3205 Sexual Harassment of Students Prohibited](#)
- [Board Policy 3207 Prohibition of Harassment, Intimidation, and Bullying of Students](#)
- [Board Policy 3210 Non-Discrimination](#)
- [Board Policy 3211 Gender-Inclusive Schools](#)
- [Board Policy 3224 Student Dress](#)
- [Board Policy 3241 Student Discipline](#)
- [Board Policy 4600 Spectator Conduct and Sportsmanship](#)

## **Legal References:**

- RCW 28A.635.020 – Willfully disobeying school administrative personnel or refusing to leave public property, violations, when—Penalty
- RCW 28A.635.030 – Distributing school, school activities, or meetings
- RCW 28A.635.090 – Interfering by force or violence with any administrator, teacher or student unlawful
- RCW 28A.635.100 – Intimidating any administrator, teacher, or student
- RCW 0.41.280 – Dangerous Weapons on School Grounds
- RCW 9A.16.020 – Use of force when lawful
- RCW 09.91.160 – Personal protection spray devices
- RCW 28A.600.420 – Firearms on school premises, transportation, or facilities—penalty-exemptions
- WAC 392-401-020—Excused Absences-- (1) Illness, health condition or medical appointment (including, but not limited to, medical, counseling, dental, optometry, pregnancy, and in-patient or out-patient treatment for chemical dependency or mental health) for the student or person for whom the student is legally responsible