

**KANSAS CITY
CHRISTIAN SCHOOL**



**Athletic Handbook
2018-2019**

KCC Athletic Handbook 2017-2018

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PHILOSOPHY

We believe a strong athletic program provides many opportunities for students to grow physically, mentally, emotionally, and spiritually. Sports programs create a healthy social outlet for our athletes and provide opportunities to build school spirit. At Kansas City Christian (KCC) we emphasize developing Christ-like character through athletics. Displaying sportsmanship in competition is a great way to be a witness for Christ to opponents, officials, and fans in attendance. The enjoyment gained from victory, the patience gained from loss, and the lessons learned from striving for individual and team goals are invaluable tools that God can use in the lives of our students.

This handbook contains the basic philosophy and department guidelines. It is understood that each coach has his or her own responsibility for establishing team goals and rules. The athletic department's policies and guidelines span across all sports and are designed to provide a unified department.

LEVELS OF ATHLETIC PROGRAMS

Our athletic program has three basic levels: varsity, sub-varsity, and middle school. Each level is an integral part of the overall program. The main emphasis and purpose for each is as follows:

Middle School Athletics

This level is for the fifth, sixth, seventh and eighth grades. There are five overarching goals for this tier of athletics:

- Encouraging the development of character, sportsmanship, and testimony in the lives of these students so they might understand that they are learning important life lessons as well as developing Christ-likeness through athletics. The responsibility lies directly upon the team coach to implement this aspect by teaching and modeling.
- Introducing these students to their individual sport so they may consider if they would like to pursue it in high school.
- Teaching these students the necessary and fundamental skills necessary to participate properly in their chosen sport.
- Teaching the value of a team mindset rather than merely a group of individuals on the same playing surface. Coaches must demonstrate that a team can accomplish much greater goals than can a group of individuals.
- Beginning to implement the varsity "system of play" into the individual sport.

All participate, and all play will be implemented at this level. All students who have been in attendance at practices, in accordance with the attendance policy, will play at least one full quarter (or the equivalent thereof) during each game. This quarter of play is a privilege, not a right, which is contingent upon meeting the guidelines (attendance, attitude, etc.) of the team. When competing in tournaments, middle school teams will be competing to win the tournament and while maximum participation is strongly encouraged, it is not required in these events. These teams will compete interscholastically.

Sub-Varsity Athletics

This level is primarily for freshman and sophomores (but not limited to) with overarching goals very

similar to middle school athletics. At this level, total team game participation is encouraged, but not required. These teams will compete interscholastically.

Varsity Athletics

This level is primarily for students who are juniors and seniors, though it is not limited to such. A freshman or sophomore who demonstrates the ability to be a contributing and competitive member at the varsity level may compete with this team. Goals for this level of athletics include:

- Encouraging the development of character, sportsmanship, and testimony in these students lives so they might understand that they are learning important life lessons as well as developing Christ-likeness through athletics. The responsibility lies directly upon the team's coach to implement this aspect by teaching and modeling.
- Teach the value of commitment, hard work, and discipline to attain our highest potential as a team.
- Hone the fundamentals and system of play so that strategy of play might be stressed.
- Compete and reach our highest potential for God's glory, against our opponents.

Competition will include both winning and losing. Our value as athletes is not in any way dependent upon scoreboards, but we also strive to win within the context of our responsibilities as a Christian athlete. Total team participation in athletic contests is not required at this level. These teams will compete interscholastically.

Cohesion across Athletic Levels

We recognize that all of these levels of play are extremely dependent upon each other. Each will only be strong when all three work as a "team" and play their role. They must work "hand in hand."

As our athletes move through each sporting level, they are preparing for the next tier and ultimately for life outside the realm of athletics. With the progression into higher levels, the responsibility and expectations become greater while the standard of conduct as Christians remains constant. We seek to represent Jesus Christ on the court, field, and classroom.

We also acknowledge that winners are not dictated by scoreboards, but rather by how we, as Christians, compete. Winning is an attitude, not the result of any game in which we may compete.

EXPECTATIONS FOR ATHLETES

An athlete is a representative of the Lord, our community as a school, and the specific team on which he or she plays. Participation in athletics at KCC means more than just competition between individuals or teams. It is our desire that each athlete will demonstrate the following attributes:

- Coachability- The KCC athlete will be coachable and willing to accept constructive criticism. He/she will look to improve and be willing to submit to the leadership and expertise of the coach.

- Competitiveness- The KCC athlete will sacrifice the time and energy to prepare for and compete whole-heartedly through fair play.
- Commitment-The KCC athlete will recognize the need to place others ahead of self in order to achieve team concepts. He/she must be willing to make sacrifices to be conditioned through training for their sport.
- Desire to Improve- The KCC athlete will have an ardent desire to improve and a willingness to concentrate on the development of skills for each sport.
- Respectfulness-The KCC athlete will demonstrate love and respect for self, teammates and opponents, even in the midst of competition, appreciating his/ her God-given talents and abilities. This respect is also demonstrated toward game officials and any other authority figures.
- Integrity-The KCC athlete will compete as hard as he/she can (as unto the Lord) in accordance with the rules to bring out the best in his/her team and opponents. He/she will maintain this commitment even though circumstances are stressful and will practice and play as though Jesus Christ is the only audience.

Initiation and Hazing

To assure the safety and well-being of all students, KCC strictly forbid hazing or initiation in school and in any and all school-sponsored activities. Violation of this policy will result in disciplinary action for students involved and/or any coach or event sponsor who knowingly allows the practice.

Language

KCC believes that our testimony is a very critical aspect of our athletic program. It is out of the heart, the mouth speaks and in knowing that, we believe that coaches should emphasize and hold our athletes accountable for inappropriate language as representatives of the Lord and our school. This should also carry over to aspects of social media communication as well.

Overall Rules of Conduct

- Athletes must preserve team morale and team unity. Loyalty to the Lord, school, team, and coach is essential.
- Athletes must respect all persons, related or unrelated to the school. Athletes will conduct themselves as ladies and gentlemen at all times, even during the most trying situations, whether on or off the field.
- Athletes must dress appropriately for events. Some coaches may have a specific dress code for their particular team on game days.
- Athletes must not use improper or questionable language. This includes swearing, boasting, or disrespect to teachers, officials, coaches, fans, or teammates.
- Athletes (and Coaches) must keep parents informed regarding practice, game days, and any

change in schedules.

- Athletes are responsible to obtain homework and turn in homework when absent from class due to an athletic contest. Athletes are not excused or permitted special favors because of their participation in athletics. This includes detention periods that conflict with a practice or a game.
- Athletes must act as representatives of God and KCC when eating in restaurants or gathering in local places.

EXPECTATIONS OF PARENTS

Our parents are also representatives of the Lord, our community as a school, and the specific team on which their student plays. Participation in athletics at KCC means more than just competition between individuals or teams. It is our desire that each parent will demonstrate the following attributes:

- Support the rules and policies set forth in the athletic handbook.
- Encourage your son/daughter to be the best representative of the Lord, the school, and the team.
- Understand your son's/daughter's strengths and limitations.
- Show good sportsmanship as a support to the KCC athletic program and your son's/daughter's team.
- Refrain from negative comments about players, coaches, and decisions made by game officials.
- Teach your son/daughter by your actions and example to show respect for school authorities and game officials, providing support for them in cases of adverse decisions, and refraining from critical comments (See Parent/Coach Relations).

EXPECTATIONS OF COACHES

Coaching is the backbone of our athletic program; therefore, it is of utmost importance that each coach displays character in the following ways:

- Discipleship - We expect coaches to be leaders who guide their athletes in their spiritual walk. This what we pray sets KCC apart. Therefore, KCC expects all coaches to strive at all times to understand, appreciate, and love the students entrusted to their care for instruction and discipline.
- Rapport - Coaches must be able to develop good rapport with individuals and groups: team personnel, the student body, the faculty, administration, fellow coaches in the conference, and parents of their players.
- Cooperation - Coaches must work hand-in-hand with the athletic director, the administration team, and their staff.
- Discipline- Coaches are responsible for every facet of discipline. Individually, the coach is a

model of all that the program represents, both home and away. Coaches must teach athletes to desire to do well, to win well, and to lose well.

- Leadership - Coaches must show diligence, enthusiasm, honesty, and a love for the game as part of being a professional. "You can't lead where you haven't been" is an important mantra of leadership and coaching. Coaches should model, in all ways, what it means to be a follower of Christ.
- Integrity- Coaches are required to report to the appropriate administrative personnel all suspected or known instances which directly affect the health, safety, or well-being of our students. This includes violations of our student code of conduct, eligibility issues, and suspected or known cases of any kind of abuse.
- Professionalism and Competence - Coaches should represent the Lord and KCC at all times in a manner consistent with our school and its mission. They should be perpetual learners in their sport and handle themselves, people, and situations with humility and respect.

Abuse Prevention

The following policies have been implemented in order to promote safety of both employees and students.

- All teacher desks/primary work spaces must be within line of sight from the classroom door.
- Employees may not be personally connected to any current student through social media platforms that offer restricted communication walls.
 - Examples of this include, but are not, necessarily, limited to:
 - Employees may not be “friends” with a current student on Facebook or other platforms that require private and individualized acceptance of another party.
 - Employees may not communicate with a current student through SnapChat or other platforms that offer private messaging as the primary part of the service.
 - Other similar platforms. Any questions should be directed to the employee’s Administrator.
- Employees may be connected with a current student through “open access” social media platforms.
 - Examples of this include, but are not, necessarily, limited to:
 - Employees may “follow” and “be followed” by a current student on Twitter or similar platforms since this communication will be public in nature.
 - Where platforms of this nature offer direct messaging as an option for communication, all restrictions related to all forms of text based communication (as outlined in this document) apply.
- Employees are strongly discouraged from communication by phone or text message with any current student.
 - If such communication is necessary (i.e., program sponsor communication, etc.), the following steps should be followed.
 - Phone Conversation (Voice):

- Grades K-8: Employees should refrain from communicating with a student in this manner. All communication should be directed to parents and/or guardians, unless specifically directed differently by a school administrator.
 - Grades 9-12: All communication must pertain only to official, program details and responsibilities. Record the date, time, and topic of the conversation in an easily retrievable location.
 - Text Based Communication (other than email):
 - Grades K-8: Employees should refrain from communicating with a student in this manner. All communication should be directed to parents and/or guardians, unless specifically directed differently by a school administrator.
 - Grades 9-12: All communication must pertain only to official, program details and responsibilities. Text messaging or other forms of similar communication should only be done through “group messaging” with more than two recipients. In the event that individual communication is required, an administrator must be looped into and copied into the conversation.
 - Email Communication:
 - Grades K-8: Employees should refrain from initiating communication with a student by email. All communication should be initiated with parents and/or guardians. If a student initiates communication with an employee through email, the teacher should exercise professional judgement in responding to the student. Parents and/or guardians and a school administrator must be copied on all replies.
 - Grades 9-12: Employees should exercise professional judgement in all communication with a student. Employees are welcomed to copy a school administrator and/or parents on emails sent to individual students. All email correspondence with a student should be saved for future reference.
- Sleepovers and other, non-program approved, overnight events are not allowed.
- One on one meetings for discipleship/mentoring/counseling outside of the building are generally discouraged with current students.
 - In the event that such a meeting would be held, an employee should:
 - Communicate with parents/guardians prior to the meeting for permission.
 - Strongly consider including at least one other student, a spouse, or parent.
 - Hold the meeting in a public place (i.e, coffee shop, fast food restaurant, etc.)
- Any off campus parties, events, or retreats must be approved prior to the event by a divisional administrator.
 - In the event that an off campus, overnight event is approved, no employee or official volunteer may sleep in the same room as a current student, without the prior approval of at least three administrators.

- Faculty and Staff members should use sound judgement when utilizing shared, community bathrooms.

Coaching Requirements

Prior to being offered a coaching position, paid or unpaid, all perspective coaches will undergo a reference check and background check that collects information regarding address history, driving records (if appropriate to the position), criminal records, and any presence on the sex offender registry. Returning coaches will be rescreened on an annual basis for the duration of their position as a coach.

All coaches will attend a divisional Preseason All Coaches meeting where they will be instructed on proper coach/student conduct and communication, complete sexual harassment prevention training, and submit proof of CPR/AED certification. Head Coaches who are not certified teachers through the State of Kansas or currently a teacher at KCC have to take NFHS First Aid and CPR along with the Coaching fundamentals class by their second year. The Head Coaches pay for these classes upfront and are reimbursed by the school upon submission of proof of passing the course. Any coach hired after the start of the school year will be trained by the athletic director prior to the start of their contract.

PARENT/COACH RELATIONS

Both parenting and coaching are a challenge. By establishing an understanding of each role, we are better able to properly support the student athlete. As parents, when your son or daughter becomes involved in our programs, you have a right to understand what expectations are placed on your athlete. This begins with clear communication from the coach of your student's program.

Communication from Coaches

As a parent, you should expect the following to be communicated through your athlete's coach at the start of the season meeting:

- Expectations the coach has for your son/daughter and the teams.
- Team rules.
- Locations and times of all practices and games (based on facility availability).
- Team requirements (i.e., fees , special equipment, in-season requirements , off-season conditioning opportunities)
- Procedure should your student become injured during participation.

As your students become involved in the athletic programs at KCC, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student wishes.

Chain of Communication

A player must try to discuss the issue with the coach first as a self-advocate. If that does not bring resolution, then a parent may contact the coach. If that does not bring resolution, then a parent may contact the athletic director (AD).

Appropriate concerns to discuss with coaches

- The mental or physical treatment of the athletes from peers.
- Ways to bring about athletic, academic, or spiritual improvement.
- Concerns about behavior.

Issues not appropriate to discuss with coaches

- Playing time.
- Team strategy.
- Play calling.
- Other students/athletes.

Procedures to follow to discuss issues with parents

- Set up an appointment with the coach. If the coach cannot be reached, the Athletic Director will set up a meeting for you.
- Do not attempt to confront a coach before, during or immediately after a contest. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
- Use the 24/48-hour rule. Wait to discuss a situation with the coach until 24 hours after the contest but not later than 48 hours.
- If a meeting with the coach does not provide satisfactory resolution, you may call and set up an appointment with the AD. At this meeting the appropriate next step can be determined if the situation is still unresolved.

Practice Christian courtesy in all parent-coach interactions. For the Christian, courtesy is a loving sensitivity, the graciousness of love-prompted servanthood, a consciously chosen form of humility. It is the death of self and the life of Christ in us. Christian courtesy is born of deep respect for the God-image that every human being carries.

It is important that all parties willingly adhere to the above procedures. It is fashioned from the pattern found in Matthew 18 and will be the way in which we seek resolution within our athletic program.

TEAM SELECTION

Tryouts are an important aspect of each high school sport at KCC. While every sport may not have cuts, we value the importance of a tryout to establish teams, roles, and strategies for the impending

season. Through these tryout sessions, the coach will determine the skill level of athletes. Other factors considered in squad selection are attitude, Christ-like character, classroom behavior, academic eligibility, and social interaction with potential teammates. Tryouts are open to all students who have a desire to represent the Lord Jesus Christ and KCC. Guidelines for the process are as listed below:

Freshman

At the freshman level of athletics, the skill level of those athletes that try out for the team determines team size. KCC discourages the cutting of athletes at the freshman level; however if squad size becomes unmanageable, then it may be an option that the coach has to consider.

Junior Varsity and Varsity

Once the athlete reaches this level, the competition for squad placement may become competitive. The coach will determine squad selection based on several criteria established by the athletic director and head coach of each program. Members of each team must meet certain guidelines, and the skill level of the athlete is a determining factor for participation. Through the tryout process, athletes have the opportunity to display their abilities. From these tryouts, the coaching staff determines selection of the individual squads. Cuts are a part of the selection process. Coaches have the authority to determine who plays and when, while encouraging all players to earn playing time.

Middle School

Each student who tries out for an athletic team will have the opportunity to be a part of a team in their respective grade, 6-8. Every student will participate in each of their team's contests. When it is feasible, additional teams or games may be added to accommodate large numbers of students on a team. In certain sports, grade levels may also be combined.

Understanding that different students may enter middle school athletics with a wide range of experience in the various sports, the goal of middle school athletics is to give each child the opportunity to develop his/her skills in the chosen sport.

PRACTICE AND CONTESTS

The responsibilities of each team member are as follows:

- Be dressed and ready for practice on time every day. Attend every practice session unless excused by the coach. Only leave the practice facility when permission is given.
- Abide by rules and regulations set forth by each individual coach.
- Treat yourself, team members, coaches and officials with respect and dignity at all times.
- Make sure you take preventative measures to decrease the possibility of injury to yourself and your teammates. Remove all jewelry before practices and games.
- Maintain sportsmanship and guard your personal testimony as well as that of KCC. As an athlete, you can help us establish an outstanding reputation and for good sportsmanship. We

must all work hard in conducting ourselves in a commendable manner. Each athlete should take personal responsibility for their words and actions and KCC recognizes the ultimate responsibility for this lies with our coaches. Always observe the following guidelines for good sportsmanship:

- The name of the Lord, our school and the team is more important than any contest won by unfair play.
- Accept decisions of officials without dispute.
- Recognize and show appreciation for the fine play of your opponent.
- Be proud of our school's reputation and work hard to protect it.
- Be the type of player that competes with all you have in the game while maintaining appropriate respect for your opponent. An example would be to give a helping hand to a fallen opponent in the course of a contest.

School Attendance

Athletes are required to be at school by the beginning of third hour in order to participate in practices or games.

Eligibility – Upper School

Students who have earned 59% or below in one class or two scores of 69% or below during the periods stated below will be declared ineligible and will not be allowed to participate in extra-curricular events:

- The Athletic Director manages the eligibility process.
- Eligibility will begin being checked for ALL students at mid quarter and then every week after that until the end of each quarter as determined by the KCC school calendar for ALL students.
- A student placed on the ineligibility list will have his/her grades checked on the first day of each week until the end of the quarter. If the student becomes eligible, he or she will be notified by the Athletic Director.
- A student placed on the ineligibility list at the conclusion of any quarter (including fourth quarter) will be ineligible for two consecutive weeks beginning on the first day of the next quarter (including first quarter of the next school year). They will have their grades checked at two weeks and every week after until they have sufficiently met eligibility requirements.
- The ineligibility report will be generated on the first day of the week following mid quarter and the end of quarter, and ineligibility will begin on that day and will conclude on that same day the following week (i.e. Monday to Monday).
- Students who have sufficiently raised their grades on the check-points stated above will regain eligibility on that day.
- Quarterly grades will always be used for eligibility purposes. Final exam and semester grades will not be used to determine academic ineligibility.

Students who are ineligible are subject to the following:

- Students participating in extra-curricular activities are expected to practice with the squad and sit with the team at games/performances.
- No ineligible student will be permitted to miss any part of a class to participate in an extra-curricular event.

- A student must be eligible at the time of tryouts for a drama presentation. If a student is selected and then becomes ineligible, he/she may be allowed to perform at the discretion of the Upper School Principal.
- Students must be eligible to run for office during election time.
- A student who is ineligible at the end of two consecutive quarters will relinquish all elected offices and positions of leadership for the balance of the year.
- Students must be eligible to run for office during election time.
- A student who is ineligible at the end of two consecutive quarters will relinquish all elected offices and positions of leadership for the balance of the year.

Primary/Secondary Sports in High School

All athletes who participate on teams outside of the school organization are expected to treat the school's team (practices and games) as their primary sport. These athletes must be competing in a sport different from the one they are involved with at school.

DISCIPLINE

There may be times where a coach will need to discipline an athlete for not upholding the guidelines and/or spirit of the athletic handbook/code. The purpose of discipline is to correct behavior and restore the individual (Hebrews 12:6; Revelation 3:19). The athletic director and the coach will determine the method of this correction on an individual basis. Parents will be consulted during the process.

Reporting Violations

Any adult who is willing to be identified may report an alleged violation of the rules in this handbook or the athletic code. All teachers, coaches, and administrators are obligated to report any questionable situation.

Discipline Procedure

Once an alleged offense has been verified, the process of discipline and restoration is as follows:

1. First offense: Written warning will be given to the athlete and parents.
2. Second offense: Meeting with parents and game suspension(s) may be issued.
3. Third offense: Suspension from team for the remainder of the season will occur.

NOTE: Severity of the offense may require immediate suspension from athletics and other school discipline. Use or association with alcohol, drugs (prescription and non-prescription), drug paraphernalia, or tobacco products have specific policies spelled out in Parent/Student handbook.

DRESS AND EQUIPMENT

Each player will be personally responsible for all school uniforms checked out and will return these items in good condition and on time. Athletes will pay for missing or damaged uniforms at replacement value. No athletic issued gear may be worn during physical education class, off campus events, or for personal use other than those events for which it was specifically designed. Athletes are expected to take excellent care of the gear (including proper cleaning) that has been entrusted to

them.

Modesty should be maintained at all times. Being modest means athletes will present themselves tastefully as fitting of those who represent Christ. It is the responsibility of the coach to oversee and make sure that all practice and game wear is modest at all times. Every member of an athletic team must be appropriately attired while traveling to and from an athletic event, following the coach's directions.

FACILITIES

Athletes must be good stewards of the facilities we have. They must make every effort to clean up trash, candy, or paper from the gym, hallways, and athletic fields. No food or drinks are allowed on the gym floor. Athletes must respect athletic equipment by taking care of it as if it were their own. When visiting another school, all facilities of that school should be left in better condition than they were found.

No cleats are to be worn inside any building. Cleats are to be put on and removed outside and carried in hand into the building.

No athletes are permitted in the school vehicles unless a coach or bus driver has given approval. Under no circumstances are students to drive school vehicles.

Students are not allowed in the weight room without adult supervision or to put up signs on the walls, doors, bleachers, or equipment unless the athletic director has given approval.

TRANSPORTATION

Every effort will be made to provide transportation of teams to athletic events. Some trips may be “drop only” and students are responsible for their own rides home from contests if no return bus is provided. The athletic director will arrange transportation after the schedules are completed. When riding a bus, remember to have students close windows and pick up papers from the floor before leaving it. The coach is responsible for the condition of the bus/van when the team leaves it. The coach must make sure that someone is at the contest to meet the team when they arrive. When returning to school, coaches need to store all equipment in its proper place before leaving for home.

SPECIFIC BUS AND VAN GUIDELINES

Athletes must travel to and from all practices and athletic contests on the bus or van unless permission has been given by the coach and athlete's parents for them to ride drive themselves or ride with another adult (21 years or older). At no time will students drive students to school sponsored events.

Radios, iPods, stereo units, etc., may or may not be permitted to or from games or at practices based on the individual coaches' discretion.

Food is allowed, but athletes must keep things clean and make sure all trash is cleaned up prior to returning to school. Friends and non-team members may not accompany athletes on the bus or in the van to or from practices or games unless permission given by the coach or athletic director.

WEATHER POLICY

Thunder/Lightning

If audible thunder or visible lightning occurs during any outdoor athletic event, that event will be postponed at first sighting. Play may only resume if thunder/lightning is not heard/observed for a full 30 minute time period after the last instance. Play resuming must be agreed upon by all officials, athletic director (or school representative), and all coaches.

Tornado

In the event a tornado watch or warning is given while school is in session, all practices and events scheduled after school will be cancelled. Events scheduled later in the evening will be cancelled if the "all-clear" is not given at least 2 hours prior to the start time of the event.

If a tornado watch is given after school has been dismissed, all practices and contests in progress will be immediately suspended and the athletes sent home. Events scheduled later in the evening will be cancelled if the "all-clear" is not given at least 2 hours prior to the start time of the event.

If a tornado warning is given after school has been dismissed, all practices and contests in progress will be immediately suspended and the athletes will report to the safest location as deemed by the coach. Events scheduled later in the evening will be cancelled if the "all-clear" is not given at least 2 hours prior to the start time of the event.

Snow

In the event that school is canceled before the start of a school day due to winter weather, all junior high practices and events will be canceled for the day. High school events and practices may be held if conditions permit at the discretion of the athletic director and administration. Practices should not start before noon.

If school is canceled after noon, all junior high and high school practices and events for that day will be canceled.

ORGANIZATIONAL AFFILIATIONS

Kansas City Christian is a member of the Crossroads Conference. Conference schools include Barstow School, Bishop Ward, Heritage Christian Academy, Maranatha Academy, Summit Christian Academy, University Academy and Van Horn.

KCC is also affiliated with the Kansas State High School Activities Association (KSHSAA) and must abide by its guidelines. KSHSAA is based in Topeka and wishes all contact with them to be through the member schools' administration. KSHSAA oversees all post-season state championship tournaments.

KSHSAA and LEAGUE RULES

The following rules apply to all 7 – 12 grade athletes.

Physical Exams

Physical exams are required every year for grades 7-12. Exams must be dated after May 1st of the previous school year to be considered valid. No participation in practices or contests is permitted without a signed exam form on file with the athletic director. Forms cannot be signed by a ARNP per KSHSAA policy. If a student participates in practice prior to a VALID physical examination form on file with the athletic office, that student will sit out the number of practices he/she participated in up to that point. That student is considered ineligible until they are able to resume practices.

Cheerleaders are permitted to try out without a physical form on file.

Christmas and Fall Moratoriums

High school students are not permitted to practice, workout, or otherwise use athletic facilities during the Fall Athletic Buffer Week.

No practice or participation in athletics is permitted during the 5-day Christmas Break period from December 23rd to December 27th. Basketball teams may practice over Christmas break with the exception of these days.

Eligibility and Enrollment

Students must have passed five new subjects the previous semester and be enrolled and attending at least five new subjects during the present semester to participate in athletics. Middle school students must be full-time students and in good standing. Note eligibility standards in the KCC policies section.

Semester and Seasons of Activity Limitations

- Students are not permitted more than two (2) semesters of possible eligibility in 7th grade and two (2) semesters of possible eligibility in 8th grade.
- Students are not permitted more than eight (8) semesters of possible eligibility in grades 9-12
- Students are not permitted more than one (1) season of possible eligibility in 7th grade and one (1) season of possible eligibility in 8th grade
- Students are not permitted more than four (4) seasons of possible eligibility in grades 9-12

Age Restriction

Any student who reaches the age of nineteen (19) on or before September 1st shall be ineligible at the high school level, and any student who reaches the age of fifteen (15) on or before September 1st in the middle school shall be ineligible

Transfer Restriction

- Transfer students entering 9th grade are immediately eligible for participation in interscholastic events

- Transfer students in grades 10-12, or 9th grade after the school year has begun, must attend eighteen (18) weeks of classes to become eligible for participation in interscholastic events
- Transfer students in may become eligible immediately or may be granted limited eligibility dependent upon the transfer circumstances--transfer students should have their status checked by the athletic director or administration team at the time of their enrollment.

Awards and Amateur Status

- Students are not to accept cash or merchandise prizes from the school or any outside organization
- Students may receive pay for teaching activities provided he or she confines the work to teaching skills
- Students may not receive pay for coaching teams or individuals involved in competition.
- Students may receive pay for officiating athletic contests.

Outside Competition

Members of high school athletic teams may not participate as a member of an outside team in the same sport during the same season of activity. The season of activity is defined as beginning when the first practices are permitted and concluding with the stated championship tournament.

Private Instruction

A student may receive private instruction at any time during the school year. Private instruction is defined as one student receiving instruction from one person during the period of instruction. Parents may be involved and instruct their child at any time.

Coach's Contact

During the school year, the coach may be involved with their athletes in a sport during that sport's season only, though coaches may have meetings prior to or after the completion of a season. During the summer months, coaches are permitted contact except for a period of time from mid-July to mid-August. The summer months are defined as being from Memorial Day until two weeks prior to the start of fall practices, generally early August.

KSHSAA INDIVIDUAL SPORT RULES

Baseball

High school limitation--20 games
No more than 10 games may be played during school time.

Basketball

High school limitation--20 games, no more than 6 quarters played on any date
Middle school limitation - 16 games, no more than 5 quarters played on any date
During the school year, no more than 3 players (excluding seniors who have completed their school season) from the same school team may practice or participate on the same outside team

Cross Country

High school limitation--7 meets
No more than 2 competitions may start prior to 3:00 PM
Schools may not participate in meets until the team has had 14 days of training

Golf

High school limitation--8 dates

No more than 2 competitions may start prior to 3:00 pm

Two dual matches may be substituted for one day of the allowed eight provided no loss of instruction time would take place for competition and/or travel

Soccer

High school limitation--16 games, no more than 3 halves played on any one date

Middle school limitation - 9 games, no more than 3 halves played on any one date

During the school year, no more than 6 players (excluding seniors who have completed their school season) from the same school team may practice or participate on the same outside team

Tennis

High school limitation - 8 dates

No more than 2 competitions may start prior to 3:00 pm

Two dual matches may be substituted for one day of the allowed eight provided no loss of instruction time would take place for competition and/or travel

Track

High school limitation - 8 meets, no more than 4 events entered by any one athlete

Middle school limitation - 7 meets, no more than 3 events entered by any one athlete

No more than 2 competitions may start prior to 3:00 pm

Athletes in grades 8-12 may not run any one race over 3200 meters in length

Athletes in grade 7 may not run any one race over 1600 meters in length

Volleyball

High school limitation – 36 competition points

Middle school limitation - 8 dates

During the school year, no more than 4 players (excluding seniors who have completed their school season) from the same school team may practice or participate on the same outside team

