



Article 1: THE ORGANIZATION

Section 1: NAME

- A. For the purpose of competition, the schools under the jurisdiction of the Principals' Committee on Athletics shall be known as the RHODE ISLAND INTERSCHOLASTIC LEAGUE; a voluntary association of Principals who pledge their schools and participants to follow the Rules and Regulations of the Rhode Island Interscholastic League as enacted by the Principals' Committee on Athletics.

Section 2: PURPOSE AND FUNDAMENTAL PHILOSOPHY

- A. The **RHODE ISLAND INTERSCHOLASTIC LEAGUE** d/b/a the Principals' Committee on Athletics will within its jurisdiction supervise and control the athletic programs, contests, and schedules and matters relating thereto, in participating secondary schools (grades 9-12) of the State of Rhode Island, whose principals are members of the Rhode Island Association of School Principals, to maintain, improve and raise the athletic standards in the participating schools of the State of Rhode Island, and in general carry on any other lawful activity which is calculated, directly or indirectly to promote and enhance the goals of the Rhode Island Interscholastic League.
- B. The **RHODE ISLAND INTERSCHOLASTIC LEAGUE** is a voluntary, incorporated, non-profit association of Principals organized to coordinate the efforts of its members toward the ultimate objectives of interscholastic activities. The purposes of this Association are to:
- 1) emphasize varied seasonal activities with broad participation under the direction and supervision of the school;
 - 2) maintain interscholastic activities in proper perspective and not to overemphasize them to the detriment of the academic program of the schools;
 - 3) formulate minimum uniform and equitable standards of eligibility that must be met by students to attain the privilege of representing their schools in interscholastic activities;
 - 4) provide a fundamentally fair and equitable framework in which interscholastic athletic competition in an educational setting can take place;
 - 5) promote an interscholastic athletics program providing educational experiences not otherwise provided in the curriculum, which will develop areas of knowledge, skills and emotional patterns and will contribute to the development of well-rounded individuals and better citizens;
 - 6) create and maintain a harmonious relationship between all schools within the **RIIL**, public, private and parochial;
 - 7) foster a cooperative spirit, good sportsmanship, and school spirit on the part of school representatives, school patrons, and students;
 - 8) prevent professionalism and undue pressure on students from parents, coaches and peers;
 - 9) promote even competition and maximum participation in **RIIL** activities by minimizing the impact of individual wealth upon equal athletic opportunity; and
 - 10) be sure that non-school activities do not interfere with the academic and interscholastic programs, are sponsored primarily for the benefit of the participants and do not result in exploitation of high school youth.

Section 3: DEFINITION OF TERMS

- A. Board - the Rhode Island Board of Officials for the respective sports
- B. Chair - unless otherwise defined, shall refer to the Chairperson of the Principals' Committee on Athletics.
- C. Committee - unless otherwise defined, shall refer to the Principals' Committee on Athletics.
- D. Director(s) - unless otherwise defined, shall refer to the director of the particular sport(s) in question.
- E. Executive Committee - unless otherwise defined, shall refer to the Chair, the Executive Director, and the President of the Rhode Island Association of School Principals or his/her designee.
- F. Executive Director - the Executive Director of the Rhode Island Interscholastic League
- G. Assistant Director - the Assistant Director of the Rhode Island Interscholastic League
- H. Field - unless otherwise defined, shall refer to the area upon which a game is played.
- I. Game - to be regarded as interchangeable with the terms meet, match, or contest. The sports involved are Baseball, Basketball, Cheerleading, Cross Country, Field Hockey, Football, Golf, Gymnastics, Hockey, Lacrosse, Soccer, Softball, Swimming, Tennis, Winter and Spring Track, Volleyball and Wrestling. (See Article 7, Section 2.)
- J. IEP - Individual Educational Plan
- K. Non-League Games - any game which falls within the maximum number of games outlined in Article 7 and which is not part of the adopted RIIL schedule, playoffs or Round Robin games.
- L. Principal - the chief operating officer of the member school who is eligible for membership
- M. RIASP - the Rhode Island Association of School Principals
- N. RIIL - the Rhode Island Interscholastic League d/b/a the Committee
- O. Round Robin - a sanctioned athletic contest played for the Rhode Island Interscholastic Injury Fund - also known as the Injury Fund Game.
- P. Rules - the Rules and Regulations of the Rhode Island Interscholastic League or other rules as referred to herein.
- Q. School - unless otherwise defined, shall refer to a member school whose grade levels are certified by the Rhode Island Department of Education. Competition on behalf of the school shall be limited to students enrolled in Grades 9-12 in those schools certified as four-year high schools and Grades 10-12 in certified three-year high schools. All grade levels in the school shall be under the academic control and supervision of the Principal.
- R. Scrimmage - shall be defined as a controlled practice supervised by coaches which does not meet any of the requirements for a game. (See Article 7, Section 2.)
- S. Semester(s) - said period(s) shall be computed without reference to the athlete's physical presence in the school, all semesters being consecutive school calendar semesters and not individual athlete attendance semesters.

Section 4. GOVERNING AND OPERATIONS

- A. The RHODE ISLAND INTERSCHOLASTIC LEAGUE governing body shall consist of the same individuals who are members of the Standing Committee on Senior High Athletics of the Rhode Island Association of School Principals.
- B. The Committee shall consist of seventeen (17) members.
- C. Principals and/or Assistant Principals of certified four-year or three-year high schools are eligible to serve on the Committee. In addition, one (1) member of the RI Interscholastic Athletic Administration Association and one (1) member of the RI School Superintendents' Association are approved to serve.
- D. Members of the Committee will be assigned as Directors or Co-directors of the various sports or be assigned to chair a Standing Committee.
- E. The Committee shall supervise and control athletic programs, contests, schedules, and matters relating thereto.
- F. The Committee shall have special charge of any contest deemed by the Committee necessary to be held in any sport beyond the fixed schedule of that sport to determine a State Championship.
- G. Financial Administration:
 - 1) In accordance with Article I, Section 4 of the RIIL Rules and Regulations, the administration of the finances of the RIIL is vested in the RIIL Principal's Committee on Athletics. Every three years, the RIIL Principal's Committee on Athletics shall select a sub-committee of their members, to serve as the RIIL Finance Committee.
- H. Additional powers, duties and responsibilities:
 - 1) The Committee shall have power to initiate investigations, (take testimony, and demand affidavits), relative to the violations of the Rules and Regulations. If charges are brought against (or are discovered involving) any school (or individual) for violation of the Rules, or violation of the spirit of fair play and good sportsmanship, the Committee shall consider such charges and determine and assess penalties as may be necessary.
 - 2) Any school or individual that is charged with the violation of the Rules and Regulations may appeal as herein set forth within 14 days of notice of such violation or decision.
 - 3) The Committee is empowered to require any school to provide administrative staff members to supervise any scheduled athletic activity, both home and away, if conditions in the judgment of the Committee require such administrative supervision.
 - 4) The Committee shall determine the number of divisions/classes into which a RIIL sport shall be divided and shall be empowered to assign schools to those divisions/classes on whatever basis it sees fit. It shall supervise the schedule, assign officials, and award championships in the following sports: Baseball, Basketball, Cheerleading, Cross Country, Field Hockey, Football, Golf, Gymnastics, Hockey, Lacrosse, and Fast Pitch Softball, Soccer, Swimming, Tennis, Winter and Spring Track, Volleyball, Wrestling, and such other sports as shall from time to time be added. All Rules of the Committee shall apply equally to games participated in by varsity and junior varsity teams in all sports unless a specific exception is made.
 - a. Enrollment figures, on which classification of schools is based, will be as of October 1st of each year.
 - b. Schools shall annually declare their intent to compete for the succeeding school year by April 1st.

- 1) Where possible, all schedules will be released as early as possible after the completion of the previous year's season.
- 2) Duties also include but are not limited to:
 - a. having control of interscholastic athletic policies.
 - b. making rules of eligibility for players.
 - c. making regulations for the administration of interscholastic contests.
 - d. disciplining members and athletes for violation of Rules and Regulations.
 - e. delegating to the Executive Director such powers as it may deem advisable to act for the full Committee between meetings or in such other capacity delegated by the Committee.
 - f. providing for the hearing of appeals from decisions of the Executive Director and Assistant Director and all Standing Committees of the Rhode Island Interscholastic League.
 - g. responsibility for election, appointment, and determination of salaries of all employees of the Rhode Island Interscholastic League.
 - h. acting on behalf of the members of all matters pertaining to sports officials.
 - i. exercising all other functions necessary to carrying out the spirit and purpose of the bylaws.
 - j. determining membership dues.
 - k. making such bylaws and amendments to bylaws at any time as may be necessary to carry out the provisions of the organization.
- I. Members of the Committee are allowed reasonable expenses to and from all meetings, and any other reasonable expenses incurred as members of the Committee while representing the RIIL or the RIASP, as determined by the Chair.
- J. Any member of the Committee may resign at any time by giving written notice of such resignation to the Committee.
- K. Any vacancy in the Committee occurring during the year may be filled for the unexpired portion of the term by a majority vote of the Committee. Any Committee member so appointed shall hold membership until the next annual meeting of the RIASP.
- L. Procedure for Filling Vacancies
 - 1) Once the vacancy has been confirmed the Executive Director will announce the vacancy (Board Member or Sport Director) and request applicants (interested parties).
 - 2) The applicants will be screened by the Executive Director and Chair of the PCOA.
 - 3) Names of applicants will be forwarded to members of the PCOA for discussion and selection. Applicants may also be interviewed by the Committee.
 - 4) Superintendent Vacancy on the Committee
 - a. The RI School Superintendent's Association (RISSA) will submit names and backgrounds of those interested individuals to the Executive Director of the RIIL.
 - i. Must be an active member of the RISSA
 - ii. Must have experience as a secondary administrator
 - iii. Experience as a former member of the PCOA is preferred
 - iv. The RISSA representative may serve a two (2) year term with the opportunity to reapply at the conclusion of the term

- 5) Athletic Director vacancy on the Committee
 - a. The RI Interscholastic Athletic Administrators Association (RIIAAA) will submit three (3) names of those interested individuals to the Executive Director of the RIIL.
 - i. Must be an active member of the RIIAAA
 - ii. Must have experience as a secondary interscholastic athletic administrator
 - iii. Past service on RIIL committees is preferred
 - iv. The RIIAAA representative may serve a two (2) year term
 - 6) Each PCOA member casts a vote for a candidate. If there are more than two (2) candidates, the candidate who received more than 50% will be selected. If no candidate receives the necessary 50% the two (2) with the most votes will be selected, and a run-off election will be held to select the candidate.
- M. All members of the Committee must sign a pledge, in writing, that they accept the Rules and Regulations of the RIIL and pledge to abide by said Rules and Regulations and RIIL policies and procedures.

Section 5. STANDING COMMITTEES

- A. All committees, whether standing or special, shall be appointed by the Executive Director with the approval of the Principals' Committee on Athletics.
- B. Directors of Sports shall be chairperson or co-chairperson of the sport's committees.
 - (1) Other Standing Committees may be chaired by a principal/assistant principal from the Committee on Athletics or by professionals from outside the Principals' Committee on Athletics.
- C. Standing Committees will be established for each sport. In addition, other Standing Committees may be established. It is important to emphasize the following:
 - (1) The Standing Committee responsible for a particular sport or any other Standing Committee will make recommendations to the Principals' Committee on Athletics. Standing Committees do not have the authority to change the Rules and Regulations of the Rhode Island Interscholastic League. Standing Committees include, but are not limited to, those listed in Paragraph "9" below.
 - (2) Recommendations shall reflect the majority vote of the Standing Committee. All recommendations will be presented to the Principals' Committee on Athletics by the chairperson or co-chairpersons of the Standing Committee.
 - (3) The Chairperson(s) should manage the Committee within the framework of the RIIL Rules and Regulations.
 - (4) The Chairperson(s) of a Standing Committee should understand the role of the Principals' Committee on Athletics; establish a liaison with the Executive Director/Assistant Director and staff of the RIIL; and keep a written record (minutes) of the Committee meeting.
 - (5) The Chairperson(s) should report to the RIIL Principals' Committee on Athletics at its meetings regarding business of the committee, work within the budgetary limitations as established by the RIIL, and develop a knowledge of due process and appeals procedures.
 - (6) The Chairperson(s) should work through the Executive Director and the RIIL office for distribution of all communications to member schools and news media.
 - (7) Tournament sites will be secured by the Executive Director and subsequently reported to the Principals' Committee on Athletics.

- (8) If a sports committee adopts a bylaw change or any decision that has a financial implication, that change/proposal must be brought before the Principals' Committee on Athletics for adoption.
- (9) All sports Standing Committees shall be made up of an equal number of representatives of girls' and boys' sports in those committees that include both girls' and boys' teams. The Standing Committees are as follows:
 - (a) Standing Committee for each Sport
 - (b) Alignment
 - (c) Coaches Education
 - (d) Eligibility
 - (e) Finance
 - (f) Hall of Fame
 - (g) Middle School
 - (h) Officiating
 - (i) RIIL Foundation
 - (j) Sportsmanship
 - (k) Sports Medicine

Section 6. ELECTION OF OFFICERS – RIIL

- A. The officers shall be a Chairperson, Assistant Chairperson, Executive Director/Secretary, Treasurer, and such other officers, as the Committee shall deem necessary.
- B. The officers shall be elected for a term of five years. This election is to be accomplished at the first meeting following the annual meeting of the RIASP and the term of service is to commence at the time of election.
- C. Any elected officer(s) may succeed themselves in office after being nominated for and elected to that office.
- D. Any officer may resign at any time by giving written notice of such resignation to the Committee.
- E. Any vacancy in an office of the Committee that occurs during the year may be filled for the unexpired portion of the term by affirmative vote of the majority of the Committee present at a meeting as long as not less than eight (8) members are present. Any officer so elected by the Committee shall hold office until the next succeeding election of officers.

Section 7. DUTIES OF ELECTED OFFICERS

- A. The Executive Director shall:
 - (1) be the executive officer of the Committee/RIIL and shall have power to act for the Committee/RIIL between meetings.
 - (2) be authorized to sign contracts on behalf of the Committee/RIIL
 - (3) be appointed by and serve at the pleasure of the Committee subject to such appropriate
 - (4) contractual arrangements as may be made from time to time.
 - (5) the Executive Director must sign a pledge, in writing, that s/he accepts the Rules and Regulations of the RIIL and pledges to abide by said Rules and Regulations and RIIL policies and procedures.
- B. The Assistant Executive Director/Assistant Director shall:

- (1) assist the Executive Director in the day-to-day operations of the League.
- (2) be authorized to sign contracts on behalf of the Committee/RIIL, with the approval of the Executive Director
- (3) upon recommendation of the Executive Director, the Assistant Executive Director will be appointed by and serve at the pleasure of the Committee subject to such appropriate contractual arrangements as may be made from time to time.
- (4) carry out the duties as assigned by the Executive Director.
- (5) the Assistant Executive Director must sign a pledge that s/he accepts the Rules and Regulations of the RIIL and pledges to abide by said Rules and Regulations and RIIL policies and procedures.

C. The Administrative Assistant shall:

- (1) assist the Executive Director, Assistant Executive Director and Assistant Director in the day-to-day operations of the League
- (2) carry out the duties as assigned by the Executive Director, Assistant Executive Director, and Assistant Director
- (3) attend meetings and functions associated with their sport assignment and duties
- (4) the Administrative Assistant must sign a pledge that s/he accepts the Rules and Regulations of the RIIL and pledges to abide by said Rules and Regulations and RIIL policies and procedures

D. The Chair shall:

- (1) preside at all meetings
- (2) conduct such other business of the RIIL as provided for by the Committee
- (3) appoint all Standing and Special committees of the RIIL subject to the approval of the Committee.
- (4) fill vacancies occurring on the Standing and Special committees of the RIIL subject to the approval of the Committee
- (5) sign all authorized contracts along with the Executive Director
- (6) in conjunction with the other elected officers, prepare agendas for all meetings and perform all the duties commonly associated with the office
- (7) serve ex-officio on all Standing and Special Committees of the RIIL

E. The Secretary shall:

- (1) maintain an accurate account of the proceedings of all meetings
- (2) attach to the current minute book a copy of the bylaws and other rules, procedures, and policies as may be formulated
- (3) affix a list of officers and Standing and Special Committee Chairs to the current minute book.
- (4) be custodian of all papers and records of the RIIL not specifically assigned to others.
- (5) authenticate official documents by his/her signature
- (6) submit to his/her successor all books, records, and files in good condition.
- (7) assist the Chair with the correspondence of his/her office; conduct the routine correspondence of the RIIL as instructed by the Committee
- (8) maintain a correspondence file

F. The Business Manager/Treasurer shall:

- (1) sign a pledge, in writing, that s/he accepts the Rules and Regulations of the RIIL and pledges to abide by said rules and regulations and RIIL policies, and procedures
- (2) authenticate official documents by his/her signature
- (3) submit to his/her successor all books, records, and files in good condition
- (4) be custodian of all funds belonging to the RIIL depositing them properly in the bank or trust company designated by the Committee
- (5) be bonded for an appropriate sum as decided by the Committee
- (6) Pay all authorized bills by check:
- (7) all checks issued by the RIIL shall require two (2) authorized signatures.
- (8) the signatures of the Treasurer, with the Chair or duly authorized member of the Committee, shall constitute valid signatures
- (9) in an emergency situation, approved by an affirmative recorded majority vote of the Committee, the signature of the Chair and the Executive Director may be used jointly.
- (10) keep an accurate and up-to-date account of all financial transactions and submit a monthly financial report to the Committee
- (11) submit the books, records and accounts for an audit at the close of the fiscal year, and at other times as requested by the Committee

G. The Sport Director(s) shall:

- (1) attend scheduled meetings of the Committee
- (2) confer with the Executive Director or Assistant Director prior to the start of the season of the particular sport in question for planning purposes
- (3) conduct a compulsory interpretation meeting for coaches prior to the start of each sport's season.
- (4) establish a schedule of activities and submit same to the Committee for approval.
- (5) establish a plan for playoffs subject to the approval of the Committee
- (6) supervise and/or make arrangements for the supervision of all RIIL sponsored playoffs under the control of the Committee
- (7) evaluate the program at the end of the season and make recommendations for Rule and Regulation changes to the Committee
- (8) render to the Committee a written report upon request of their activities at the conclusion of the sport season

Section 8. MEETINGS

- A. The Principals' Committee on Athletics (Committee) shall meet on the third Monday of the following months during the school year: August, November, January, March and June, except when such Monday shall occur on a school holiday. The hour and place, either within or without of this state, shall be fixed and determined by the Executive Committee. But in case of failure by the Executive Committee to make such a determination, such hour and place, either within or without this state, may be determined by the Chair.
- (1) Special meetings of the Committee shall be called by the Chair whenever s/he shall deem special meetings necessary or desirable and whenever s/he is requested to do so by the Executive Committee.

- (2) Two (2) day notice of a special meeting shall be given by phone to all members, or written notice in the form of a published agenda at least seven (7) days prior to the date of the meeting shall be utilized.
- (3) At any meeting of the Committee, the presence of eight (8) members shall be necessary to constitute a quorum, but any less number may adjourn to a day specified.

B. The responsibilities of Committee members serving on the Executive Committee:

- (1) Attend a MINIMUM of FOUR out of FIVE monthly meetings held each year. A calendar of meetings for the year will be made available to all members. Members must call the League Office when unable to make a monthly meeting with as much advance notice as possible.
- (2) Absence from MORE THAN TWO CONSECUTIVE meetings is not permitted. More than this will not allow members to remain updated on League activities. Absences should be discussed with the Executive Director.
- (3) Sport Directors/Co Directors or Committee Chairpersons: Directorship includes attendance at all meetings necessitated by the requirements of the given sport, including interpretation meetings and issues such as realignment, etc.
- (4) Sit on ONE of the three seasonal Waiver Request Hearing Committees that have been established to help alleviate the number of appeals heard at the monthly meetings. The number of hearings may vary by season, but should never be an overwhelming number. If unable to attend, members must call the league office and give proper notification of absence in a timely fashion so a replacement can be made.

Section 9. Awards

- A. The official trophy of the Rhode Island Interscholastic League shall be a plaque bearing the official adopted seal of the Rhode Island Interscholastic League.
- B. The Committee shall award plaques to League, Class, Division and State Champions. The RIIL recognizes one (1) state champion and division champions. Plaques awarded at RIIL State Championships will be inscribed "RI State Champions" for the winner and "Second Place" for the runner-up team. If teams are tied for first place at the end of the RIIL League season, co-champions shall be awarded in all sports.
- C. Team sports: Baseball, Basketball (boys & girls), Field Hockey, Cheerleading, Football, Hockey, Lacrosse, Fast Pitch Softball (girls), Soccer (boys & girls), Tennis, Volleyball (boys & girls) will be awarded medals inscribed "Champions" for the winning team and "Finalist" for the runner-up team.
- D. In all sports, the number of medals awarded will be determined by the individual sport committee with the approval of the Principals' Committee on Athletics.

Section 10. AMENDMENTS OF BYLAWS AND RULES

- A. All bylaws and rules may be amended by a vote of the majority plus one of the members at any meeting of the Committee.

Section 11. FISCAL YEAR

- A. The fiscal year of the Committee/RIIL will be from August 1 through July 31.

Section 12. ANNUAL AUDIT

- A. In accordance with accounting principles generally accepted in the USA (GAAP), an annual audit will be performed by an independent certified public accounting firm. The audit will include a general review of the operations of the RIIL and provide a Management Letter upon delivery of the annual audit. A full and complete copy of the audited financial statements are distributed to the RIIL Principal's Committee on Athletics and member schools upon request.

Section 13. RIIL DUES AND FEES

- A. The annual dues of each member school of the RIIL shall be a basic membership charge of \$750.00 plus a \$100.00 sport fee for each sport for which a Declaration of Intent to Compete is submitted. In addition to the above fees, multiple sports will be subject to additional fees to be listed on subsequent invoices.
- B. September dues and fees must be paid by December 1st of the billing year. Failure to pay by December 1st will result in a late payment fee of \$100.00 and will result in a "show cause" hearing at the December meeting of the Principals' Committee on Athletics as to why the school failing to pay its dues and fees should not be suspended from further competition in the RIIL in accordance with Article 6, Section 3.
- C. All subsequent invoices must be paid within 30 days of the invoice date. Failure to pay within 30 days will result in a late fee of \$100 and/or a "show cause" hearing before the Principals' Committee on Athletics as to why the school failing to pay should not be suspended from further competition in the RIIL in accordance with Article 6, Section 3.
- D. Once the Declaration of Intent to Compete is submitted and RIIL dues and fees are assessed, no refunds can be requested or made.

Section 14. RIIL OFFICE

- A. There shall be such professional, clerical and other employees, as the Committee shall determine from time to time. All such employees of the RIIL shall be subject to the direction of the Executive Director.
- B. The Executive Director and the staff shall be responsible for and perform such duties as shall be assigned to them from time to time by the Committee/RIIL.

Section 15. COMMUNICATIONS

- A. All communications regarding school athletics must be addressed to the Executive Director/Assistant Director at the RIIL office.
- B. Any communications drawn by the Sport(s) Directors shall be sent out by the RIIL office and addressed to the Principal of the school involved. Copies of such information shall also be mailed to members of the Sports Standing Committee. Special permission must be received to send communications directly to coaches.

Section 16. WAIVER OF RULES FOR STUDENT ELIGIBILITY

- A. All requests for waivers shall (a) be submitted to the Executive Director, and (b) be in writing. For waivers of student eligibility, the waiver must be submitted on a "Waiver Request Form" supplied by the RIIL, signed by the Principal of the school requesting the waiver and notarized.
- B. In seeking a waiver of rules for student eligibility, please include (in addition to the Waiver Request Form) the student-athlete's:
 - (1) official transcript
 - (2) supporting letters
 - (3) medical documentation (if applicable)

- (4) IEP (if applicable)
- (5) any documentation/evidence to substantiate a hardship or extenuating circumstance exists
- C. The RIIL Executive Director (or designee) shall upon the basis of the completion of the waiver request and documentation provided determines whether the waiver shall be granted or not granted.
 - (1) Whenever a request of a wavier is acted upon by the Executive Director (or designee), a copy of the decision will be forwarded to the Principal of the sending school.
 - (2) A negative decision may be appealed before the Waiver Request Hearing Committee.
- D. Waiver Request Hearing Committee
 - (1) Waiver requests are addressed by the Waiver Request Hearing Committee. This committee consists of four members (high school administrators) selected by the Principals' committee on Athletics and the Chairperson of the Principals' Committee on Athletics. A majority vote of the members present is required for a decision. Hearings are held in August, October, and February, or at special meetings called in order to accommodate all waiver requests.
- E. Appeals of decisions made by the Waiver Request Hearing Committee will be heard by the Principals' Committee on Athletics. Principals Committee on Athletics meetings are scheduled for August, September (if needed), November, January, March and June. In extenuating circumstances, which would cause undue hardship, these Rules may be waived by 60% of the members of the Principal's Committee on Athletics present and voting. See Article 8, Section 4, paragraph B.
- F. Waivers are exceptional and extraordinary relief from the Rules and Regulations of the RIIL. The applicant must convince sixty percent (60%) of the Committee present and voting of the extenuating circumstances constituting undue hardship. Undue hardship means a hardship peculiar to the student-athlete or individual caused by unforeseen events beyond the election, control or creation of the student-athlete or individual, his/her family, or school. The Committee interprets undue hardship particular to the situation of the individual which is so severe that normal application of the Rule(s) is not, in the opinion of the sixty percent (60%) of the members voting, necessary to carry out the spirit or the orderly enforcement of the Rule.
- G. All requests for a waiver of Rules, with all documentation complete, must be received in the RIIL office by noon on the first Friday of the month in which a hearing is sought. A waiver request that is submitted to the RIIL in accordance with this paragraph shall be placed on the agenda for the next meeting of the Waiver Request Hearing Committee or the next full Committee meeting and shall be heard at that meeting. If the waiver request is resolved to the requesting party's satisfaction prior to the full Committee meeting by the Waiver Request Hearing Committee; (Which shall be designated by the Chair pursuant to paragraph 'E' of this section.) it shall not be heard at the full Committee meeting. In emergencies, the Chair can add a waiver request to the agenda, notwithstanding the above requirement.
- H. In cases where a waiver of any rule is sought on the basis of disability, a waiver may be granted, as set forth above; if the student-athlete is able to show that his/her inability to meet the RIIL rule(s) is the result of a disability, and that s/he otherwise meets all of the essential requirements of participation in RIIL competition with or without a reasonable modification. The party making a waiver request shall state on the request form that a disability is claimed and specifically identify the disability and hardship. The party making the request shall also provide the Committee with all appropriate evidence documenting his/her disability and hardship, including medical evidence and any applicable IEP.
- I. Limitations:
 - (1) No retroactive waiver may be granted.

- (2) No waivers will be considered of the requirement that the student-athlete must not have completed a course of study at a high school or the equivalent.
 - (3) Financial waivers may be considered if the financial hardship involves bankruptcy, receivership, death of a parent, or other extenuating circumstances.
 - (4) Age waivers will be considered only if extraordinary circumstances are supported by a valid, in place and complied with IEP addressing the disability, which resulted in the grade placement. No waivers will be granted to permit a student-athlete to exceed the maximum number of seasons set forth in Article 3. The student-athlete must at all times be in compliance with the IEP and the RIIL's academic rules. If the IEP ceases or compliance ceases, then the waiver ceases.
 - (5) Waivers of Article 3, Section 4C, may be granted only when the repeating of the school year is caused by an illness that is medically documented and results in significant loss of school time. In no case shall a waiver be granted if the waiver results in the student-athlete having more than four (4) seasons of competition in a given sport or three (3) seasons of competition in a three-year high school.
- J. H. The Chair or the Executive Director shall review all waiver requests as filed and shall dismiss any request found to be procedurally or substantively without merit or on its face ineligible for consideration by the Committee. No such request shall be placed on the agenda unless a written demand by two Committee members is presented.
 - K. Hearings before the Waiver Request Hearing Committee or the full Committee are conducted in an informal manner that affords all parties an opportunity to present all information and all relevant arguments. A party requesting a waiver may be represented before the Committee or Waiver Request Hearing Committee by an attorney or other designated representative at their expense. Unduly repetitious evidence may be excluded. All evidence offered by a party will be included in the file of the proceedings. The evidence will be available for inspection by the party requesting a waiver or his/her designee.
 - L. A party requesting a waiver in advance of the hearing may request that the hearing be transcribed at their cost and expense. If the request is granted, the Committee shall be provided a copy of such transcript at no cost to the Committee.

Section 17. HOST CONFIRMATION SCHEDULES

- A. Completion of the Host Confirmation Schedules are the responsibility of the home school in accordance with the approved schedule in each sport. All home and away schedules for all sports are to be submitted on-line as required in the "Members Only" link on the home page of the Rhode Island Interscholastic League website at <http://www.riil.org>

Section 18. VIOLATIONS OF RULES

- A. Any violations of the Rules and Regulations may result in the enactment of any and/or all of the provisions of Article 6 by the Committee, and/or combinations of conditions or restrictions the Committee finds effective in enforcing these Rules and Regulations.

Section 19. AMATEURISM - DEFINITIONS AND LOSS OF AMATEUR STANDINGS

- A. A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social and pleasurable benefits derived there from. An athlete forfeits amateur status in a sport by:
 - (1) competing for money or other monetary compensation (allowable travel, meals and lodging expenses may be accepted).

- (2) receiving any award or prize of monetary value which has not been approved by the Rhode Island Interscholastic League.
 - (3) capitalizing on athletic fame by receiving money or gifts of monetary value in affiliation or connection with activities involving the student's school team, school or the Rhode Island Interscholastic League (scholarships to institutions of higher learning are specifically exempted).
 - (a) This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school team, school, or Rhode Island Interscholastic League affiliation.
 - (b) The student is prohibited from appearing in the uniform of the student's school and may not utilize the marks, logos, etc. of the school, or the Rhode Island Interscholastic League as part of any endorsement.
 - (4) signing a professional playing contract in that sport.
- B. Accepting a nominal standard fee or salary for instructing, supervising or officiating in an organized youth sports program or recreation, playground or camp activities shall not jeopardize amateur status. "Organized youth sports program" includes both school and non-school programs. Compensation for giving private lessons is permissible if approved by the state association. A high school student who loses amateur status may apply to the League for reinstatement in the interscholastic program after waiting a period of one (1) year.
 - C. Only awards of no intrinsic value and approved by the Rhode Island Interscholastic League may be accepted by a high school student-athlete as a result of participation in school or non-school competition in a sport recognized by the League.
 - D. Individual interscholastic athletic awards and similar mementos for athletes shall be limited to those approved and administered by the institutions, approved League sponsors, or the Rhode Island Interscholastic League in keeping with traditional school requirements as to what constitutes an acceptable award.
 - E. Participation under an assumed name in any athletic contest shall make the student ineligible for one (1) year.

Section 20. CONFLICT OF INTEREST POLICY

- A. The RIIL requires that each person serving as a committee member, agent or staff member perform his or her duties without influence or the appearance of influence by any other business or financial interest.
- B. Potential conflicts of interest include, but are not limited to, a person's direct financial or close personal interest in a company or product which could be affected by a decision of a committee on which the person serves. An interest in a sport camp, sporting goods manufacturer or insurance company holds potential for a conflict.
- C. The RIIL is not critical of such interests. It merely requests that persons disqualify themselves from service to the RIIL on matters relating to such interests.
- D. If a committee member, agent or staff member should have or develop a conflict of interest, such person shall:
 - (1) Immediately identify the conflict in writing to the Executive Director; and
 - (2) Remove himself or herself from any discussion or decisions involving the matter in conflict. In case of doubt about the existence of a conflict, a member should submit the questions and the relevant facts to the Executive Director for a decision.

Section 21. AMENDMENTS OF BYLAWS AND RULES AND REGULATIONS OF THE RHODE ISLAND INTERSCHOLASTIC LEAGUE

- A. Amendments of Bylaws and Rules and Regulations of the Rhode Island Interscholastic League may be submitted by any member school. All such proposed amendments must be submitted in writing to the Executive Director and must be signed by the member school principal. The Executive Director shall place all such proposed amendments on the agenda of the next meeting of the Principal's Committee on Athletics.
- B. All requests must be submitted by January 1st.



Article 2: THE PRINCIPAL

Section 1. MEMBERSHIP

- B. The Principal of each school of the RIIL must be a member in good standing of the RIASP at the time of filing the Declaration of Intent to compete on April 1st. The Declaration of Intent to compete of any school whose Principal is not a member of the RIASP will not be accepted and hence; no schedule will be given that school for the following year of competition in the RIIL.
- C. **Member schools must enter all school sponsored sports teams in the RIIL in all school sponsored sports that are offered by the RIIL.**
- D. All member schools must participate in the RIIL online Ref-Pay Program.
- E. Athletes in your district should have a pre-participation athletic physical within your school district stated guidelines.
- F. Benefits of Membership:
 - 1) Allowed to participate in sports offered by the RIIL and use NFHS rules.
 - 2) Allowed to participate on PCOA approved standing committees.
 - 3) Allowed to apply and become a member of the Principals' Committee on Athletics.
 - 4) Allowed to participate in alignment and sport related surveys.
 - 5) Allowed to recommend by-law and sport related rule changes
- G. Terms and Conditions of Membership:
 - 1) Must file application for Full Membership
 - 2) Must be a member of the Rhode Island Association of School Principals (RIASP)
 - 3) Must Pledge Acceptance to all RIIL Rules and Regulations
 - 4) Must file a Declaration of Intent indicating those sports you will be participating in that are offered by the RIIL, and those you will participate in not offered by the RIIL by April 1st.

Section 2. PLEDGE OF ACCEPTANCE OF RULES

- A. Each Principal, at the time of filing the Declaration of Intent to Compete, must pledge, in writing, that s/he accepts the Rules and Regulations of the RIIL and pledges his/her school and its participants to said Rules and Regulations.
- B. New Principals of schools who wish to continue voluntary membership or who wish to voluntarily join the RIIL must, within 30 calendar days of assuming office, join the RIASP and sign a pledge acceptance of the Rules and Regulations of the RIIL.
- C. The member school has a responsibility to educate student-athletes, coaches, and other appropriate persons on Rhode Island Interscholastic League Rules and Regulation that could affect them. Further, the member school should monitor its compliance with the Rhode Island Interscholastic League Rules and Regulations.

- D. **Restitution Rule** – Any member school (or school board acting on behalf of a member school) which institutes an unsuccessful court suit challenging a rule, rules or decision of the League, either prior to or after having first exhausted the internal appeal procedures of the League, shall be assessed the full costs resulting from such litigation, including, but not limited to, court costs, counsel and actual expenses incurred by the League. Any member school that does not make full payment of such costs within sixty days of the assessment shall be prohibited from playoff participation in all sports. The restriction shall continue until the full amount plus interest at the statutory rate is paid.
- E. **Mandatory Meeting** (beginning in fall 2010) – RIIL member school principal(s) must attend one (1) mandatory meeting held annually in the fall. A fifty (\$50.00) fine will be assessed for not attending.
- F. **Emergency Action Plans:** An Emergency Action Plan with clearly defined written and practice protocols should be developed and in place at every high school.
 - (1) **Rationale:** An effective emergency action plan (EAP) should be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be resigned and practiced to address all teams (freshman, junior varsity and varsity) and all practice and game sites.
- G. When possible, an athletic trainer should be present at all practices and games.
 - (1) **Rationale:** An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
 - (2) The RIIL recommends the home/host school provide medical coverage (medical doctor (MD/DO), advanced practice provider (NP/PA), athletic trainer, EMT, registered nurse, physical therapist w/ OCS or SCS) for the duration of all home contests in the sports of: football, ice hockey, wrestling, and lacrosse. In the absence of medical coverage for any home contest in the above sports, the home school Athletic Director shall notify the visiting Athletic Director no less than 48 hours prior to the event. In the event that the scheduled medical coverage cancels within 48 hours prior to the event, the Athletic Director shall notify the visiting Athletic Director as soon as possible.

Section 3. RESPONSIBILITIES FOR INTERSCHOLASTIC ATHLETICS

- A. Each Principal is responsible to the Committee in all matters pertaining to interscholastic sports, including the eligibility of students. S/he may delegate authority only to regular members of his/her staff, but this does not relieve the Principal of ultimate responsibility. No interscholastic games may be scheduled or performed without the approval of the Principal.
- B. Proof of and maintenance of eligibility (See Article 3) is the exclusive and continuing obligation of the member Principal.
 - 1) In investigating any complaint, or in the review of any request, or in the conduct of any hearing, the burden is specifically placed on the member Principal to make certain that the individual student(s) involved be notified and given an explanation of the rules, of the hearing procedure, and of their right and opportunity to attend all hearings.
 - 2) Proof of eligibility is the affirmative burden of the member Principal. The Principal has the obligation to come forward with all evidence and testimony necessary for the establishment or maintenance of eligibility.
 - 3) Notice of the Committee's decision will be given in writing to the Principal, who will in turn forward copies to the individual(s) involved. At that time, the Principal will explain the decision along with the rights and obligations as set forth in the Rules and Regulations.

- 4) The obligation of notification, presentation, and explanation as set forth in this article apply to all eligibility issues and apply equally to dealings with the Executive Director as well as the Committee.
 - 5) Schools are responsible for the health, welfare and safety of all athletes' home, away and tournament games.
- C. The Principal or his/her authorized representative shall accompany the school team to all athletic contests. The authorized representative may be either a faculty member or administrator, but in no case a student.
- 1) Playoff Finals Attendance: If a school is involved in a Rhode Island Interscholastic League playoff "Final(s)", the Principal and or his/her designee must be present. The Principal and or designee must introduce themselves to the game supervisor(s) and game officials prior to the game(s). The Principal and/or designee will be responsible for monitoring the schools' students and teams.
- D. The home team is to be held responsible for conditions involving spectators and shall always have present an authorized representative of the school to take this responsibility.
- 1) The home team should provide an adult game supervisor at all home events. In particular, an adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student nor a coach involved with the game. The supervisor shall identify himself or herself to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration *and crowd control. They should notify police, and rink representatives to seek appropriate assistance. In the event of a problem, he/she must notify the RIIL office the next day and submit a written report detailing the incident(s).*
 - 2) NOTE: Due to the fact that hockey games are played off-campus, and the availability of school personnel to supervise is limited, the Committee recommends that schools assign supervision to games that involve rival teams or to games which may present fan issues.
 - 3) Schools, through assemblies, bulletins, or other means by which they are accustomed to influence student opinion, should strive to bring about good sportsmanship on the part of the spectators. Principals should impress upon coaches the responsibility and influence that their remarks, actions, and attitude have on their players and the spectators. There should be a sharp line between enthusiastic partisanship and riotous conduct. Unusual noisemakers, unorthodox cheers, and all such disturbing influences should be discouraged on the part of school directors. (See Article 12 – Sportsmanship).
 - 4) Where necessary, police protection should be present, and no hesitation exercised in ejecting from any school game any spectator, or group of spectators, whose conduct cannot be controlled by a warning, and whose further presence is prejudicial to the interest and/or outcome of the game.
 - 5) The Committee guarantees cooperation (to all Principals of the high schools of our State) in the arrest and prosecution of any spectator(s) who commit any assault or crime at any of the games which come under the jurisdiction of the RIIL.
- E. Other Responsibilities
1. Waivers of Rules, see Article 1, Section 16.
 2. Foreign Exchange Students, see Article 3, Section 7.
 3. Individual Athletic Competition in the Absence of a Team, see Article 3, Section 8.

4. Boarding Students, see Article 3, Section 9.
5. Tuition Students, see Article 3, Section 10.
6. Recruitment of Student Athletes, see Article 3, Section 11.
7. Game Cancellation, see Article 4, Section 1.
8. Game Postponement Unusual Circumstances, see Article 4, Section 2.
9. Definition of Penalties, see Article 6, Section 3.
10. Representation at Meetings, see Article 6, Section 12.
11. Non-League Games see Article 7, Section 4.
12. Notification of Postponement, see Article 9, Section 5.
13. Official Fees - see Article 9, Section 6.
14. Coaches Certification, see Article 13



Article 3: ELIGIBILITY

Section 1. DETERMINATION OF ELIGIBILITY

- A. All questions of eligibility are to be submitted in writing to the Executive Director seventy-two (72) hours prior to a regularly scheduled meeting for consideration by the Committee. Schools will be notified of the decisions by letter.
- B. **Each school must file Eligibility Lists online with the RIIL Office for varsity athletes within 10 days of the start date of the sport season.** The grade and year in school since grade 9 (if different from grade) of each participant should be noted on the eligibility list. **Any school(s) failing to file the Eligibility Lists on or before the designated date will be assessed two hundred dollars (\$200.00) fine per missing eligibility list as defined in Article 6, Section 4.**
 - 1) Athletes listed on the eligibility list may play on an outside team under the terms and conditions as outlined in Article 7, Section 6.
 - 2) A student not on a varsity list who participates in a Varsity contest will not be penalized if the error of omission was caused by a school official/coach. However, penalties listed in Article 6, Section 6 will be imposed.
 - 3) Once the original list is filed, it is the school's responsibility to send in additional names of eligible students upon a similar form.
 - a. NOTE: Failure to submit an Eligibility List and/or the omission of a player's name will be subject to penalties as listed in Article 6.
- C. Any athlete who does not have a valid Assumption of Risk form on file at the school in which they are currently enrolled will be ineligible for competition in the RIIL. If a student transfers from one school to another, s/he must file a new Assumption of Risk form on file with the new school. **Penalty is a one hundred dollar (\$100.00) fine.**
 - 1) Athletes in any sport, requiring helmets, must be equipped with a warning label regarding the risk of use and injury.
- D. Upon approval from the school, the RIIL permits athletes to participate simultaneously in more than one sport during the same sport season. However, no athlete may participate in the same sport for more than one athletic season in any given academic school year.
- E. When members of a team are charged with being ineligible by an opposing team, the game shall be played as scheduled and the protest filed with the RIIL Office in accord with the provisions of Article 5.
- F. Student-athletes must be enrolled in the school for which they participate.
 - 1) Student Athletes enrolled at an RIIL Member School are prohibited from participating in any practice, tryout, or competition for any school that they are not enrolled in.
 - a. NOTE: Additional residency requirements for all student-athletes are listed in Article 3, Section 6.

2) Students who attend a full-time state certified career and technical facility and/or a full-time state certified career pathways program, except for Davies Career and Technical High School are eligible for athletic participation at the school in which they are enrolled.

3) Exception:

- a. Students who are enrolled in a part-time state certified career and technical facility and/or a part-time state certified career pathways program are eligible for athletic participation under the following guidelines.
- b. If a student-athlete attending a part-time program declares that s/he wants to participate in athletics at his/her feeder school, s/he cannot participate at his/her career and technical and/or career pathways program school in all sports for the school year.
 - i. Note: Feeder School is defined as the public high school in the district in which the student resides.
- c. If a student-athlete declares that s/he wants to participate in athletics at his/her career and technical and/or career pathways program school, s/he cannot participate at his/her feeder school in all sports for the school year.
- d. Once a student establishes athletic eligibility at either his/her feeder school or career and technical and/or career pathways program school and subsequently decides that s/he would prefer to participate for the other school, s/he shall be subject to the Transfer Rule as set forth in Article 3, Section 6 of the RIIL Rules and Regulations.
- e. The following are guidelines to ensure the home school Principal will have jurisdiction of their student-athletes:
 - i. Students will adhere to all Rules and Regulations of the RIIL and any other more demanding requirements of their feeder school and/or career-technical or career pathways school.
 - ii. The Principal of the feeder school, career and technical and/or career pathways program schools will work collaboratively to insure all eligibility requirements are met and that any discipline concerns/problems and school rules are enforced appropriately.
 - iii. Students must meet the minimum academic requirements of the career and technical and/or career pathways program school and the feeder school.
 - iv. Students must receive the appropriate number of credits needed to graduate from their feeder school.

G. Any representation of a school by an athlete, whether legal or illegal, must be counted as participation and be so reported on the returns to the RIIL Office.

H. No student below the 9th grade shall be eligible.

I. Academic eligibility rules are minimum requirements and member schools and their governing bodies may adopt higher and more demanding eligibility requirements for local use.

J. Athletes in your district should have a pre-participation athletic physical within your school district stated guidelines.

K. Home School Eligibility - For students in home schooling to be eligible for competition in the RIIL, the following requirements must be met:

- 1) The student must be listed on the rolls of the school and certified to the Rhode Island Department of Education as a student.

- 2) The home school must furnish to the school and certify the academic grades and the school must record them on the official school records on a quarterly basis.
- 3) If a student is ineligible for academic and/or disciplinary reasons and subsequently becomes home schooled; s/he may not participate in interscholastic athletics during the period of ineligibility.
- 4) The school must approve the request of the home school student to compete on its teams.
- 5) All other requirements of the Rules and Regulations must be followed with the regular school certifying the eligibility of the home school student

L. Cooperative Teams (updated March of 2023)

1) BACKGROUND

- a. Various positive factors have motivated schools to create ways of saving existing programs and of establishing new ones, in an effort to increase overall participation in interscholastic sports. Philosophically, high school sports are school based educational athletic opportunities, but the RIIL has traditionally attempted to make reasonable rules for the common good of all student-athletes involved in interscholastic sports.
- b. Member schools must consider many different factors before deciding whether a cooperative team should be formed. A shift from school teams to cooperative teams may change the way a school handles communication, insurance, supervision, contracts, coaching positions, eligibility standards, educational values, discipline, budgets, facility use, etc.
- c. Recognizing its ongoing commitment and responsibility to both member schools and to their individual student-athletes, the RIIL has strived to accommodate the needs of both. The overwhelming motivation of cooperative teams has been to allow member schools to work together to analyze the interests of their students and potentially provide additional participation opportunities, while staying true to the mission that high school sports are school based educational athletics.

2) POLICIES AND REGULATIONS

- a. Regulations: Completion of the RIIL Coop Team Application
 - b. The joint application includes:
 - c. The application form signed by the principals of all cooperating schools designating the name under which the cooperative team will compete and identifying the host school, which will assume full responsibility for the administration of the coop team.
 - d. A report of the number of students, if any, from each of the cooperating schools who have been participating in the sport involved, in programs offered on a non-cooperative basis by their own schools.
 - e. A statement expressing the reasons for the formation of a cooperative team.
 - f. Written assurance that the cooperative team will not limit or lessen participation opportunities for students in any of the cooperating schools. A no cut policy must be in place.
 - g. Eligibility lists from the previous season in the sport in question.
- 3) Application deadlines for cooperative teams during a given school year:
- a. Seasonal Deadlines:
 - i. Fall sports -1st Friday of March

- ii. Winter sports -1st Friday of July
- iii. Spring sports – 1st Friday of October
- iv. A complete cooperative team application must be submitted to the RIIL Office by the advertised deadline and be accompanied by all necessary addenda. Schools are encouraged to submit their applications well in advance of the deadline.
- v. The principal of the host school will be designated as responsible for all RIIL-related correspondence concerning the cooperative team.

4) Formation of Cooperative Athletic Teams of Two or More Member High Schools

- a. The RIIL shall have the authority to approve the formation of cooperative athletic teams by two or more-member high schools under the following conditions:
- b. The determination of the proper set of circumstances which will allow multiple schools to form a cooperative team will depend significantly on the issue of competitor displacement. When the RIIL believes that a cooperative arrangement will cause an unreasonable displacement of potential competitors from one of the schools, the request to form a cooperative will be denied.
- c. Schools having enough competitors for a stand-alone team are advised not to request the formation of a cooperative team in that sport. It is only when two or more schools are experiencing difficulty in obtaining the desired number of competitors to form a team that the request for a cooperative team should be initiated.
- d. Cooperative teams may not be formed for financial reasons. No consideration will be given to cooperative proposals which result from the elimination of the sport due to financial cutbacks during the two years immediately prior to the request. Cooperative proposals will not be considered if they are driven by desire to "save money" at the risk of decreasing the number of potential student participants.
- e. Cooperative programs exist until they have finished the phase-out period of no less than one additional season or by mutual agreement of all schools involved to dissolve.
- f. Multiple team cooperative programs cannot exceed two (2) times the maximum determined sport participation limit in each sport (see chart below).
- g. All schools participating in the cooperative must be members of the RIIL.
- h. A cooperative team will be placed in the appropriate alignment classification by the RIIL.
- i. The cooperative agreement is usually approved for a period of two consecutive school years. However, approval may be granted for a one-year period. Schools must reapply after 1 or 2 years.
- j. The RIIL reserves the right to investigate a co-op team which has a substantially different number of athletes reported on the co-op application than the actual number of athletes that participate in the co-op. The outcome of the investigation may result in recommendations to the Principals Committee on Athletics to take immediate action.
- k. Written assurance that a "no cut" policy will govern the cooperative. Note: Any attempt to stifle team growth or to discourage turnout to maintain lower numbers in order to co-op is considered a cutting policy and is prohibited.
- l. *Students who previously participated on a cooperative team that is disbanded will have an opportunity to be grandfathered if the school they attend no longer offers that sport. These students will be allowed to finish their athletic eligibility with another school in*

the disbanded cooperative team that decides to continue to offer that sport as a stand-alone team.

- m. **School Considerations:** The principal of the host school should assure that during preliminary local discussions adequate attention was given to the following:
 - i. A sufficient reason for sponsoring a cooperative team
 - ii. An appropriate name for the cooperative team
 - iii. Suitable practice arrangements
 - iv. Fair competitive arrangements
 - v. Safe and adequate transportation arrangements
 - vi. Provisions for physical examinations and medical coverage
 - vii. Insurance provisions
 - viii. The setting and monitoring of academic standards for eligibility
 - ix. The purchase, repair, and cleaning of equipment
 - x. Source and control of finances
 - xi. Use and maintenance of facilities
 - xii. Selection, supervision, and payment of coaches
 - xiii. Selection and supervision of cheerleaders
 - xiv. Coordination of school schedules
 - xv. Ticket prices and sales, disbursement of gate receipts
 - xvi. Student spectator and fan control and supervision
 - xvii. Cooperative team identity: mascot, colors, etc.
 - xviii. Award policies (school letters and certificate design)
 - xix. Governance for the resolution of disputes

5) INDIVIDUAL SPORT PARTICIPATION LIMITS – CO-OP TEAMS

- a. The following limits have been set by each RIIL sport committee. When the number of potential participants in any one school exceeds the limits listed below, a cooperative team will not be approved. In addition, multiple team cooperative programs cannot exceed two (2) times the maximum determined sport participation limit in each sport.
- b. Only Students in Grades 10-12 are counted towards the Individual School limits below:
 - i. Baseball/Softball: 12
 - ii. Basketball: 8
 - iii. Cross Country: 4
 - iv. Field Hockey: 14
 - v. Football: 20
 - vi. Golf: 4
 - vii. Gymnastics: 8
 - viii. Ice Hockey: 15
 - ix. Lacrosse: 12

- x. Soccer: 12
- xi. Swimming: 10
- xii. Tennis: 8
- xiii. Track & Field – Indoor: 8
- xiv. Track & Field – Outdoor: 10
- xv. Volleyball: 8

6) **Forming a Cooperative Team Program Outside of Established Student-Athlete Limits**

- a. Schools/existing programs may apply to form a cooperative team even though one or more of the existing programs exceeds the prescribed listed limit provided the following requirements are met:
 - i. Schools must adhere to all RIIL student eligibility standards, seasonal and weekly limitations.
 - ii. **Schools knowingly and voluntarily taking this path remove themselves from RIIL post-season competition.**
 - iii. Schools applying to opt out must submit to a formal letter to the RIIL. They also must provide a statement from all of the schools involved in the co-op that their parents and student-athletes have been informed that all member schools involved are knowingly and voluntarily in agreement.
 - iv. The opt-out accommodation is for one (1) year at a time and **there will be no phase out period.**
- b. Once the opt-out accommodation request along with the required letters are received, the RIIL will screen the documentation and determine if it should be forwarded to the Principals Committee on Athletics for approval.

7) **Dissolution of Cooperative Teams**

- a. When the decision of the RIIL is to dissolve or discontinue a co-op program which does not meet the criteria, there will be a maximum of a two (2) year phase-out, renewable annually for a total of two years, and athletes will be eligible from their schools throughout the phase-out period. The RIIL has the authority to reduce a phase-out period to one year if the number of participants from a school exceeds the maximum determined sport participation limit or the total number of participants in the co-op exceeds or is close to exceeding two times the maximum allowed in the specific sport. Eligibility is not restricted to only those athletes who were on the original co-op team roster at the time of discontinuation.
- b. Note: When a co-op team has been put into a phase-out and it can be demonstrated that the school(s) affected have in good faith begun a process of creating some type of sustainable ongoing program in the same sport and independent of the co-op which will provide opportunity to those new incoming underclassmen, the schools involved may request an extension of the phase-out period to insure the students who were in the original co-op may finish out their high school athletic career as a part of the original co-op.
- c. During the phase-out period all athletes are to be notified by their school that a limited period of eligibility exists because the program is in a phase-out period.

- d. The decision to dissolve an active RIIL approved co-op lies solely between the member schools involved.

8) PROVIDENCE PUBLIC SCHOOL DEPARTMENT EXCEPTION

- a. The Providence School Department determines the following schools will be linked together to form athletic co-op programs in all sports:
 - i. Central High School (Providence Career and Technical Academy)
 - ii. Hope High School (E-Cubed Academy)
 - iii. Juanita Sanchez High School (360 High School)
 - iv. Mt. Pleasant High School (Alvarez)

Section 2. ALTERNATIVE EDUCATION (CHARTER) SCHOOLS ATHLETIC PARTICIPATION

A. Inasmuch, many charter schools and/or schools with small enrollments cannot offer an athletic program, students who attend do not have the opportunity to participate in athletics, the Rhode Island Interscholastic League believes that students make the decision to attend or not attend alternative school based on the academic program but also wants to offer the opportunity to participate in athletics.

B. Feeder School Program

- 1) Principals (CEO) (see Article 1, Section 3) of alternative schools may seek a waiver requesting eligibility for students to participate at his/her feeder school in the community where they reside.
- 2) If there are multiple high schools within the city/town, the school department administrator must provide to the RIIL a map of the city/town indicting which school would be the student's feeder school.
- 3) The Principal (CEO) must become a member of the RI Association of School Principals (RIASP)
- 4) The Principal (CEO) must also become a member of the RIIL and pay all applicable dues and fees.
- 5) The Principal (CEO) must certify that their school does not offer a team or participate in any interscholastic athletic events and/or leagues
- 6) To insure the feeder school Principal has jurisdiction of their student-athletes, the following must be adhered to:
 - a. Student-athletes will adhere to all RIIL Rules and Regulations and any/all other more stringent requirement of the feeder schools.
 - b. The alternative school Principal (CEO) will report any and all discipline concerns/problems to the Principal of the feeder school.
 - c. The alternative school Principal (CEO) will submit an absentee/tardy/early dismissal list of any and all students to the Principal of the feeder school.
 - d. A copy of the student-athletes report card must be submitted to the Principal of the feeder school.

C. Program/Enrollment

- 1) Alternative schools whose enrollment exceeds **350** and have a 12th grade class will be obligated to offer their own athletic program(s).
- 2) Alternative school Principals (CEO) may seek a waiver to combine smaller enrollment schools to offer an athletic program.
 - a. Combined enrollment – not to exceed 1000 students

- b. Must share the same building
 - c. Seek waiver to combine every two (2) years
 - d. Principal (Director) must possess a Principal Certificate
- 3) The Supervisor/Director/Principal of each alternative school must become a member of the RIASP
- 4) The combined alternative school(s) Principal(s) (CEO) must become a member of the RIIL and pay all applicable dues and fees.
- 5) Student-athletes will adhere to all RIIL Rules and Regulations and any/all more stringent requirements of the combined schools.

D. Alternative School Considerations:

- 1) The Principal (CEO) of the alternative member school shall assure the following topics have been finalized with the administration of the school in which the alternative school student requests to participate:
 - a. Practice arrangements & locations
 - b. Equitable competitive arrangements for alternative school students
 - c. Safe and adequate transportation arrangements to/from team practices, competitions, events, etc. for alternative school students
 - d. Expectations for physical examinations, medical coverage, and additional forms required by the feeder school for students participating in athletics
 - e. Insurance provisions for alternative school students
 - f. The setting and monitoring of academic eligibility standards for alternative school students
 - g. The purchase, repair, and cleaning of equipment utilized by alternative school students
 - h. Source and control of funding/finances for alternative school students participating at a feeder school
 - i. Coordination of school calendar/schedules
 - j. Spectator control and supervision
 - k. Team/school award policies
 - l. Governance for the resolution of disputes
 - m. Additional school or team policies impacting alternative school students

E. PROVIDENCE PUBLIC SCHOOL DEPARTMENT EXCEPTION

- 1) Students residing in Providence and enrolled at RIIL alternative member schools may participate in athletics at one of the four comprehensive high schools (Central, Hope, Juanita Sanchez, Mt. Pleasant) in all sports as established by the PPSD.
- 2) Each alternative school Principal will provide athletic eligibility for their students at the PPSD established comprehensive high school.

Section 3. FEMALE COMPETITION

- A. Competition in the RIIL for Girls is limited to female competitors in Basketball, Cheerleading, Cross Country, Field Hockey, Gymnastics, Hockey, Lacrosse, Soccer, Fast Pitch Softball, Tennis, Winter and Spring Track and Volleyball.

- 1) A female athlete who drops out of school because of pregnancy shall not be subject to the 50 percent rule provided she returns to the same school.
- 2) All female athletes are subject to the provisions of Article 3, except for any special rules listed in the RIIL Rules and Regulations book or subsequent RIIL Bulletins from the RIIL Office.

A. Determination of Gender Based Eligibility

- 1) The RIIL recognizes the value of participation in interscholastic sports for all member-school student athletes. Member schools are responsible for ensuring compliance with all applicable state and federal laws when determining gender-based eligibility for participation. Per Article 2, Section 3B, “proof of and maintenance of eligibility is the exclusive and continuing obligation of the member Principal.”

Section 4. ACADEMIC ELIGIBILITY

- A. The athlete must be taking at least four subjects, each involving at least four periods of work or an aggregate of fifteen periods of work per week.
- B. At all times the athlete should have secured for the period from the beginning of the quarter or trimester up to the end of the regular marking period which shall not exceed a maximum of 12 weeks and a passing grade in 60% of the student's program (credits). **A student who is not passing 60% of his/her program (credits) is ineligible to participate in games (league and non-league) until the end of the quarter or trimesters of the next marking period.** This is a minimum standard for academic eligibility. Schools may choose to initiate a higher standard for academic eligibility. In this instance, the higher standard (school policy) will be supported by the RIIL.
 - 1) At the end of a course which meets for multiple marking periods, a school may utilize the grade earned during the last marking period or the final mark earned in determining academic eligibility. However, the school must be consistent in its application of this provision for all athletes in all sports.
- C. To be eligible at the beginning of a school year, the student must have done passing work at the end of the previous school year in June of 60% of the student's program (**credits**).
 - 1) In the case of a student who devotes a considerable part of the summer to make up subjects failed during the school year and receives credit toward graduation for this make-up work, that student shall be entitled to count such credit toward eligibility provided this credit is made an official part of his school record during the first week of the fall term. In case a student fails to complete the minimum scholastic requirements for athletic eligibility at the end of a quarter due to unavoidable absence, the student shall be ineligible for the next quarter until these requirements of the preceding quarter are made-up.
 - 2) Failures or incomplete work caused by unavoidable absence may be made up at the beginning of the quarter provided it is made a matter of final record within three weeks of the first day of that quarter.
- D. The athlete shall receive no special privilege such as extra examinations, delayed marks, make-up opportunities, or other favors which are not granted on equal terms to every student in the school; with the further provision that grades for failures or incomplete work in which a make-up opportunity is granted at the end of a quarterly marking period must be made a matter of final record within two calendar weeks of the first day of the succeeding marking period.
- E. If the athlete repeats work for which credit has once been received, the athlete cannot count that subject a second time for eligibility.
- F. The athlete cannot count for eligibility points obtained in a subject taken during the summer vacation that had not previously been regularly pursued in the classroom.

- G. Admission to or exclusion from participation in a sport because of these eligibility rules, shall take place at the close of the school day on which report cards are issued for the end of the regular marking period.
- H. If a game is postponed or results in a tie; the eligibility of the participants does not hold over until the game is played off.
- I. Academic eligibility requirement for students who are enrolled in Accelerated Programs:
 - 1) An accelerated program is one in which a student earns more than the minimum credits necessary for promotion to the senior year. This may be achieved by independent study, taking more than the required number of courses in a given semester or year, taking additional courses at an approved college, or a concurrent enrollment program at an approved college.
 - 2) Conditions for academic eligibility of seniors in an Accelerated Program:
 - a. The student must be enrolled in a minimum equivalent of three full courses per semester in his/her school or an approved off-campus program for a total of three credits for the year, excluding physical education.
 - b. If off campus courses are involved, the high school must approve the courses and the grades must be recorded at the high school on the student's permanent record card and are included in the computation for the student's graduation credits.

Section 5. LENGTH OF ELIGIBILITY

- A. Age - An athlete will be ineligible for athletic competition if his 19th birthday occurs prior to September 1st.
 - 1) It is recommended that Principals exercise great care in determining the age of contestants and in all doubtful cases secure birth certificates from the city or town clerk of the athlete's place of birth.
 - 2) In case of doubt about the age of any contestant in an athletic contest, a birth certificate or some other legal evidence satisfactory to the Committee must be presented to the Chair or Executive Director on demand. If no satisfactory evidence can be presented, the athlete must be barred from competition.
 - 3) Competitors in interscholastic sports, who are born outside the state, shall file with their Principal the following: birth certificates or other legal evidence of birth dates (i.e. alien registration cards) and their complete school records in secondary schools attended outside of the state. This data must be made available to the Committee upon request.
- B. Ninth-grade students of four-year high schools are eligible for varsity and junior varsity athletic competition.
 - 1) An athlete shall not represent secondary schools in any one sport for more than three seasons and such an athlete shall automatically become ineligible after s/he has been six consecutive semesters in attendance in the 10th, 11th or 12th grade. However, athletes entering the ninth grade may compete for one additional season and two additional semesters provided that competition is in the ninth grade of a four-year high school.
 - 2) Once a student enters the 9th grade, whether in a junior high school or a four-year high school, that student is limited to eight (8) consecutive semesters of eligibility and automatically becomes ineligible for athletic competition four years from the date of entry into the ninth grade. (See Article 1, Section 3, paragraph Q.)
 - 3) Six weeks shall be considered sufficient to establish a pupil's residence for a semester, which is one-half the established academic school year for that respective school.
 - 4) An athlete who has competed according to the rules of the RIIL in the 9th grade of a four-year high school may compete for three additional years in any school too which s/he transfers, subject to the other provisions of these Rules and Regulations.

- 5) If a student who is enrolled in grades nine (9) through twelve (12) and is eligible for athletics but chooses not to participate in athletics for one of more semesters, or does not participate because no sports are offered, or a particular sport is not available, those semesters count as semesters of enrollment and competition.
 - 6) If a student who is enrolled in grades nine (9) through (12) is ruled ineligible for any reason for one or more semesters, those semesters count as semesters of competition.
 - 7) If a student is suspended or expelled from school for one or more semesters, those semesters count as semesters of enrollment and competition.
- C. Unless a student is entering the 10th grade of a three-year senior high school for the first time, or unless the student enters the 10th grade from a school terminating with the 9th grade, the athlete shall be subject to the 50% Transfer Rule. See Section 5 (an exception would be a transfer by change of address). This period may be lengthened and extended in individual cases at the discretion of the Committee.
- D. Students entering or returning to a secondary school from any court ordered out-of-home disciplinary placement must have their eligibility considered by the Committee on an individual basis. In addition, the receiving school must provide the Committee evidence that the student meets all eligibility requirements as defined in the Rules and Regulations of the Rhode Island Interscholastic League.
- E. An athlete who VOLUNTARILY withdraws from school to enter the armed services shall be subject to all rules governing eligibility as listed in Article 3, Section 5 upon his/her return to the same school from which the athlete withdrew. However, if an athlete is DRAFTED into active service by any branch of the armed services, said athlete shall suffer no loss of eligibility providing all other eligibility requirements are met.
- F. No student below Grade 9 will be allowed to practice or play with any school freshman, junior varsity or varsity team.

Section 6. TRANSFER RULES

A. The "Transfer Rule":

- 1) In all transfers, a Transfer Rule Affidavit or Online Transfer Management System entry must be completed and submitted to the Rhode Island Interscholastic League prior to the student-athlete's participation in any sport.
- 2) If a student transfers from one secondary school to another without a corresponding and bonafide change of address, the student shall be ineligible for the first **35 days** in each sport that s/he participated in during the past 12 months.
 - a. The ineligible period of the Transfer Rule begins on the official start date of practice as determined seasonally by the RIIL.
 - b. Athletic Programs are prohibited from rescheduling games beyond the 35 day mark in an effort to circumvent the impact of the Transfer Rule.
- 3) During the period of ineligibility, students subject to the transfer rule may participate in all intra-school activities (practices, team activities, etc.) during the period of ineligibility.
- 4) During the period of ineligibility, students subject to the transfer rule ***may not*** participate in any inter-school contests (scrimmages, league games, non-league games, sub-varsity games, playoffs, and/or tournaments) during the period of ineligibility.
- 5) For all transfers between member schools, the date of enrollment at the receiving school shall be used unless otherwise specified.
- 6) The provisions of the Transfer Rule apply to all student-athletes participating at the sending school regardless of their level of participation.

- 7) If the student transfers into a new school with less than 35 days of the sport season remaining, the number of days for which s/he is ineligible will carry over to the next school year in the same sport until the 35 day requirement has been satisfied.
- 8) If a student actively participating in a sport at their sending school transfers without a bonafide change of address after the official start date of practice, they are subject to the 35 day period of ineligibility from the first day of enrollment at their receiving school and ineligible for postseason play in the specific sport already underway.
- 9) Note: The RI Interscholastic League will NOT waive the Transfer Rule of athletic eligibility if the change in schools is to nullify and/or circumvent the actions of representatives or rules of the previous school or if the student left the sending school under penalty which would have resulted in the students' athletic ineligibility at the sending school.

B. A student shall be declared immediately eligible provided:

- 1) The student's first transfer occurs during their first two semesters (freshman year) or ensuing summer before the dates below:
 - a. Fall student-athletes: Official start date of their sport as defined by the RIIL
 - b. Winter and Spring student-athletes: The first official school day at their receiving school.
 - c. Clarification: freshman students, who are participating in a sport at their sending school and transfer during the season are subject to the Transfer Rule as described in Article 3, Section 6-A.8.
- 2) There is a corresponding move into a new district by his/her parent(s) or guardian(s) and all other eligibility requirements are met. The receiving school must confirm the bonafide move and residency.
 - a. Clarification: Student-athletes who attend a parochial or private school and who move into a new public school district may also transfer to another parochial or private school or into the public school in the district of the new residence ***at the time of the corresponding move*** and be immediately eligible to participate in athletics. If the student-athlete remains enrolled in the (previous) parochial or private school after a change of residence and later decides to transfer to another parochial or private school or to the public school in the district of his/her new residence, s/he will be subject to the Transfer Rule.
- 3) The transfer is the direct or necessary result of a family court custody decree.
- 4) The transfer is a direct and necessary result of a residence by a guardian whose position is elsewhere herein recognized and the RIIL has so confirmed in writing.
- 5) The transfer is a direct result of emancipation and said emancipation was recognized and approved by the Committee, pursuant to the waiver provisions of Article 1, Section 16, and both principals agree; in which case the student shall be eligible at once, provided the student's record conforms with the other eligibility requirements of the RIIL. The Committee at its discretion may extend Transfer Rule and the decision in such cases shall be final. If more than one transfer occurs (in the absence of a Family Court custody order) and results in a student establishing occupancy at a former residence, such student shall be ineligible until s/he has been living continuously for one year at said residence.
- 6) A student transferring because of an order from the office of the School Superintendent effecting administrative adjustment of school population shall become immediately eligible to play in the receiving school, if the student is eligible in all other particulars.

C. If a student transfers to another school without a bonafide change of residence, s/he may return to their original school and may immediately become eligible provided:

- 1) The student returns prior to the 15th day of said date of transfer.
 - a. Fall student-athletes begin their 15 days on the first day of official practice as defined by the RIIL.
 - b. All other student-athletes begin their 15 days on the date of enrollment at the receiving school.
- 2) The Transfer Rule Affidavit has been completed and submitted to the RIIL.

D. Residency Rule and Bonafide Residency Policy:

- 1) Unless there is a Family Court decision awarding custody to another, the residence of the mother (or legally recognized parent/guardian with custody) shall be judged to be the residence of the student. The student, however, must actually reside at the mother's home. Students who are wards of the state shall become immediately eligible upon being assigned by the proper state authorities to a foster home or equivalent facility. If the student neither resides at the mother's home nor in the home of the person awarded custody by the Family Court, the student shall be subject to all provisions of the Transfer Rule before becoming eligible for RIIL inter-school competition.
 - a. Clarification: Any student who legally enrolls at a RIIL member high school residing with someone other than their mother, legally recognized parent with custody, court appointed individual, or legal guardian is declared immediately ineligible until a specific waiver has been obtained pursuant to Article 1, Section 16.
- 2) In cases where the Family Court decision awards custody to both parents, the student is permitted to change residence between parents and not be subject to the provisions of the Transfer Rule. However, the student will only be eligible to play sports at that school for the academic year. If the student moves back with the other parent and transfers schools, s/he will be subject to the RIIL Transfer Rule and is ineligible for inter-squad competition for the first 35 days of the season.
 - a. Clarification: In the absence of a court order or joint custody, students residing outside of the mother's home (or legally recognized parent with custody) are declared immediately ineligible until a specific waiver has been obtained pursuant to Article 1, Section 16.
- 3) If a student is 18 years of age and transfers from one secondary school to another with a corresponding change of address, and both parents are deceased, or are physically absent from the state of RI, or when both parents have been decreed incompetent or unfit by court order, or when a specific waiver has been obtained pursuant to Article I, Section 16, the use of such student-athlete before such written confirmation of eligibility by the RIIL shall constitute the use of an ineligible player under the Transfer Rule.

E. Probate Court guardianship, while either parent is living within the State of Rhode Island, is not recognized for eligibility purposes unless such guardianship was petitioned by a state agency for the welfare of the student. Guardianship is recognized for eligibility purposes when both parents are deceased, or when both parents are physically absent from the State of Rhode Island, or when both parents or the surviving parent has been decreed incompetent or unfit by court order, or when a specific waiver has been obtained pursuant to Article 1, Section 16. No student under guardianship is eligible without a written eligibility finding confirming compliance with the above and issued by the RIIL. The use of a student-athlete under guardianship before such written confirmation shall constitute the use of an ineligible player. Such eligibility finding will be given after the student under Probate Court guardianship has been subject to the waiting period of 35 days in each sport s/he participated in during the previous school year.

- F. A student in any school system operating more than one high school, who is transferred by the administrative office for disciplinary or attendance reasons shall be subject to all provisions of the Transfer Rule before becoming eligible at the receiving school in each sport which s/he participated at the sending school.
- G. If the athlete severs connection with any school for a period of two weeks or more, the athlete cannot become eligible for athletics until the athlete has completed the waiting period of 35 days in each sport of which s/he participated in at their sending school from the date of the athlete's enrollment at the receiving school and then only if all other eligibility requirements are met. This section shall not be interpreted to apply to students absent from school because of illness.
- H. No school shall allow the participation of any student who is ineligible in any regard. This participation applies to sub-varsity and school-sponsored club teams just as strictly as it applies to varsity contests, both league and non-league. During the time a student-athlete is ineligible because of the Transfer Rule, s/he is permitted to practice with the team.
- I. **Penalty for an Eligibility Violation:** Loss of eligibility in the sport involved for a number of RIIL games equal to the number of days in which the athlete ineligible participated. Such loss of eligibility shall commence with the date of the last infraction and, if necessary, shall extend into the RIIL days of the same sport for the following year.

Section 7. FOREIGN EXCHANGE STUDENTS

- A. Foreign Exchange Students (J-1 Visa and F-1 Visa) entering any secondary member school must have their eligibility status reviewed by the Executive Director of the Rhode Island Interscholastic League. Principals who have Foreign Exchange Students that desire to participate in interscholastic athletics are required to communicate with the Executive Director to seek eligibility for such students, and they must provide the following information on a form provided by the Rhode Island Interscholastic League which can be found on the Rhode Island Interscholastic League website.
 - 1) **J-1 Visa and F-1 Visa students from an approved CSIET Program (www.csiet.org) are eligible immediately for a duration of up to one year.** If they are NOT from an approved CSIET Program they must sit out 50% of the League in each sport in which they participated on a varsity level and are eligible for a duration of up to one year.
 - 2) **F-1 Visa students from a non-public school who are from an approved CSIET Program are eligible for a duration of up to four years.** If they are NOT from an approved CSIET Program they must sit out 50% of the League in each sport in which they participated on a varsity level and are eligible for a duration of up to four years.
- B. **FORM 1 – APPROVED FOREIGN EXCHANGE PROGRAM**
 - 1) J-1 Visa and F-1 Visa Foreign Exchange students involved in an approved program listed in the most current edition of the Advisory List of International Travel and Exchange Programs (CSIET) (www.Csiet.org) published by the Council on Standards for International Educational Travel are eligible for participation when approved by the Executive Director. **To seek eligibility for such students, schools must provide information on the Foreign Exchange Student Data Form I, and Form III provided by the RIIL.**
- C. **FORM 2 – FOREIGN EXCHANGE PROGRAM NOT APPROVED BY CSIET**
 - 1) J-1 Visa and F-1 Visa Foreign Exchange Students entering member schools under a program not listed on the APPROVED list of the Council on Standards for International Educational Travel (CSIET) or entering member schools under no program who desire to participate in interscholastic athletics are held to all the requirements of Article 3, Sections 5 & 6 as well as all the other requirements of the Rules and Regulations, and are required to communicate with the Executive Director to seek eligibility for such students. After completing the Foreign Exchange Student Data

Form II and Form III, an eligibility ruling must be obtained from the Committee through the Executive Director. The earliest date these students can become eligible for competition is after they have obtained a favorable eligibility ruling from the Committee, and after they have served the fifty percent (50%) of the League schedule waiting period in each sport in which they participated on a varsity level.

D. FORM 3 – FOREIGN EXCHANGE STUDENT DATA (AFFIDAVIT)

- 1) Principals must complete Form III and submit along with Form I or Form II to the Executive Director of the RIIL.
- 2) In order to participate in a post-season tournament event, the foreign exchange student must have been a member of that team for at least fifty percent (50%) of that team's regularly scheduled season contests.
- 3) ***Note: The Foreign Exchange Student will be ineligible to participate in any Rhode Island Interscholastic League or League-sanctioned games, matches, meets, etc. until an eligibility ruling is rendered by the League.***

Section 8. INDIVIDUAL ATHLETIC COMPETITION IN THE ABSENCE OF A TEAM

- A. The RIIL will provide the opportunity for male and/or female athletes to compete as individuals on behalf of their respective schools in specified sports and under specified conditions provided the school does not sponsor a team in that sport in the RIIL or an outside league not affiliated with the RIIL. However, the RIIL encourages member schools to sponsor team participation when possible. Individual competition shall be limited to cross country, golf, gymnastics, swimming, winter and spring track and wrestling.
- B. To be eligible for athletic competition, an individual(s) shall be in compliance with all of the provisions listed in this section:
 - 1) The athlete(s) shall:
 - a. have a valid Assumption of Risk form on file in the RIIL Office.
 - b. have their athletic eligibility certified by the Principal in accordance with RIIL Rule and Regulations.
 - c. be placed on the eligibility list on the RIIL website
 - d. participate in accordance with the requirements of the sport.
 - e. be accompanied to all contests by a coach and/or have an authorized representative of the school with them as designated by the Principal.
 - f. Individual gymnastic athletes are required to have a designated coach/spotter on the floor.
 - g. comply with all other rules and filings as may be required.
 - 2) The school(s) shall:
 - a. Principal must be a member in good standing of the RIASP.
 - b. Must pay the full dues and fees as established by the RIIL for each sport. Participation of the individual athlete(s) may result in additional costs for the sport involved. An additional fee will be charged for other sports as deemed necessary.
 - c. Principal(s) or their official designee shall declare the intent of the athlete to compete with the Director of the Sport or the RIIL Office.
 - d. The declaration for an athlete to compete must be made prior to the starting date of the season for the individual sport.

C. The Director of the Sport will have the final authority and will establish the format and placement for the inclusion of individual athletes in competition. The Director will also have the authority to establish a method for athletic competition as individual(s) in state tournaments/meets.

- 1) Swimming - Individual athletes must compete in three (3) of four (4) qualifying meets though a minimum of two (2) of three (3) may at times suffice at the discretion of the Director of Swimming.
- 2) Gymnastics - Individual athletes must compete in three (3) meets and have qualifying scores to be eligible to compete in the Individual Championship. Student-athletes are encouraged to compete in five (5) meets for all-state consideration.
- 3) Track and Cross Country – Individual athletes are scheduled to compete in four (4) meets. Individual times/distances as outlined in Articles 17, 26, and 27 will be used to determine eligibility in State Tournament competition.

D. Additional requirements:

- 1) No school may enter more than three (3) individuals in a particular sport. No alternates or substitutions may be made or allowed for these individuals.
- 2) Individual athletes must qualify for championships on the same basis as members of school teams.
- 3) In any athletic event where an individual qualifies for a medal; the medal shall be awarded to him/her and the points scored will be attributed to the individual. There will be no displacement (except in the sport of Track and Field) of position or points among other competitors in events in which individuals participate.
- 4) No school entering individuals may win a team championship.

Section 9. BOARDING STUDENTS

A. Students boarding in member schools whose parental residence is outside the State of Rhode Island must have their athletic eligibility determined on an individual basis. Until such students are ruled eligible by the Committee, they may not participate in any contest of a member school.

B. Principals seeking eligibility rulings on the above students must supply to the Committee the following information.

- 1) Place of parental residence.
- 2) Previous school attended and dates of attendance.
 - a. Completed transfer affidavit
 - b. Certify the boarding student did not transfer as the result of undue influence by the school or friends of the school.
- 3) Certify the boarding of the student is not for athletic purposes.
- 4) The amount of financial aid, if any, provided by the school or friends of the school.
- 5) If the students are ruled eligible by the Committee, the 50% of the League's season rule for each sport they participated in on the varsity level will prevail in the case of transfers from other secondary schools. This waiting period may be extended for a maximum of one year at the discretion of the Committee after having considered all the information provided by the school seeking the eligibility ruling.

Section 10. TUITION STUDENTS AND FINANCIAL ASSISTANCE PROGRAMS

A. FINANCIAL ASSISTANCE PROGRAMS

- 1) Evaluation of student needs for financial assistance must be completed by the person(s) in the school designated as responsible for the financial assistance policies and procedures.

- 2) Funds which have been donated to the schools by organizations and individuals must be given as financial assistance to students through the normal financial program of the school for all students, and without regard to athletic potential.

B. TUITION STUDENTS

- 1) Schools receiving tuition must maintain records of the source of the tuition payments and other financial charges, the identification of the person or corporation making the payment of tuition and other charges, and the person or corporation to whom the receipt is issued.
- 2) Special Inducements as listed in Section 11, paragraph C2 whether given directly by a school or indirectly through an alumni group or parents' association, are strictly forbidden.
- 3) Upon request, schools will be required to submit an individual scholarship report on any student receiving financial aid from the school or any related entity. The Executive Director and Chair will determine the eligibility of any student receiving financial aid in excess of 50% of the combined tuition and expenses. The Executive Director and the Chair will consider the circumstances and determine whether the aid is scholarship aid or an athletic scholarship. In making this decision, these individuals will give the particular street of the residence of the athlete involved and the normal area that the school in question generally draws from. In order to deny eligibility to any student because of an athletic scholarship, both individuals must agree. An appeal can be entered to the Committee in the event that an athlete is declared ineligible but, pending appeal, the athlete may not participate in any contest of the school involved.
- 4) In the event that an athlete receiving financial aid, in accordance with the provisions of Article 3, Section 10, is not reported to the Committee upon request, all games in which the athlete participated from the time the aid was given, shall be forfeited and, if championships are involved, they shall be rescinded and plaques and trophies returned to the RIIL.
- 5) The school must furnish on this report the following information:
 - a. Student Name
 - b. Year of graduation
 - c. Sport(s)
 - d. Tuition
 - e. Calculated need (provided by a Financial Aid Management Company)
 - f. Assigned Award *
 - g. Prior year awards

*Note: Please list separately the origin, name, type of aid provided.

- 6) In the event that an athlete receiving financial aid, in accordance with the provisions of Article 3, Section 10, is not reported to the Committee upon request, all games in which the athlete participated from the time the aid was given shall be forfeited and, if championships are involved, they shall be rescinded and plaques and trophies returned to the RIIL.
- 7) Schools violating any of these regulations or the provisions of Article 3, Section 10 will be placed on probation for one year and may be subject to penalties as listed in Article 6.
 - a. Schools, who continue to violate these regulations after having been placed on probation may be dropped from membership in the RIIL. Such decisions require a majority vote of the Committee and the vote of two thirds of the members of the RIIL.
- 8) The Committee pledges it will seek to investigate any signed, written complaint of schools violating these regulations even though the complaint might not come officially from a member school and will use outside assistance, if necessary, to carry out the investigation.

- a. NOTE: The schools should note that while many of the above regulations pertain only to tuition charging schools and financial assistance programs, Article 3, Section 10 pertains to all schools. Each Principal should make certain that these regulations are known and understood by all their athletic directors and coaching staff. Penalties for violations of the Rules and Regulations will be strictly enforced by the Principals' Committee on Athletics.

Section 11. RECRUITMENT OF STUDENT-ATHLETES BY PRIVATE, PAROCHIAL AND PUBLIC SCHOOLS

- A. To maintain the educational standards and dignity of our academic and athletic program, all members of the RIIL must refrain from any practices such as recruitment, enticements, and inducements or other pressure which would encourage students substantially for athletic purposes to leave, enter, or not to enter schools within their normal district, as defined by the Rhode Island Department of Education, or schools in which they have enrolled or have indicated in writing the intent to enroll. In order to ensure that the above prohibitions of the RIIL are carried out, the Committee has adopted the following regulations: (Note: This also applies to students below grade 9 who are contemplating enrolling in a RIIL member school, public, private or parochial).

B. POLICY ON RECRUITING

1) GENERAL PRINCIPLES

- a. Recruiting is the use of undue influence and/or special inducement by anyone associated with a school in an attempt to encourage a prospective student to attend or remain at that school for the purpose of participating in interscholastic athletics.
- b. Recruitment of students or attempted recruitment of students for athletic purposes, regardless of their residence, is a gross violation of the by-laws of the RIIL and is expressly forbidden.
- c. Member schools are responsible for any violation committed by any person who is under the direct or indirect supervision and control of the principal. Member schools are also responsible for any violation committed by a person acting at the direction of any person under the direct supervision or control of the principal.

C. UNDUE INFLUENCE

- 1) Undue Influence is the use of direct or indirect communication by anyone associated with a school with a prospective student in an attempt to solicit or encourage the enrollment of a prospective student in that school for the purpose of participating in interscholastic athletics.
- 2) Undue influence includes, but is not limited to:
- 3) Initiating or arranging telephone, telegram or other written contact such as questionnaires, cards or letters, with a prospective student-athlete or member of his/her family for the purpose of soliciting or encouraging the enrollment of the student in a school.
- 4) Visiting or entertaining a prospective student-athlete or member of his/her family for the purpose and intent of soliciting or encouraging the enrollment of the student in a school.
- 5) Providing transportation to a prospective student-athlete or member of his/her family for the purpose and intent of soliciting or encouraging the enrollment of the student in that school.
- 6) Attending school or non-school athletic contests with the expressed intent of recruiting specific students for the purpose of participating in interscholastic athletics.

- 7) Requesting booster club members, students, parents or alumni from a school to discuss the merits of the school's athletic program with a prospective student-athlete or member of his/her family by phone, in person, or through letters or other written communications.
- 8) Any other contact with a prospective student-athlete or member of his/her family for the purpose and intent of soliciting or encouraging the enrollment of the student in a school for the purpose of participating in interscholastic athletics
- 9) No member school and no one acting on behalf of any member school may give a speech or give any slide, film or tape presentation or distribute any written material, including advertisements in newspapers, magazines or other publications, 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.
- 10) When a student at a junior high, middle school or other high school, or the parent(s) or guardian(s) of that student contacts a coach about attending the coach's school, the coach must immediately refer the student, parent(s) or guardian(s) to the principal or other associate school personnel, who have the responsibility of seeking and processing prospective students.

D. SPECIAL INDUCEMENT

- 1) of any privilege not afforded to non-athletes.
- 2) Offer or acceptance of free or reduced rent for parent(s) or guardian(s).
- 3) Offer or acceptance of payment of moving expenses of parent(s) or guardian(s) or assistance with the moving of parent(s) or guardian(s).
- 4) Offer or acceptance of employment of parent(s) or guardian(s) in order to entice the family to move to a certain community if any person associated with the school makes an offer.

E. ACADEMIC RECRUITMENT PROGRAMS

- 1) This policy is not intended to prevent a member school from conducting academic recruitment programs or recruitment programs designed to attract students based upon the school's overall educational and extracurricular programs. However, such recruitment programs must be designed to present the overall educational and extracurricular programs of the school and not be used as a subterfuge for recruiting students for athletic purposes. Such general recruitment programs permissible under this article must be carried out under the following guidelines:
 - a. With the permission of the principal, member schools may present speeches, films, tapes or other similar programs to students in elementary, junior high or middle schools with grades below the ninth grade from which the member school can normally expect enrollment.
 - b. Member schools may present speeches, slides, film, tape or other similar programs to students at elementary, junior high or middle schools with grades below the ninth grade from which the member school can normally expect enrollment so long as said speeches, slides, films, tapes or other presentations are designed to attract students to attend the member school and are based upon the overall educational programs and not presented solely for the purpose of recruiting prospective athletes.
 - c. Coaches or any member of a school's athletic staff cannot conduct recruiting programs of any kind for the purpose of participating in interscholastic athletics.
- 2) Schools may site accomplishments, both academic to athletic, as long as it does not imply that the school's athletic program is better than any other school's athletic program or that it would be more

advantageous for a prospective student-athlete if s/he participated at that member school. A student-athlete may not receive or be offered any remuneration of any kind or receive or be offered any special inducement of any kind, which is not made available to all students who enroll in or apply to a school.

3) Special inducements include, but are not limited to:

- a. Offer or acceptance of money or other valuable consideration such as free or reduced tuition during the regular school year or summer school by any person associated with a school.
- b. Offer or acceptance of room, board, textbooks or clothing, or financial allotment for textbooks or clothing.
- c. Offer or acceptance of pay for work that is not performed or that is in excess of the amount regularly paid for such services.
- d. Offer or acceptance of free transportation by any person associated with a school.
- e. Offer or acceptance of a residence with any person associated with a school.
- f. Offer or acceptance as opposed to any other member school.

F. PENALTIES

1) A member school found to be in violation of any provision of this policy:

- a. May be required to forfeit all contests won in which a recruited student(s) participates.
- b. May be placed on probation and denied participation in the RIIL state championship series for a period of not less than one (1) year in the sport(s) in which the violation(s) occurred.
- c. May be placed on suspension and denied any participation with any member school for a period of not less than one (1) year in the sport(s) in which the violation(s) occurred.
- d. May be suspended from membership in the RIIL for a period of not less than one (1) year.

2) A student who is found to be in violation of this policy:

- a. May be declared permanently ineligible for interscholastic competition at the school to which s/he was recruited.
- b. May be declared ineligible for interscholastic competition for a period not to exceed one (1) year at any RIIL member school.



Article 4: POSTPONEMENTS

Section 1. GAME CANCELATIONS

- A. No games may be canceled except with the approval of the Chair/Director of Sport; see Article 6, Section 10.

Section 2. UNUSUAL CIRCUMSTANCES

- A. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals, or authorized agents, of the schools involved. Postponed games will be rescheduled to the next available weekday/night including school vacations.
- B. The Executive Director of this Committee or the Director of the Sport involved is empowered to exercise the right to postpone a game in the event of failure of the Principals to agree on the matter. If at game time conditions for playing are, in the judgment of the head official, too hazardous for playing, s/he may at his/her discretion postpone the game even though there be no mutual agreement.
- C. All playoff games, regular season RIIL hockey games, and winter track meets can only be postponed by the Director of the Sport involved. If an individual school believes that safety considerations require that the game or meet not be played; the school has the right to refuse to play. However, the game or meet will be forfeited to the scheduled opponent and the expenses incurred by the RIIL as a result of the canceled game or meet will be assessed to the school canceling the contest.

Section 3. MUTUAL AGREEMENT

- A. In case both teams mutually agree on a change in date for a scheduled game for reasons other than those in Section 1; permission for such a change must be obtained from the Chair, the Committee or the Director of the Sport. The request for such a change in date must be made in writing to the Director of the Sport. See Article 1, Section 17 (Home Confirmation Schedules). *Coaches are not permitted to make any changes in contest date/times/sites with other coaches, officials and or assignors.*
 - 1) Note: No RIIL League contest (league or non-league) will be scheduled to begin before 12 noon on Sunday.

Section 4. OPEN DATES

- A. Postponement of RIIL games must have precedence on open dates of the RIIL schedules and games with outside schools arranged for these dates must be on a tentative basis. A RIIL team fulfilling a contract with an outside opponent to the detriment of its RIIL opponent must forfeit the game to the latter, unless by mutual agreement another date is arranged. *All postponed games will be played on the next available weekday/night, including school vacations.*

Section 5. NON-OFFICIATED POSTPONEMENT

- A. Games in sports to which the Committee does not assign officials may also be postponed because of weather conditions. Such games MUST be rescheduled to a definite day, the permission of the Director of Sport obtained, and the RIIL office notified.
- B. Postponement for any reason other than weather requires the consent of the schools involved and the permission of the Director of the Sport.

Section 6. GAME INTERRUPTION

- A. Any game interrupted by factors other than weather and unable to be completed on the date the game or contest began will be treated as a suspended game or contest and resumed from the point of interruption. The team that is behind in the score will have the option of requesting that the suspended game be regarded as final, in which case the score of the game or contest at the time of the interruption will go into the records as the final score.
 - 1) Note: This rule would be applied if there is no NFHS sport rule pertaining to game interruption.



Article 5: PROTESTS

Section 1. PROCEDURE

- A. A school filing a protest in accordance with RIIL/NFHS sport rules shall make out the protest in triplicate. One copy will go to the Executive Director/Assistant Executive Director; the second through the Executive Director to the school or schools protested against, and the third copy is to be retained by the protesting school. The protest must be signed by the Principal or Acting Principal and received by the Executive Director no later than forty-eight (48) hours after the completion of the game or contest. The protest must be accompanied by a fee of \$50.00 which is to be returned to the school in the event the decision is in favor of the protesting school, but forfeited to the RIIL Treasury in case of an adverse decision. This protest shall include all facts relevant to the protested situation. The procedure for handling protests is:
- 1) If any of the procedures, deadlines, etc. as set down in the rule for filing a protest are not strictly adhered to, the protest shall be immediately disallowed and the two schools in contention so notified. The Executive Director/Assistant Executive Director shall weigh this protest procedure and make the determination whether the protest shall be heard or terminated at this stage.
 - 2) If the Executive Director/Assistant Executive Director concludes that the conditions for filing a protest have been fulfilled; s/he will report this fact to the Chair. A copy of the protest will also be forwarded to the Principal of the opposing school within 24 hours of its receipt.
 - 3) The Chair or the Executive Director/Assistant Executive Director shall appoint a Protest Appeal Committee of three (3) members of the Principals' Committee on Athletics to hold a formal hearing on the appeal. This hearing shall take place within five (5) working days of receipt of the official protest.
 - a. Each school may be represented by the Principal, Athletic Director, coach and any other person(s) approved by the Chair, prior to the day of the hearing.
 - b. The game officials may be consulted by the Protest Appeal Committee and may be required to be present at the hearing.
 - c. The Protest Appeal Committee shall determine the admissibility of evidence.
 - d. The Protest Appeal Committee in executive session shall, after considering all the evidence, vote to uphold or disallow the protest. A majority vote shall suffice and be final.

Section 2. TIMELINESS AND BURDEN OF PROOF

- A. For purposes of this Article, time is of the essence, and no waivers shall be granted. The burden of proof as to being within the stipulated time frames rests exclusively on the protesting school.

Section 3. NOTIFICATION OF OFFICIALS

- A. The Committee will refuse to accept a protest if the protesting team fails to notify the officials of the game at the time of the incident or the first opportunity to do so that the game is being finished under protest. In non-officiated sports, the opposing coach must be notified of the protest at the first opportunity to do so.

Section 4. PROTEST SIGNIFICANCE

- A. The Committee will entertain no protest where the protested call did not have a significant effect on the outcome of the contest nor will the Committee accept protests involving judgment calls made by officials. The Executive Committee of the sport involved will make this determination.

Section 5. CHAMPIONSHIP COMPETITION

- A. In Championship Tournament Competition, the Executive Committee of the sport by a unanimous vote will make the final determination of a protest, the provisions of this Article notwithstanding.



Article 6: PENALTIES

Section 1. ADHERENCE TO RULES

- A. No member school shall be relieved of its obligations to adhere to the Rules and Regulations of the RIIL except by a formal vote of the Committee. The decision of the Committee shall be final and in case a school refuses to abide by such a decision or withdraws from the jurisdiction of the Committee before a decision has been reached, all other member schools shall sever athletic relations with such a school, canceling all contests already scheduled and refusing to schedule others. Competition with the offending school may be resumed only when the Committee has again admitted the school to its jurisdiction.
- B. This rule shall not be interpreted to mean that isolated cases of infractions of the RIIL Rules and Regulations shall be made a reason for canceling games or severing athletic relations. Such cases of infraction shall be reported to the Committee. Cancellation or severance of relations shall take place under this rule only when a school through its Principal has definitely declared that it is no longer its purpose or policy to abide by the Rules and Regulations or when the Committee has formally voted that the school in question is no longer adhering to the Rules and Regulations and that severance of athletic relations is therefore required.
- C. If in the judgment of the Committee a school is in serious violation of a Rule as published in this manual, such school may be placed on probation for a period of one to three years. If at the end of the probationary period, the infraction has not been rectified, the school may be excluded from participation in the RIIL at the discretion of the Committee whose decision in all these cases shall be final.

Section 2. EXECUTIVE COMMITTEE AUTHORITY

- A. The Executive Committees of the RIIL for each sport shall have the authority to suspend players in the respective sport or to impose any of the penalties provided in Article 6, Section 3.

Section 3. DEFINITION OF PENALTIES

- A. Penalties will be determined and imposed by the Committee or Executive Committee upon member schools, players, officials, or coaches for violations of the Rules and Regulations. Notice of the penalty will be given in writing by the Executive Director to the Principal or his/her nominee of the school involved, who in turn will forward copies of such notice of penalty to the individual(s) involved. At that time, the Principal or his nominee will explain the penalty to the individual(s) along with their rights pursuant to the Rules and Regulations. The type and duration of penalties will be determined in accordance with the nature and extent of the offense. They may include the following: **Reprimand, Fine, Probation, or Suspension.**
- B. **REPRIMAND:** An official letter of censure in regard to an inexcusable, unethical, or unsportsmanlike action together with a warning against an occurrence of such acts in the future.
- C. **FINE:** A monetary payment for violations of the Rules and Regulations.
- D. **PROBATION:** Permits regular season activity but may prohibit tournament play. Such regular season activity may be subject to the imposition of such safeguards or conditions as are found necessary.
 - 1) A school may be placed on PROBATION for any of the reasons listed as causes for the more severe penalty of SUSPENSION.
- E. **SUSPENSION:**

- 1) The effect of suspension is to prohibit the taking part in one sport or all interscholastic sports under the jurisdiction of the Committee for the time of the suspension. The Committee shall determine the extent of the suspension after a hearing. Suspension may be for one or more of the following reasons:
 - a. violation of the Rules
 - b. refusal to abide by the decision or decisions of the Committee.
 - c. violating the Rule that requires that all financial aid given to students be reported to the RIIL Office upon request.
 - d. athletic recruiting
 - e. removing a team from field or court because of dissatisfaction with the official.
 - f. failure to control the spectators or the players' bench.
 - g. failure to adequately protect the official and or the visiting team.
 - h. violations of the practice and playing seasons limitations
 - i. flagrant unsportsmanlike conduct
 - j. failure to pay assessed dues and fees by December 1st. of the billing year. This also carries a \$100.00 fine.
 - k. cancellation of RIIL contest without the required consent.
 - l. forfeiting a RIIL contest (league or non-league).
 - m. non-school competition
 - n. non-certified coaches
 - o. failure to report league contests scores

Section 4. ELIGIBILITY LISTS

- A. Any school or schools failing to file the Eligibility Lists online on or before the designated date shall be subject to a two hundred-dollar (\$200.00) fine for each missing list.

Section 5. USE OF INELIGIBLE COACH

- A. All coaches (paid or volunteer) must meet all RIIL certification requirements (Article 13 Section 1) and must be listed along with contact information on the RIIL website (www.riil.org).
- B. Coaches not listed on the RIIL website along with contact information or do not meet the certification requirements will not be eligible to coach in any RIIL contest.
- C. The penalty for the use of an ineligible coach in any RIIL approved competition, game (league or non-league) event/championship tournament play will result in a fine of \$100 per ineligible coach. The ineligible coach cannot coach until s/he is certified and fine is paid.

Section 6. USE OF INELIGIBLE ATHLETES

- A. If a player's name is omitted from an eligibility list because of an error by a school official, the following penalties shall be imposed:
 - 1) The Principal shall submit a letter to the RIIL stating the reason(s) why the player's name was omitted from the eligibility list. (*It is important to emphasize that all schools continue the required practice of self-reporting infractions*).
 - 2) A one hundred (\$100.00) dollar fine will be assessed to the school.
 - 3) If the player's (name) omission from the Eligibility List was caused by a coach; the coach is ineligible to coach in the next scheduled RIIL *League* contest.
 - 4) There will be no penalty imposed on the player or the team assuming the player is eligible by all the other Rules and Regulations of the RIIL.
 - 5) Schools that are repeat offenders of Article 3, Section 1, paragraph A3 and Article 6, Section 5 may be subject to further penalties as outlined in Article 6.
 - 6) Ineligible players who participate for reasons other than being omitted from the Eligibility List will be subject to the present eligibility Rules and Regulations of the RIIL.

7) **Note*** *Principals may, at their discretion, impose additional sanctions on staff members whose errors result in a student-athlete being rendered ineligible.*

- B. A student who is ineligible according to RIIL Rules and Regulations, but who is permitted to participate representing his/her school contrary to such RIIL Rules but in accordance with the terms of a court restraining order or injunction against his/her school and/or the RIIL; and said injunction or restraining order is subsequently voluntarily vacated, stayed, reversed, or it is finally determined by the courts that injunctive relief is not or was not justified, both the athlete and the school shall be subject to all the penalties listed in this section for using an ineligible player.
- C. A school which plays a student who is later found to be ineligible (whether because of the student's own misstatement or an error on the part of school authorities), should by written notice to the schools affected immediately forfeit every game in which the ineligible player participated. In the sports of Cross Country, tennis, gymnastics, indoor and outdoor track, swimming, golf, and wrestling, all points earned by the ineligible student-athlete will be deducted (from the team's total score) and subsequent results of all regular season, playoff and championship events in which the student-athlete participated which may cause a forfeit of these events. Additional penalties may also be imposed on the member school. The Executive Director should also be notified, and if trophies and plaques are involved, they must be returned to the RIIL. The failure of a Principal/school to promptly and automatically implement the forfeiture provisions of this section shall subject a member Principal/school to additional penalties pursuant to Article 6, Section 3.

Section 7. EJECTION FROM GAME

A. Athlete Ejections:

- 1) Any athlete who is ejected from any contest (non-league and/or league game) at any level (freshman, junior varsity, and varsity) shall be ineligible to participate until he/she sits out the next League game including all games in between. If the infraction is judged most severe, the player may incur the additional penalty of ineligibility for a year from the date of the infraction or the remainder of his/her stay in school. (Refer to Article 6, Section 3). **In addition, the athlete must fill out the Unsportsmanlike Conduct Questionnaire and complete the NFHS free online course "Sportsmanship" at www.nfhslearn.com before re-establishing eligibility.** A player put out of the last contest of that sport season shall be ineligible for the first two (2) RIIL League contests of the same sport in the following year. If the player has senior eligibility, he/she shall be ineligible for the first two (2) RIIL League contests of the next sport in which the player participates. In addition, any player put out of the last contest of a sport season must show cause why he/she should not be put on probation in the same sport the following year, or such a player has senior eligibility, why he/she should not be put on probation for the next sport season in which such player participates.
 - a. **Note 1: Football ejection: A player shall be ineligible for the first two (2) scheduled games.**
 - b. **Note 2: Examples of Infraction of Probationary Status-** A player on probation who is reported by an official or game supervisor for such behavior as unsportsmanlike conduct, game disqualification or other offenses that may be deemed contrary to the rules of the game and safety of others, will be declared ineligible for the remainder of that sport season as a minimum. If the infraction is judged most severe, the player may incur the additional penalty of ineligibility for a year from the date of the infraction or the remainder of his/her stay in school.
- 2) **Ice Hockey ejection:** A player ejected from an ice hockey game must leave the ice and bench area immediately. The ejected player must go to the locker room in the accompany of an adult school official/school supervisor/coach for the remainder of the game.

- 3) The second time an athlete is ejected in the same sport season, that athlete shall be suspended for the rest of that sport season.
- 4) The third time the athlete is ejected in the same school year, that athlete must show cause why that athlete should not be suspended from participation in the RIIL for one year from the date of the last ejection. Pending appeal that athlete shall remain suspended.
- 5) Any athlete ejected from a contest for fighting, spitting, taunting, abuse of officials, or similar behavior may be subject to additional consequences.

B. Coaches Ejected from Games/Matches/Meets:

- 1) Prior to the start of any RIIL authorized contest at the pre-game conference, the Head Coach shall notify the official (Head Official/Chief Umpire) that s/he is the only coach or s/he shall identify additional certified assistant coaches of the team authorized by the school.
 - a. In the event a coach is ejected from a contest and there is no certified assistant coach who had been identified to the officials prior to the start of the game, the game will end and the opposing team shall be awarded a victory by forfeit.
 - b. A coach who is ejected shall leave the vicinity [out of sight and sound] of the playing area immediately and shall not return to the playing area during the remainder of the contest. Further, said coach is prohibited from any further contact (direct and/or indirect) with the team or any team member for the remainder of the contest and not until both teams have left the playing area.
 - c. Any coach determined to be in violation of this provision may be subject to an additional period of disqualification.
- 2) Coaches ejected from any athletic contest except for a technical violation of the rules shall:
 - a. **First Ejection**
 - i. The coach is ineligible to participate (coach) a minimum of the next two (2) RIIL *League* contests of that sport/season. A coach in football will be ineligible to coach in the first two (2) RIIL scheduled contests of that sport/season
 - ii. The school shall be assessed a \$50.00 fine payable to the RIIL. The coach continues to be disqualified from coaching after the imposed suspension until the fine is paid. In addition, the coach must fill out the Unsportsmanlike Conduct Questionnaire and complete the NFHS “Sportsmanship” and “Teaching and Modeling Behavior” online courses at www.nfhslearn.com before re-establishing eligibility, which must be faxed/and mailed to the RIIL office prior to his/her reinstatement.
 - b. **Second Ejection**
 - i. If a coach, who has had two (2) ejections within the same year, s/he is ineligible to coach in any sport in the
 - ii. Rhode Island Interscholastic League for one (1) year from the date of the last ejection.
- 3) Any coach/school official who is uncooperative or exhibits unsportsmanlike behavior to the Official Representative of the RIIL during any RIIL Playoff Contest may be ejected from said contest.

C. The Committee reserves the right to review any and all penalties and to impose such appropriate penalties as the individual situation requires.

D. Clarification: Ejection Rule

- 1) The Cardinal Rule is:
 - a. Officials officiate the game.
 - b. Coaches coach the game.
 - c. Players play the game.
 - d. Concentrate on your area of the game.

- 2) Once a coach/player has been ejected **NO** appeals will be honored from the player, coach, official or other party. Disqualification is a judgment call and officials must be certain the act warrants disqualification.
- 3) Whenever a coach/player is ejected from an athletic contest, and must remain out of (be disqualified from) the next RIIL *League* contest(s) of that sport; such ejection prevents a coach/player from being present at the site of said contest(s).
- 4) In addition, the athlete must fill out the Unsportsmanlike Conduct Questionnaire and **complete the NFHS free online course "Sportsmanship" at www.nfhslearn.com before re-establishing eligibility, which must be faxed/and mailed to the RIIL office prior to his/her reinstatement.**
- 5) **Being present at the site means the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, as a spectator in the stands or anywhere in the site area during or after the contest. Any player or coach determined to be in violation of this provision will cause his/her team to forfeit the game(s) during the period of disqualification. An additional period of disqualification may also be imposed.**

E. Junior Varsity Ejections

- 1) If a student-athlete is ejected from a game, the ejection should stand, regardless of the level of participation. If a student-athlete is ejected from a junior varsity contest and usually dresses for a varsity contest as well; s/he is not permitted to dress for a varsity contest and play in the next junior varsity game. If s/he participates in junior varsity only and is ejected from a game, s/he cannot participate in the next junior varsity game.

Section 8. ASSAULTS

- A. Any coach or player who assaults (lays hands, physically molests or spits on) a referee or other official in connection with an RIIL activity shall immediately become ineligible for further RIIL competition for one year from the date of the offense.

Section 9. ADHERENCE TO HOME SCHEDULE

- A. Any home schedule submitted online and not adhered to, (except as noted on the bottom of said schedule), will carry a penalty of one half the contest fee to be paid to the officials assigned unless the Director of the Sport deems otherwise.

Section 10. CANCELLATION / FORFEITS OF GAME

- A. All RIIL Scheduled League contests are to be played. In the event a school cancels or forfeits RIIL scheduled League contest without the required consent, the following penalty will be imposed:
- B. The school team will immediately be placed on probation for one (1) calendar year from the date of the unauthorized forfeiture/cancellation.
- C. If another unauthorized forfeiture/cancellation occurs in the same season, the team will not be allowed to participate in any post-season play. In addition, the probation will be extended for one (1) calendar year from the date of the unauthorized forfeiture/cancellation – **or-** the school team will be subject to any other penalties by the Principals' Committee on Athletics as outlined in Article 6 by the Principals' Committee on Athletics.

Section 11. SCHOOL WITHDRAWAL

- A. In the event that a school withdraws from any sport the Committee may exclude said school for a period of two years or multiple thereof from that sport. **Upon return to the RIIL in that sport, the team will be ineligible for post season play in the first season that they return.**
- B. In the event that a school withdraws from the RIIL in any sport to participate in another league, the Committee shall exclude said school from participation in all RIIL sports. An appeal of this suspension shall be governed by Article 1, Section 16.

Section 12. REPRESENTATION AT MEETINGS

- A. Any school(s) failing to have their coach or the representative of the coach at the Interpretation Meetings or any other meeting called by the Chair or the Director of a particular sport shall be fined the sum of fifty dollars (\$50.00) for each meeting missed. Until arrangements are made with the RIIL Office for this sum to be paid into the RIIL Treasury, all RIIL contests will be forfeited.
- B. Payment of all fines must be received by the RIIL Office prior to the start of the next sports season.

Section 13. USE OF SCHOOL EQUIPMENT DURING THE SUMMER

- A. The RIIL cautions against School Districts and Principals allowing school equipment to be used or loaned out for use during the summer months to students from their schools. The use or loaning of equipment to students during the summer or other out-of-season periods opens the schools, their administrators, and coaches to serious liability risks in the event that the student borrowing the equipment or others who might use it are injured while using the equipment. Coaches shall obtain written permission from the Principal and/or Superintendent prior to allowing use of school equipment during the summer. School Districts must ensure the use of school equipment is covered by the District's insurance policy. In the event that the equipment is used or loaned to students in violation of this League policy, may be the very reason a court could find a school negligent and award substantial damages in a negligent liability suit. The insurance policies of most schools do not normally provide coverage for the use of equipment during the summer months. Such use could well weaken the equipment and, when used for school activities during the school year, the weakened state could result in serious injuries to players and be the subject of a suit. In addition, the League's legal counsel maintains that the loaning of equipment that is owned by a member school without permission of the school's governing body could well be a violation of several criminal statutes that restrict use of publicly-owned equipment for private use. Administrators should make certain that no school equipment is loaned out for summer use without written approval. The above applies to all member schools.

Section 14. MANDATORY GAME SCORE REPORTS AND COACHES REGISTRATION

- A. Game Score Reports: All RIIL league contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.
 - 1) **The home team (coach/athletic director) is responsible for reporting league contest scores within forty-eight (48) hours of the end of the contest**
 - 2) **During Playoffs: The winning coach/athletic director is responsible for reporting the playoff game score within three (3) hours of the end of the contest**
 - 3) **Penalty: Failure to report scores will result in a twenty-dollar (\$20.00) fine for each contest not reported. Schools will be billed at the end of the season**
- B. Coaches Registry: All RIIL Member Schools are to register all certified coaches who represent their schools in all sports and levels (Varsity, Junior Varsity, Freshman, Volunteers) online through the RIIL Website.
 - 1) All coaches must be certified as coaches per Rhode Island State law and the RIIL.

Section 15. CONSEQUENCES FOR COACHES WHO CRITICIZE GAME OFFICIAL(S) IN A PUBLIC FORUM

- A. **Any coach who criticizes a game official(s) in a public forum over the course of his/her career will be subject to the following:**
 - 1) **First Offense** – One game disqualification and the school be fined \$100.
 - 2) **Second Offense** – Two (2) game disqualifications and the school be fined \$150.
 - 3) **Third Offense** – Disqualification for the remainder of the season * and the school be fined \$250.

- a. * The coach will be disqualified for a minimum of five (5) games. If the season ends prior to completing the five (5) game disqualification the remaining days will carry over to the next season.
- 4) Each confirmed incident will be evaluated on a case by case basis by RIIL staff and appropriate action invoked. Additionally, the school administration will be required to file a report with the RIIL delineating the steps the schools and athletic administration have taken to address this issue to assure no reoccurrence.
- B. When a coach is disqualified for such actions the following disqualification rules shall apply:
 - 1) The coach will be disqualified from the next league contest and any non-league games in between.
 - 2) Coaches cannot be in attendance at the game(s) for which they are serving their suspension and may not participate in any pre-game warm-up activities at the site.
 - 3) Disqualifications from the last contest of one season carry over to the next season in that sport for coaches.
 - 4) The school's first incident of non-compliance, for reasons other than defiance of the disqualification rules, will result in forfeiture, a \$250 fine and the coach must serve the disqualification penalty; a school's second incident of non-compliance will prohibit the school from entry in the next RIIL tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during an RIIL tournament or during the last regular season contest / day of competition. However, when a school willfully defies this regulation the school and/or coach will be subject to further action by the RIIL Principals' Committee on Athletics.
- C. Those found in violation of this rule will not have the opportunity to an appeal.
- D. Coaches have an opportunity to raise officiating concerns through the proper school channels (Athletic Director and Principal).

Section 16. CONSEQUENCES FOR SCHOOLS THAT VIOLATE RIIL RULES WHILE ON PROBATION

- A. If a school violates an RIIL rule while on probation, they will be required to complete a formal review of its athletic program. This review will be measured against a set of defined standards of an exemplary interscholastic athletic program along with indicators for each of the defined standards. The findings of this review will be required to be presented to the RIIL along with recommendations for the school's improvement and compliance.
- B. A copy of the defined standards can be found in the Online Document section of the www.riil.org website.

Section 17: Non- school athletic programs

- A. Member schools cannot contribute financially to a non-school athletic program.
- B. Member schools cannot be part of the governance of any non-school athletic program.
- C. Member schools cannot collect and or combine school tuition with non-school athletic fees.
- D. Member schools are not permitted to market or promote a non-school athletic program.
- E. Member schools must publicly renounce to all members of the school community their affiliation with any non-school athletic program
- F. Member schools may not mandate that their students participate for a specific non-school athletic program
- G. Member schools who identify a non-school athletic program as part of their school athletic program will be asked to withdraw from the RIIL in all sports
- H. In matters relating to Non-school Athletic Programs the RIIL has the authority to request from member schools documentation to assure compliance with all RIIL Rules.



Article 7: LIMITATION OF SEASONS

Section 1. RATIONALE FOR THE LIMITATION OF SEASONS

- B. Since the school by virtue of the regulations of the RIASP and its Committee on Athletics has some control over what students do out of school after school hours, it would seem important that school authorities be aware of the kinds of organized competitive athletics their students participate in on their own. Various leagues are sponsored by a wide variety of community groups. If the same consideration for the health, safety, and education of the young people is not followed by these community sponsors, the health and safety of students might be impaired. The school's interest and concern with this problem should be made known and appropriate guidance given to the community sponsoring groups.
- C. No student below Grade 9 will be allowed to practice or play with any high school freshman, junior varsity or varsity team.

Section 2. DEFINITION OF A GAME

- A. A game is any competition between two or more schools, i.e. RIIL League or non-league RIIL games exclusive of scrimmages, which meets any of the following conditions:
 - 1) Teams wearing game uniforms.
 - 2) Score is kept.
 - 3) Time is kept.
 - 4) Results of the contest are reported.
 - 5) The game is structured to meet the game requirements of NFHS rules
- B. A scrimmage shall be defined as a controlled practice among any number of schools that is supervised by coaches which does not meet any requirements for a game.
 - 1) Officials may be present for safety purposes.
 - 2) Teams may not wear game uniforms.
 - 3) Activity between teams must be broken into controlled practice segments for coaching and instruction purposes only.
 - 4) Structuring a scrimmage in such a way as to resemble or replicate a game without game uniforms will be considered a game and additional penalties may be imposed on the school.
- C. Notes:
 - 1) The number of games allowed in each sport for one season does not count the Injury Fund and/or RIIL Playoffs or Sanctioned Championships.
 - 2) The RIIL recommends one day off (no team activity) per calendar week (Monday – Sunday).
 - 3) All games/competitions/scrimmages, including those out-of-state, must be entered on the RIIL website.
 - 4) Cancellation or forfeiting of a RIIL contest is not allowed without prior consent and will be subject to penalties as outlined in Article 6.
 - 5) No RIIL contest will be scheduled to begin before 12 noon on Sundays without prior consent.

Section 3. HEAT ACCLIMATIZATION RULES

- A. Intent: To provide acclimatization rules for student athletes with the purpose of minimizing injury and enhancing the player's health, performance, and well-being.

B. Core Principals:

- 1) *Acclimatization Period*: The first six days of RIIL approved practice will consist of no more than three (3) hours of practice time.
- 2) Recommend AED and WBGT on site for all activities.
- 3) Recommend using shaded areas during rest breaks for warm weather activities.
- 4) Recommend Cold Water Immersion Tubs on site for warm weather activities.

C. An instrument scientifically approved to measure Wet Bulb Globe Thermometer (WBGT) must be utilized at each practice if the WBGT is within 5-10 degrees Fahrenheit of green flag conditions (76.1 F). WBGT readings should be taken a minimum of every 30 minutes, beginning 30 minutes before the beginning of practice.

D. Although use of a WBGT is preferred as a best practice for use prior to the start of fall sports practice in 2024, if a WBGT is not available, the heat index for the approximate location of activity may be determined by entering the postal zip code at <http://www.osaa.org/heatindex/>.

- 1) *Rhode Island falls under Category 1 (Cat 1) based on its geographical location.*

Cat 1	Activity Guidelines
< 76.1°F < 24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 86.2°F ≥ 30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

E. HYDRATION TIPS AND FLUID GUIDELINES

- 1) In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.
- 2) Drink early, by the time you're thirsty, you're already dehydrated.
- 3) Drink before, during, and after practices and games. Specifically, the American College of Sports Medicine recommends the following:
- 4) Drink 16 ounces of fluid 2 hours before exercise.
- 5) Drink another 8 to 16 ounces 15 minutes before exercise.
- 6) During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.

- 7) The NFHS SMAC strongly recommends that coaches, certified athletic trainers, physicians, and other school personnel working with athletes not provide or encourage use of any beverages for hydration of these youngsters other than water and appropriate sports drinks. They should also make information on the potential harm and lack of benefit associated with many of these other beverages available to parents and athletes.

Section 4. PRESEASON RULES

A. *Scrimmages/Games:*

- 1) A student/athlete shall not be permitted to participate in a scrimmage/game until he/she has completed five (5) days of practice for all sports. Football: Full pads after five (5) days, scrimmages after ten (10) days).
- 2) Games, scheduled in accordance with our rules, may begin on the 11th day of practice. Football scrimmages may begin on the 11th day of practice.

B. *Rest Period:* During the first 14 days – No more than six (6) consecutive days of practices, games, scrimmages, or other team activity without a mandatory day off.

C. *Definitions:*

- 1) Practice – the time a player engages in physical activity. It is recommended that any practice session be no greater than three (3) hours in length. Warm-up-stretching, conditioning, weight training and ‘cool-down’ periods are **all considered practice**.
- 2) Walk-through – No protective equipment or strenuous activity permitted. Only balls and field markers (cones) may be used.
- 3) Chalk talk, skull sessions, film review are not considered practice time.
- 4) Practice sessions may be divided while adhering to the time restrictions as described above.
 - a. Example: 3 Hour Day: one 3-hour practice or two 1 ½ hour practices
 - b. 5 Hour Day: one 3-hour practice and one 2-hour practice or one 2 ½ hour practice and one 2 ½ hour practice

D. *Policies for scheduling multiple practice sessions in one day:*

- 1) Days 8–14. The maximum allotted time per day for practice is 5 hours. A 5-hour practice day may not be followed by a practice day greater than 3 hours; therefore, practice days may follow a 3hr-5hr-3hr-5hr format.
- 2) *Recovery Period:* On days 8-14 a minimum of a three (3) hour recovery period must be provided after any session of greater than three (3) hours in length. A three-hour recovery period must also be provided if a second session is scheduled as a walkthrough.
 - a. Double sessions on the same day count as one (1) practice day.

E. Any student-athlete or transfer student who joins the team after the official starting date or mid-season must have the minimum number of practices as listed herein.

Section 5. LIMITATION OF SEASONS

A. **SANCTIONED FALL SPORTS:** Cross Country (Boys & Girls), Field Hockey (Girls), Football, Game Day Cheerleading, Soccer (Boys & Girls), Tennis (Girls), Unified Volleyball and Volleyball (Girls).

1) **OPENING DATE:**

- a. Football begins annually fourteen (14) weeks and three (3) days prior to Thanksgiving
- b. Fall Sports begin annually two (2) weeks prior to Labor Day (14 days)

2) **CLOSING DATE:** Immediately after RIIL games have been concluded except meets or tournaments sanctioned by the RIIL to determine championships.

3) **Game Caps:** Number of League games and Non-League games in the regular season unless otherwise specified:

- a. Cross Country: 12
- b. Field Hockey: 20

- c. Football: 9
 - i. Note for Football: Nine (9) games scheduled prior to the beginning of the playoffs
 - ii. Cap of nine (9) games does not include games scheduled during the postseason or non-league Thanksgiving games.
- d. Soccer: 20
- e. Tennis: 18
- f. Volleyball: 20
 - i. Note: For B/G Volleyball a tournament that runs over the course of one day is equivalent to one (1) game against the cap.

B. SANCTIONED WINTER SPORTS: Basketball (Boys & Girls), Competition Cheerleading, Esports, Gymnastics (Girls), Ice Hockey (Boys & Girls), Indoor Track & Field (Boys & Girls), Swimming (Boys & Girls) and Wrestling.

1) OPENING DATE:

- a. Winter Sports begin annually on the Monday after Thanksgiving.

2) CLOSING DATE: Immediately after RIIL games have been concluded except meets or tournaments sanctioned by the RIIL to determine championships.

3) Game Caps: Number of League games and Non-League games in the regular season unless otherwise specified:

- a. Basketball: 22
- b. Ice Hockey: 24
- c. Gymnastics: 14
- d. Indoor Track & Field: 14
 - i. Note for Outdoor Track & Field: Number of League meets is 4 – Meet Cap is 14.
- e. Swimming: 18
- f. Wrestling: 20
- g. Cheerleading: 12

C. SANCTIONED SPRING SPORTS: Baseball/Softball, Golf, Lacrosse (Boys and Girls), Softball (Girls), Tennis (Boys), Unified Volleyball, and Volleyball. (Boys).

1) OPENING DATE:

- a. Spring Sports begin annually two (2) Mondays prior to April 1st unless otherwise specified by the RIIL

b. Start of the Season for Baseball/Softball only: Pitchers and Catchers

- i. Baseball teams may allow two (2) catchers and up to eight (8) pitchers (Grades 9 – 12) to report one week prior to the start of the spring season (Monday-Friday).
- ii. Date to be determined by the RIIL
- iii. Softball teams may allow two (2) catchers and up to four (4) pitchers (Grades 9 – 12) to report one week prior to the start of the spring season. Date to be determined by the RIIL
- iv. Pre-season conditioning is for 5 days only.
- v. Recommend a pre-season conditioning program developed and coordinated by a certified athletic trainer or other medical doctor.
- vi. All athletes must be eligible by all RIIL Rules
- vii. Athlete cannot simultaneously be playing on another RIIL team i.e. winter sport.
- viii. Voluntary participation only.

2) Game Caps: Number of League games and Non-League games in the regular season unless otherwise specified:

- a. Baseball/Softball: 22
- b. Golf: 12

- i. Note for Golf: The maximum number of golf matches is twelve (12) i.e. eight (8) league and four (4) non-league.
- c. Lacrosse: 18
- d. Outdoor Track & Field: 14
 - i. Note for Outdoor Track & Field: Number of League meets is 4 – Meet Cap is 14.
- e. Tennis: 18
- f. Volleyball: 20
 - i. Note for B/G Volleyball: A tournament that runs over the course of one day is equivalent to one (1) game against the cap (Game Cap is 4 matches above the amount of scheduled League Matches).

Section 5. NON-LEAGUE GAMES

- A. Schools are required to submit and list all varsity games/competitions (League and Non-League) on the RIIL online team schedule at www.riil.org. This includes any out of state games that have been approved and sanctioned by the RI Interscholastic League.

Section 6. ALL STAR COMPETITION/GAMES

- A. No athletic team from any school shall compete against any all-star team.
- B. The Committee on Athletics may sanction only one all-star game per sport provided the game is played during the regular season of the sport involved.

Section 7. NON-SCHOOL COMPETITION AND LOYALTY TO SCHOOL TEAM

- A. Definition of school sports season - A school sports season shall be defined as the period beginning with the date of the school's first practice with any part of a sports squad and ending with the school's last contest, including district and state tournament contests, in that sport.
- B. Definition of Organized Non-School Competition - organized non-school competition shall be defined as any game(s) which is sponsored by an individual or organization and for which any of the following have been prearranged: coach, official(s), scorer, or team membership.
- C. A member of a school team is defined as a student-athlete who is listed on a freshman, junior varsity, or varsity Eligibility List who is regularly present for and/or actively participates in, all team practices and competitions.
 - 1) Bonafide members of a school team are prevented from missing a practice or competition to compete with an "out-of-school" team.
 - 2) If a conflict arises between the high school team practice/competition and *an out-of-school practice/competition* on the same day, the high school team practice/competition must be honored by the student-athlete. Priority/loyalty must be given at all times to the high school team practices and contests *unless a waiver has been granted by the Principal and Athletic Director on a case-by-case basis.*
 - 3) *Student-athletes may be a member of and compete for "out-of-school" teams if the conditions set forth in #1, 2, and 3 above are met.*
 - 4) **Penalties:**
 - a. Any student-athlete who is in violation shall be ineligible for the next two (2) consecutive RIIL **League** contests in which the student-athlete is a participant. This penalty is effective from the date of his/her last participation in a high school sport and may carry over to the next sports season in which s/he participates.
 - b. Any student-athlete who is found to be in violation of the rule a second (2nd) time or subsequent time(s) shall be ineligible for participation for the rest of that sport season. *A student-athlete found to be in violation of Article 7, Section 6c at the end of that sport season shall be ineligible for the first two (2) RIIL League contests of the same sport in the following year. If the student-athlete has senior eligibility, s/he shall*

be ineligible for the first two (2) contests of the next sport in which s/he participates. In both instances, the student-athlete may be declared ineligible for participation in all interscholastic athletics for his/her school for the remainder of the school year.

Section 8. Coaching Students in the Off Season During the Academic Year

- A. The RIIL is committed to the philosophy of encouraging students to participate in multiple high school sports throughout the academic year. The interpretation of, and compliance with Article 7 of the rules and regulations of the Rhode Island Interscholastic League shall be in both letter and spirit.
- B. **Purpose:**
 - 1) To allow students to seek informal and individualized extra help from high school coaches in the same way teachers may provide extra help for a student academically.
 - 2) To define allowable out of season individual instruction during the academic year between coaches and students that is consistent with the philosophy of encouraging multi-sport participation on high school teams.
 - 3) The letter and spirit of these rules are not intended to create an incentive for students to opt out of other high school sports to specialize in a single sport.
- C. Coaches are prohibited from coaching current and/or prospective students enrolled in their school on non-school teams or any other sport specific coaching activity during the academic year outside of their assigned sport season unless otherwise specified below.
 - 1) These are minimum standards and the RIIL will support schools that choose to institute a higher standard.
- D. **Coaches:**
 - 1) May only participate voluntarily and without financial gain or compensation.
 - 2) May participate in informal and individualized instruction with no more than three (3) high school students at any one time or in any one facility.
 - 3) May participate in informal and individualized instruction with any one (1) student for a maximum of three (3) hours per week. Regularly scheduled instruction is not within the spirit of these rules.
 - 4) Informal and individualized instruction is open to all students enrolled in the school and eligible to participate by all RIIL eligibility rules and regulations.
 - 5) All informal and individualized instruction must be sanctioned and approved in advance by the school administration (Principal and/or Athletic Director).
 - 6) Informal and individualized instruction must not conflict with a student's in-season sport schedule (practices, games and team commitments).
 - 7) May coach or instruct their son(s) or daughter(s) without restriction during the academic year.
- E. **Students**
 - 1) May only participate in informal and individualized instruction voluntarily and at no financial cost or fee to the student.
 - 2) May only participate in informal and individualized instruction for a maximum of 3 hours per week.

Section 9. GUIDELINES FOR INTRAMURALS, WEIGHT TRAINING AND OPEN GYM (Athletic Facilities)

- A. Schools may provide students opportunities for Intramurals, weight training and open athletic facilities the school year provided the criteria listed below is followed:
 - 1) the time and day(s) of the open athletic facilities and weight training are to be made known to the entire student body by the administrator through announcements, bulletin board postings and social media, etc.

- 2) the weight training area and athletic facilities must be open to anyone enrolled in the school and must be on a voluntary basis. Coaches cannot mandate attendance of team members or potential team members.
- 3) The open athletic facilities cannot precede, follow or be in conjunction with an off-season conditioning program.
- 4) During the school year, no coach (including assistants, volunteers, etc.) can be present in any open athletic facilities if students (grades 9-12) are participating in the coach's out of season sport.
- 5) The person(s) in charge of supervising the open athletic facilities may not organize, coach or instruct students in any sport not in season.
- 6) Students participating in weight training and open athletic facilities must furnish their own clothing (sweat shirts, shorts, shoes, etc.) No equipment is to be used that is specific and/or unique to any particular sport.
- 7) Schools may furnish basketballs, volleyballs, basketball standards, volleyball standards, floor mats and wrestling mats, etc.

B. Violations:

- 1) Making the open athletic facilities available only to specific sport participants.
- 2) The coach being present or in the vicinity during any open athletic facility time block of his/her sport.
- 3) Select group of students working out in the athletic facilities at times other than the open athletic facilities period.

C. Note:

- 1) An "open athletics facilities" program is one in which a variety of recreational type activities are offered, i.e., badminton, basketball, volleyball, table tennis, and the like.
- 2) Coaches at any level may not be present when their specific sport activity is a part of the Open-Gym program.
- 3) Responsibility for monitoring Open-Gym Programs should be with the Athletic Director and Principal of the school.
- 4) All specific sport activities have to be recreational in nature; therefore, practice routines, such as, softball/baseball pitching. Catching and batting, football place-kicking, golfing/putting, and similar routines are always interpreted as an attempt to circumvent the out-of-season rule.

D. Summer Sport Camps are held in the summer months, whose purpose is to improve the skill level of athletes in a sport.

- 1) Member schools are permitted to host summer camps provided the following standards are met:
- 2) Attendance is during the summer only (beginning 6/15)
- 3) Summer sport camps cannot be used to recruit athletes (see Article 3, Section 10)
- 4) Summer athletic camps that are run by a school and offer financial assistance to athletes, must have the financial assistance program approved by

E. Coaching During the Summer

- 1) Coaches are permitted to coach prospective athletes enrolled in their schools during the period of June 15 – August 15 in accordance with the Governor's COVID – 19 guidelines. In addition, we recommend school approval for any contact with prospective athletes enrolled in their schools over the summer.
- 2) Summer programs involving high school coaches coaching their own students who will participate on fall teams must complete play prior to the beginning of fall sports.
- 3) Use of School Equipment during the summer – See Article 6, Section 13.

F. RIIL Policy on Captain's Practices:

- 1) The term “Captain’s Practice” is commonly used to refer to the team’s captain(s) organizing and conducting, without adult supervision, out-of-season practice for that sport.
- 2) The RIIL does not in any way sanction, encourage, or condone “Captain’s Practice” in any sport. “Captain’s Practice”, depending on the member schools’ involvement, may be a clear violation of the rules defining season limitations.
- 3) Even though coaches are not present, allowing captain’s practice to be held on school grounds may constitute that the school has organized, encouraged or condoned the activity.
- 4) There is also a serious practical consideration. If it can be demonstrated that a school is allowing “Captain’s Practice”, the liability responsibility for an injured athlete may be quite serious.
- 5) We strongly recommend that member schools communicate their stance on captain’s practices to coaches, students and parents so that there is no confusion. In many cases, students and parents perceive that this type of activity is organized and administered by the school and there is an obligation for students to participate.

Section 10. NATIONAL FEDERATION SANCTIONS

- A. National Federation Sanction forms are available at the RIIL office and on the RIIL web-site. (<http://www.riil.org>).

Section 11. NATIONAL HIGH SCHOOL CHAMPIONSHIP EVENTS

- A. The PCOA or RIIL Executive Director may waive the Article 7, Section 7 Off-Season Coaching Requirements for coaches to participate with their athletes in select national high school championship events under the following stipulations:
 - a. The national event occurs after the conclusion of the RIIL Championships and does not conflict with any sanctioned event.
 - i. National events are limited to RIIL sports with individual competition as outlined in Article 3, Section 8:
 1. Cross Country, Golf, Gymnastics, Indoor Track & Field, Outdoor Track & Field, Swimming, and Wrestling
 - b. Student-athletes shall compete as private citizens on a voluntary basis, unattached from their high school
 - c. Student-athletes shall not wear the uniform of their high school
 - d. Coaches shall attend as private citizens, on a voluntary basis, not as employees of their high school
 - e. Prior to the event, the high school Principal has completed, signed, and submitted the National Event Participation Form attesting to the above stipulations and listing the athlete/coaches attending.



Article 8: APPEALS

Section 1. PROCEDURE

- A. The normal channel of communication with the Committee is to the Executive Director who may decide in the first instance on all matters. However, the Executive Director may refer any matter to the proper committee for a decision.
- B. Any ruling of the Executive Director may be appealed to the proper Committee. If no specific Committee exists, the appeal will be to the Executive Committee of the sport involved.
- C. Appeals from the Committee or Executive Committee shall be to the full membership of the Committee whose decision shall be final.

Section 2. CORRESPONDENCE

- A. All correspondence shall be sent care of the Executive Director. All appeals and requests shall be in writing. All appeals shall have a certification confirming that a copy has been sent to all parties in interest.

Section 3. PROTESTS

- A. In the case of game protests the procedure outlined in Article 5 shall be the procedure followed.

Section 4. WAIVER REQUEST HEARING PROCEDURE

- A. The procedure outlined speaks to and violations of the bylaws of the Rhode Island Interscholastic League.
- B. Matters dealing with individual sports, i.e. protests, schedule concerns, league alignments, official's complaints, etc. will be handled by the Executive Committee of the sport (Article 8, Sections 1 and 5). The committee(s) will be chaired by the Director/designee of the sport.
- C. Student eligibility matters (See Article a Section 16).

Section 5. INDIVIDUAL APPEALS

- A. Individuals may appeal any decision involving them alone through their Principal to the proper body outlined above provided the appeal is not made based upon a judgment call of an official. No appeals of ejections of athletes or coaches by game officials will be allowed.

Section 6. TIME LIMITATIONS

- A. Appeals must be received at each level within fourteen (14) calendar days.

Section 7. DECISIONS

- A. Initial Decisions regarding appeals are effective upon delivery (orally or by fax or by other means) to the school Principal. The school Principal shall deliver a copy to the student(s), parents or personnel involved. For Decisions involving others, the Decision shall be effective upon posting to the U.S. mail.
- B. Written notice of the appeal application shall be given to all parties. Decisions are not automatically stayed pending appeal. After a written notice of appeal is filed, a written request for a stay may be made. Any application for a stay of enforcement must ordinarily be made in the first instance to the Executive

Director, Sub-Committee or Executive Committee making the ruling. The request shall show the reasons for the relief requested and the facts relied upon.

- C. In extraordinary circumstances, the Executive Director may, in his exclusive discretion, decide on the request for a stay rather than refer the matter to the Sub-Committee or Executive Committee involved.



Article 9: OFFICIALS

Section 1. REGISTRATION OF OFFICIALS

- A. The registration fee for approved Baseball, Basketball, Field Hockey, Football, Gymnastics, Hockey, Lacrosse, Winter and Spring Track; Soccer, Softball, Swimming, Volleyball and Wrestling officials shall be \$12.00 plus the cost of the rule book for the respective sport.
- B. Rules as approved by the Committee shall be the rules followed in all contests of the RIIL.
- C. The fee is waived for probationary officials.
- D. Registered officials are entitled to free admission for themselves only to all contests of member schools in the sport of which they are a registered official upon presentation of their Registration Card. (with the exception of RIIL Playoffs).
- E. All officials must register and pay all applicable fees in the online registration system prior to each season. Officials are not eligible to be assigned to any RIIL games unless they have completed the online registration and paid all applicable fees.
- F. All new registered officials are required to have a Criminal Background Check.
 - 1) The RIIL requires all RIIL officials to undergo a background investigation conducted by the Bureau of Criminal Identification of the Department of the Attorney General for the State of Rhode Island. Should the BCI investigation indicate the existence of disqualifying information (a list of disqualifying information is available through each official's association), the individual shall be deemed "disqualified" for assignment in this capacity as an official. In the absence of disqualifying information (and consistent with Article 9) the individual shall be cleared for employment.
- G. PROCEDURE
 - 1) New Officials:
 - a. All new officials will be given a copy of this policy by their association to review in advance of completing step (b.).
 - b. Officials shall complete the BCI disclaimer form and present it in person to the Bureau of Criminal Identification for fingerprinting and processing.
 - c. The Local and Federal BCI results will be forwarded to the Officials Assigning Board (Association) for review.
 - 2) Should the BCI investigation indicate the existence of disqualifying information (a list of disqualifying information is available through each official's association), the individual shall be deemed "disqualified" for assignment in this capacity as an official. The Officials Assigning Board (Association) will then provide the RIIL a list of all officials one week prior to the start of the season who have complied with all requirements. No new official will be authorized to officiate until cleared by the Officials Assigning Board (Association).
- H. All officials serve at the pleasure of the RIIL.
- I. All RIIL approved Officials are employed as independent contractors, and not as an employee of the RIIL, or of the school districts or high schools competing in an interscholastic athletic competition event.

- J. Each sport's official organization must annually certify that all registered officials are members of the NFHS Officials Association.

Section 2. ASSIGNMENTS

- A. Assignments will be made by the Executive Director/Assistant Executive Director or the Director of the Sport with the assistance of the designated representative. Notification of all assignments will be made through the Arbiter online system.
- B. No official shall be assigned to the game until his/her registration, fee, and the list of available dates has been received by the RIIL office.
- C. A new official shall not be assigned for any contest whether or not under the jurisdiction of this Committee, unless such new official has had a criminal background check, had no felony convictions, and is on the approved list of officials of the RIIL. After the initial BCI requirement is met, any official convicted of a felony (a list of disqualifying information is available through each official's association) shall not be assigned for any contest.
- D. The Director of each sport has the right to negate or withdraw assignments from officials who withdraw from assignments without just and proper cause or failure to enforce the Rules and Regulations of the RIIL. The Director of each sport involved shall determine just and proper cause. An official may appeal to the Executive Committee of the sport involved for redress.
- E. Officials will be assigned in accordance with the terms stipulated in the agreement with the Board. Official unable to fulfill an assignment must notify the Executive Director/Assistant Executive Director and/or Director of the Sport in a timely fashion.
- F. Assignments of all officials to RIIL and RIIL-sanctioned contests shall be made through the RIIL office.
- G. F Non RIIL Schools requesting the use of RIIL Officials will be accommodated provided officials are available.
- H. Playoffs: Assignment of officials to all RIIL play-off games will be made by representatives of each RIIL sport committee. This committee includes the RIIL Sport Director(s) and representatives including officials (1), coaches and athletic directors.

Section 3. FAILURE TO COMPLETE ASSIGNMENT

- A. If an official fails to notify the proper authorities of his/her inability to work a game, unless due to unavoidable circumstances, that official shall be suspended for a period to be determined by the Sport Director.

Section 4. REPORTS FROM OFFICIALS

- A. Officials assigned to RIIL games may be required by the Executive Director to file with the RIIL immediately after each game a report on the conditions of the contests.
 - 1) Any official who ejects a player from a game must notify the RIIL Office by phone no later than 9:00 A.M. of the following day. An official who fails to make such notification within the prescribed time may be suspended from one half the normal assignments given in that particular sport. If necessary, the suspension will extend into the next season of the same sport.
 - 2) Prior to the start of any RIIL authorized contest at the pre-game conference, the Head coach shall notify the official (Head Official/Chief Umpire) that s/he is the only coach or s/he identify additional certified assistant coaches of the team authorized by the school. In the event a head coach is ejected from a contest and there is no certified assistant coach who had been identified to the officials prior to the start of the game, the game will end and the opposing team shall be awarded victory by forfeit. A coach who is ejected shall leave the vicinity [out of sight and sound] of the playing area immediately and shall not return to the playing area during the remainder of the contest. Further, the ejected coach is prohibited from any further contact (direct and/or indirect) with the team or any team member for the remainder of the contest and not until

both teams have left the playing area. Any coach determined to be in violation of this provision may be subject to an additional period of disqualification as defined in Article 6, Penalties.

Section 5. NOTIFICATION OF POSTPONEMENT

- A. Officials are entitled to one-half fee in the event they report to the facility ready for duty and no game is played. Schools, which have made an attempt to communicate with the officials before they leave for the game, are exempt from this charge. Such notification must be made not less than two (2) hours before game time or in accordance with the Official's Association Agreement. The home schools' responsibility rests primarily in reaching the official by telephone. The postponement also will be made online. Postponed games retain the original fee regardless of date.
- B. After the official has been notified of the postponement, it is the responsibility of the official to contact the assignor if s/he cannot work the rescheduled contest date/time. The assignor will then replace the official as necessary.
- C. Notice of Postponement and Schedule Changes
 - 1) Once the Home Confirmation Schedules have been finalized, schedule changes should only be made for legitimate reasons.
 - 2) Schedule Changes after the Commit Date
 - a. Non-Weather related schedule changes.
 - i. Schools should make every effort to adhere to the schedule.
 - ii. Conflicts with the Varsity game schedule should be resolved prior to the first game of the season.
 - iii. Important Dates on the school calendar (open houses, school events, etc.) should be considered in advance of the Commit Date when confirming schedules.
 - iv. Schools must mutually agree to the change.
 - v. The Official's Assignor must be notified and agree to the change (i.e. officials are available).
 - vi. Game changes made more than fourteen (14) calendar days from the originally scheduled date will not be penalized (fee).
 - vii. If officials have been assigned and the game change is made fourteen (14) calendar days or less from the original game date/time and the assigned officials are not available to work the new game date/time, they will be paid a ½ game fee.
 - viii. In cases where the originally scheduled officials are available to make the changed game request, the ½ game fee will be waived.
 - b. Games Postponed Due to Inclement Weather
 - i. The host school must contact the away school.
 - ii. The host school must postpone the game in the RIIL online scheduling system and contact the assignor.
 - iii. The scheduled officials must be notified.
 - a. If the game is postponed at least 4 hours prior to the scheduled game time, the officials do not have to be contacted via phone.
 - b. If the game is postponed less than 4 hours prior to the scheduled game time, the officials MUST be contacted via phone.
 - c. Postponed games should be rescheduled within 48 hours of the date of the postponement, unless extenuating circumstances arise.

Section 6. OFFICIAL FEES

- A. The fees for officials in Baseball, Basketball, Cheerleading, Field Hockey, Football, Gymnastics, Hockey, Lacrosse, Winter Track, Spring Track, Soccer, Softball, Swimming, Volleyball, and Wrestling are contained in each signed agreement:
- 1) BASEBALL:
 - a. Two umpires required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - b. If one of the assigned umpires fails to appear and one Board member umpires the game, that umpire shall receive one and one half the regular contest fee.
 - 2) BASKETBALL:
 - a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - b. If one official fails to appear and one official referees the game, that official shall receive one and one half the regular contest fee.
 - 3) CHEERLEADING:
 - a. 1. Officials assigned will be determined by the RIIL/Director.
 - 4) CROSS COUNTRY:
 - a. Officials assigned will be determined by the RIIL/Director.
 - 5) FIELD HOCKEY:
 - a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - b. If one official fails to appear and one official referees the game, that official shall receive one and one half the regular contest fee.
 - 6) FOOTBALL:
 - a. Four officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - 7) GYMNASTICS:
 - a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - 8) HOCKEY:
 - a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - 9) LACROSSE:
 - a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - 10) WINTER TRACK:
 - a. Three (3) officials assigned as determined by the Director.
 - 11) SPRING TRACK:
 - a. Officials assigned will be determined by the Director.
 - 12) SOCCER:
 - a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - b. If one official fails to appear and one official referees the game, that official shall receive one and one half the regular contest fee.
 - 13) SOFTBALL:
 - a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
 - b. If one official fails to appear and one official referees the game, that official shall receive one and one half the regular contest fee.

14) SWIMMING:

- a. Three officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
- b. If only two officials work the meet, each official shall receive an additional fee per rate published in the RIIL Rules Book.

15) VOLLEYBALL:

- a. Two officials required, except in cases of unusual circumstances approved by the RIIL or emergencies.
- b. If one official fails to appear and one official referees the game, that official shall receive one and one half the regular contest fee.

16) WRESTLING:

- a. One official required.

Section 7. SPORTSMANSHIP AND OFFICIALS' RESPONSIBILITY

- A. The Committee believes that the ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness of the impact of an individual's influence on the behavior of others is expected. Good sportsmanship is viewed by the RIIL as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.

If you examine the standards of conduct required in high school athletics compared to the major college and professional levels, you will conclude that the older the athlete is, the more immature that person is allowed to behave.

Routinely, high school athletes will be penalized and ejected from contests for antics that are praised and emulated at higher levels. This is to the everlasting credit of those who lead, coach, officiate, participate in, and watch interscholastic athletics. It is this challenge that the contrast between educational athletics and so-called higher levels becomes even more obvious as we raise the standards of what is expected and tolerated in school sportsmanship.

The problem of decaying sportsmanship at all levels of competition is a major concern that needs to be addressed. Misconduct in athletics is a high-profile reflection of the general acceptance of disrespect in society. It is a social problem and sports are a microcosm of that problem.

The Rhode Island Interscholastic League formed a Sportsmanship and Ethical Conduct Committee for the purpose of addressing the issue of sportsmanship and ethical conduct. The Committee, with the approval of the Principals' Committee on Athletics, developed a packet and recommended that all schools adopt and adhere to the expectations.

The Committee was particularly concerned about "taunting." The Principals' Committee on Athletics passed a recommendation of the Sportsmanship Committee to broaden the definition of "taunting" and make it a disqualifying foul in all sports. As a result, officials will be expected to eject players and bench personnel (including coaches) for taunting; and the Rhode Island Interscholastic League tournament supervisors will be expected to eject from the premises any spectator who engages in taunting.

- B. The definition of taunting is this:

- 1) "Any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters."
- 2) Examples of taunting include:
 - a. "Trash Talk"

- b. Physical intimidation outside the spirit of the game.
 - c. References to sexual orientation.
 - d. "In the face" confrontation by one player to another.
 - e. Standing over or straddling a tackled or fallen player.
 - f. Noticeable improvement in school sportsmanship will require concerted effort.
- C. Good sports don't need to wait for other's actions. Good sports already know what is offensive, and what has no more place in school sports than it would have in a school classroom. This is educational athletics. We must maintain the highest education standards in all facets of the athletic arena.
- D. **OFFICIALS RESPONSIBILITY:** Officials assigned Rhode Island Interscholastic League contests **MUST** enforce the rules regarding sportsmanship without tolerance for abuse. The only warning to participants and coaches regarding sportsmanship should come at the beginning of the contest. Once the contest begins, penalties not warnings, must be assessed for unsportsmanlike conduct. The Rhode Island Interscholastic League expects that officials will eject any coach who protests an unsportsmanlike conduct call provided by the rules of the sport.
- E. Each official at a Rhode Island Interscholastic League sponsored event will be provided with a card with the following statement which **MUST** be read to the Captains and Coaches and/or teams together at **EVERY** contest prior to the beginning of the contest:
- F. "The National Federation of State High School Associations (NFHS) and your state association require officials to enforce sportsmanship rules. High school athletics emphasize positive values. All of us have worked hard to create a sense of teamwork, respect, responsibility and perspective. We remind you that we expect good behavior and will quickly penalize misconduct. We encourage and appreciate your help. Let this competition reflect mutual respect among all participants, coaches and officials. Coaches please certify that your players are legally equipped and uniformed according the NFHS rules. Good luck and have a great contest!"



Article 10: MIDDLE SCHOOL ATHLETICS 6-8

Section 1. MIDDLE SCHOOL SPORTS

The Rhode Island Interscholastic League will begin offering middle school athletics starting August of 2024, under the title of RIIL Middle School 6-8.

Section 2. ORGANIZATION

- A. The Principals' Committee on Athletics will oversee the operation of RIIL Middle School 6-8, through the discretion of the Executive Director of the RIIL.
- B. A Middle School Sports Coordinator will oversee the operation of RIIL Middle School 6-8 for the RIIL. This is a part-time position.
- C. RIIL Middle School 6-8 will have a sub-committee made up of the RIIL Executive Director, the RIIL Assistant Executive Director, the Middle School Representative to the PCOA, a RIIAAA Representative, the RIIL Middle School Coordinator, and additional principals/administrators with middle school oversight.
- D. Each sport will have a Sport Director (See MS Handbook Art. 1, Sec. 7)

Section 3. SPORTS TO BE OFFERED

- A. Fall: Boys Cross Country, Girls Cross Country, Boys Soccer, Girls Soccer
- B. Winter: Boys Basketball, Girls Basketball, Coed Wrestling
- C. Baseball, Softball, Boys Outdoor Track & Field, Girls Outdoor Track & Field, Coed Unified Basketball

Section 4. MIDDLE SCHOOL HANDBOOK

Click [HERE](#) to view.



Article 11: RADIO & TELEVISION BROADCAST

Section 1. Philosophy

- K. The Rhode Island Interscholastic League sponsors statewide tournaments in various locations across the state of Rhode Island. The RIIL strongly believes that these events foster opportunities for developing school and community spirit and support. The RIIL feels that media broadcasting of these activities is not absolutely essential to furthering these goals. However, the RIIL does not wish to exclude coverage of these activities from the media who feel that such broadcasts would be in the best interest of their communities and the student athletes. The terms of this agreement have been developed to provide the parameters within which interested media may broadcast an RIIL event.
- L. The Rhode Island Interscholastic League shall own the copyright of all broadcasts (live and delayed, excluding highlights – which are not longer than five (5) minutes in duration), films, videotapes, web casts, other electronic reproductions and recordings of events telecast pursuant to agreement. Notice of the Rhode Island Interscholastic League copyright shall be included as part of every Rhode Island Interscholastic League sports event telecast made pursuant to agreement. The notice shall consist of the symbol or the word “Copyright”, followed by the year that the event is first telecast and the name “Rhode Island Interscholastic League.” and shall appear in the opening and closing credits.

Section 2. RADIO BROADCAST AGREEMENT

A. General Provisions:

1. Broadcasting of any RIIL contest(s) is prohibited without prior written consent of the Rhode Island Interscholastic League.
2. Expenses incurred in the broadcasting of an RIIL sponsored event shall be the sole responsibility of the originating station.
3. Advertising of and announcements relative to, non-approved sponsors, alcoholic beverages, tobacco products, or political candidates, parties or organizations are strictly prohibited during the broadcast.
4. The station agrees to include early in the broadcast the following statement:
 - a. *“The rights to this broadcast have been granted by the Rhode Island Interscholastic League representing member high schools across the State and the boys and girls who participate annually in RIIL sponsored athletic competition. Any rebroadcast or republication of the programming without the written consent of the RIIL is strictly prohibited.”*
5. The station agrees not to expose negative or questionable activity if it occurs during the programming (e.g. fights, officials’ calls, crowd reaction).
6. Payment in full of the negotiated fee, shall be required prior to the start of the established contest.
7. The station retains the right to grant coverage of this event to other entities.
8. The station agrees to indemnify, defend and save harmless the RIIL from any and all claims, demands, liability, suits and proceedings, arising out of permission granted in this agreement or any activities in connection therewith.

Section 3. TELEVISION BROADCAST AGREEMENT

- A. Fees: The fee for a television broadcast of a RIIL sponsored contest shall be negotiated with the Executive Director of the RI Interscholastic League.
- B. General Provisions:
1. Telecasting of any RIIL sponsored contest is prohibited without prior written consent of the RIIL.
 2. Expenses incurred in the telecasting of an RIIL sponsored event shall be the sole responsibility of the originating station.
 3. Advertising of and announcements relative to, non-approved sponsors, alcoholic beverages, tobacco products, or political candidates, parties or organizations are strictly prohibited during the broadcast.
 4. The station agrees to include early in the broadcast the following statement:
 - a. *“The rights to this broadcast have been granted by the Rhode Island Interscholastic League representing member high schools across the State and the boys and girls who participate annually in RIIL sponsored athletic competition. Any rebroadcast or republication of the programming without the written consent of the RIIL is strictly prohibited.”*
 5. The station agrees not to expose negative or questionable activity if it occurs during the programming (e.g. fights, officials’ calls, and crowd reaction).
 6. Payment in full of the established fee, as set forth herein, shall be required prior to the start of the established contest.
 7. The station retains the right to grant coverage of this event to other entities.
 8. The TV/Cable station agrees to provide a copy of the event to the RIIL within seven (7) days of the event.
 9. Telecasting of up to one (1) minute of video transmission of any RIIL final event for use as part of a local newscast shall be permitted without charge. Any such use shall include credit to the RIIL and shall be permitted only after completion of the athletic event in question.
 10. The station agrees to indemnify, defend and save harmless the RIIL from any and all claims, demands liability, suits and proceedings, arising out of permission granted in this agreement or any activities in connection therewith.
 11. The TV/Cable station provides a predetermined number of Public Service Announcements on behalf of the RIIL.
 12. The TV/Cable station provides interview opportunities for RIIL corporate sponsors of the event.
 13. The TV/Cable station with mutual agreement of the RIIL will choose on-air announcers/broadcasters.

Section 4. NFHS NETWORK: POLICY ON STREAMING VIA SOCIAL MEDIA PLATFORMS

- A. The ability of fans or news media companies streaming events through new streaming technologies is becoming more of an issue around the country and is only going to increase. These platforms include but are not limited to Facebook Live, Instagram Live and Periscope. When fans broadcast events via social media or alternative streaming platforms the Network is adversely affected financially. The people watching the illegal stream are the fans most likely to be interested in buying a pass to watch the event and therefore the Network suffers a reduction in subscription sales. We expect credentialed news organizations to know and follow policies, but fans are a different story. We assume that the majority of fans using these streaming technologies are unaware of the rights they are infringing upon. Therefore, we have outlined a strategy for States that focuses on building awareness to protect the rights of the NFHS Network.
- B. While States have limitations in what they can enforce during an event, here are the four recommended courses of action to educate schools and fans:
1. Update media policies
 2. Add updated rules to website
 3. Disseminate information to participating schools, host sites and media outlets

4. Notify fans and attendees through in-venue messaging

C. Association Media Policies

1. States should update published media policies with language that makes schools, fans, and other media outlets aware of the rules.
2. *The NFHS Network is the exclusive broadcast rights holder of this postseason event. Any individual streaming a game is strictly prohibited and in direct violation of the RIIL's agreements with the NFHS Network. Any violation of NFHS's exclusive broadcast rights may result in disciplinary action by the RIIL or legal action by the NFHS Network.*

D. Association Website Posting

1. Since it is unlikely that a fan would ever read the media policy in the by-laws, States should also put messaging on the pages on their website where parents and fans would go to find the event information (i.e. event page or tournament page). This will ensure that interested parties are aware of the rules ahead of the event.
2. *The NFHS Network is the exclusive broadcast rights holder of this postseason event. Any individual streaming a game is strictly prohibited and is in direct violation of the RIIL's contract with the NFHS Network. Any violation of the NFHS Network's exclusive rights may result in discipline by the RIIL or legal action by the NFHS Network.*

E. Pre-Event Communication

1. States should notify schools ahead of time through information packets they send out to participating teams as well as host sites. This is the most effective way to ensure all participating schools are made aware of the rules. The same messaging needs to be sent to anyone who has been granted a media pass for the event.
2. *The NFHS Network is the exclusive broadcast rights holder of this postseason event. Streaming all – or any part of – the game is strictly prohibited and in direct violation of the RIIL's contracts with the NFHS Network. Please notify your fans and parents of this policy, and encourage fans who can't attend to visit NFHSnetwork.com to watch the game live.*

F. In Venue Announcements

1. PA announcements will need to be implemented during the events. Multiple times. Physical signs with similar messaging would be ideal where it is feasible.
2. *Fans are reminded that the broadcast and streaming rights of this event belong exclusively to the N-F-H-S Network. Any individual streaming of this game is strictly prohibited. To watch this game live please go to N-F-H-S-NETWORK-DOT-COM.*

Section 5. MISCELLANEOUS

A. **USE OF DRONES (UNMANNED AIRCRAFT SYSTEMS OR UAS's)**

- A. Use of Drones (UAS), for any purpose, is not permitted at any RIIL state tournament event. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the RIIL event, including the spectator stands and parking areas.

B. Excluding RIIL playoffs and RIIL schedules for Hockey and Winter Track, the RIIL will grant television and broadcasting rights to home schools subject to the following conditions:

1. Agreements should be of limited duration, no more than two years before renegotiation.
2. Only the home team will have broadcast rights, subject to the consent of the visiting team. All school participation must be voluntary. Mutual agreement of both schools must be obtained and no school shall be coerced into participation.
3. Revenue derived from commercial televising of games should be dispersed as follows:
 - a. 75% of the fee should go to the home team.
 - b. 20% of the fee should go to the visiting team.

- c. 5% of the fee should go to RIIL.
4. Schools must require payment from the broadcaster within 30 days of the broadcast.
5. Distribution of funds to the visiting team and the RIIL shall be made within 60 days of the broadcast.
6. All contracts shall prohibit sponsorship by non-approved sponsors, Alcoholic Beverages, Tobacco Products and Gambling Activities.
7. Broadcasters should be required to announce once an hour that “the event is broadcast with the permission of the Rhode Island Interscholastic League.”
8. In the case of RIIL tournaments, Winter Track and Hockey contests which are operated by the RIIL itself, only the RIIL Office can make the necessary arrangements since these rights belong to the RIIL.
9. Schools, however, are given permission to film or video tape their games provided that no commercial use of any kind is made of the film/videotape and provided that any showing of the film/videotape takes place in the school itself.
10. The RIIL reserves the right to negotiate a game of the week involving the RIIL games in any sport which is operated in the home gymnasium or field of the member school; provided the schools chosen have agreed before the beginning of the school year to participate in the RIIL program. The revenue received will be distributed among the schools participating in the RIIL program with the greater share going to the home school. See Article 11, Section 4.A3.

Section 6. Media Credential Policy

- A. The RIIL has exclusive rights to all still photographs at all RIIL State Tournament events (including all Boys and Girls Indoor Track events and hockey games). Selling of any photographs (electronic or print) at either the venue or by the internet without the written consent of the RIIL is strictly prohibited.
Note: Media may only post on their website for commercial purposes those photographs that have been published in their newspaper.
- B. The RIIL will not issue Media Credentials the week of the event.
- C. RIIL Media Passes are only valid at RIIL Postseason events, not events hosted by individual member schools.
 1. Individuals who request access to an athletic event hosted by a member school must directly contact the member school prior to the event for permission to enter restricted areas
- D. School yearbook photographers or others requesting sideline access for a RIIL Championship:
 1. are limited to two per school
 2. are the responsibility of and have approval of the Principal
 3. must be communicated to the RIIL by the Principal/Athletic Director to the prior to the event
- E. The RIIL has a two-tiered system for media passes:
 1. Tier 1: Traditional Media Outlet representatives are provided with long-term media passes for the entire school year and are provided with sideline access at RIIL championships.
 2. Tier 2: Non-Traditional Media may be provided with a single game pass and a free general admission ticket to the game and are allowed to sit in spectator seating for the duration. There will be no sideline access at any time before, during, or after the contest until the team vacates the playing surface.
 3. Media Passes and all sideline access will be approved, denied, or revoked at the discretion of the RIIL.
- F. Media Reminders
 1. All media photographers with the appropriate RIIL “Media Credentials” will have access to the sidelines and permission to take photographs.

2. Media cannot be located in any space or area where they may interfere with action in the playing/coaching/restricted area.
3. Media journalists and photographers must stand clear of the awards presentation area and are asked to refrain from conducting post-game interviews until after the awards ceremony has been completed.
4. FAILURE TO ADHERE TO THESE GUIDELINES AND RESTRICTIONS WILL RESULT IN THE LOSS OF CREDENTIALS AND REMOVAL FROM THE FACILITY OR MEDIA AREA



Article 12: SPORTSMANSHIP

Section 1: SPORTSMANSHIP

- M. The Rhode Island Interscholastic League Principal's Committee on Athletics has developed a common set of sportsmanship standards that can be implemented in every member school. Concerns with the behavior of student athletes and coaches on the field or court and the ever increasing unsportsmanlike behavior of spectators, the committee believes it is essential that all member schools have sportsmanship standards and programs in place.
- N. Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly.
- O. The RIIL acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies relating to sportsmanship and the conduct of activities in the school. The school principal has the responsibility for establishing the principles of good sportsmanship in the minds of the entire school community. He/she must realize that the kind of sportsmanship that is practiced or displayed by the representatives of his/her school will reflect to its credit or otherwise.
- P. The Rhode Island Interscholastic League has been vested with the responsibility to ensure that all contests during the regular season or regular tournament competition are conducted satisfactorily, as it applies to the principles of good sportsmanship. The RIIL will be guided by the following rule:
 - 1) **HIGH STANDARDS OF COURTESY, FAIR PLAY AND SPORTSMANSHIP MUST PREVAIL AT ALL REGULAR MEMBER SCHOOL COMPETITIONS AND ALL INVOLVED MUST ALWAYS PURSUE VICTORY WITH HONOR.**
 - 2) While this rule is a general standard in terms of enforcement, it is the heart of the entire RIIL program. Good sportsmanship, respect for the rules, respect for others, fair play, and ethics are basically the motives through which an interscholastic athletic program is justified and defended.
- Q. *As a minimum, the RIIL Principal's Committee on Athletics expects member schools and leagues to have clearly defined and articulated standards of sportsmanship which are enforced at all levels of play. The standards should align with the standards which follow. The standards should be published in the student athlete/parent handbook and in other documents and publications provided by the school. Expectations for spectators should be posted at each contest site and announced when appropriate.*

Section 2: TAUNTING

- A. If you examine the standards of conduct required in high school athletics compared to the major college and professional levels, you will conclude that the older the athlete is, the more immature that person is allowed to behave.
- B. Routinely, high school athletes will be penalized and ejected from contests for antics that are praised and emulated at higher levels. This is to the everlasting credit of those who lead, coach, officiate, participate in, and watch interscholastic athletics. It is this challenge that the contrast between educational athletics and so-called higher levels become even more obvious as we raise the standards of what is expected and tolerated in school sportsmanship.

- C. The problem of decaying sportsmanship at all levels of competition is a major concern that needs to be addressed. Misconduct in athletics is a high profile reflection of the general acceptance of disrespect in society. It is a social problem and sports are a microcosm of that problem.
- D. The Principal's Committee on Athletics passed a recommendation of the Sportsmanship Committee to broaden the definition of "taunting" and make it a disqualifying foul in all sports. As a result, officials will be expected to eject players and bench personnel (*including coaches*) for taunting; and the Rhode Island Interscholastic League tournament supervisors will be expected to eject from the premises any spectator who engages in taunting.
- E. **The definition of taunting is this:**
1. *"Any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, sexual orientation, ethnic origin, or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters."*
 2. Examples of taunting by coaches, players or spectators include:
 - a. Any form of "Trash Talk"
 - b. Ethnic or racial slurs
 - c. Physical intimidation outside the spirit of the game
 - d. References to sexual orientation
 - e. "In the face" confrontation by one player to another
 - f. Standing over or straddling a tackled or fallen player
 3. Noticeable improvement in school sportsmanship will require concerted effort.
 4. Good sports don't need to wait for other's actions. Good sports already know what is offensive, and what has no more place in school sports than it would have in a school classroom.
 5. This is educational athletics. We must maintain the highest education standards in all facets of the athletic arena.
- F. **OFFICIALS** who are assigned to Rhode Island Interscholastic League contests must enforce the rules regarding sportsmanship without tolerance for abuse. The only warning to participants and coaches regarding sportsmanship should come at the beginning of the contest. Once the contest begins, penalties, not warnings, must be assessed for unsportsmanlike conduct. The Rhode Island Interscholastic League expects that officials will eject any coach who protests an unsportsmanlike conduct call provided by the rules of the sport.
1. Each official at a Rhode Island Interscholastic League sponsored event will be provided with a card with the following statement which must read to the **All Team Members** at every contest prior to the beginning of the contest:
 2. *"The National Federation of State High School Associations (NFHS) and your state association require officials to enforce sportsmanship rules. High school athletics emphasize positive values. All of us have worked hard to create a sense of teamwork, respect, responsibility and perspective. We remind you that we expect good behavior and will quickly penalize misconduct. We encourage and appreciate your help. Let this competition reflect mutual respect among all participants, coaches and officials. Coaches please certify that your players are legally equipped and uniformed according the NFHS rules. Good luck and have a great contest!"*

Section 3: Member Schools

- A. The following expectations are designed to serve as a guide for member schools and leagues in developing their sportsmanship standards and to define responsibilities.
1. **School Administration** The RIIL PCOA recognizes that the principal is the final authority responsible for all athletic activity of his/her school at all levels of competition. The administration

must take a leadership role in developing standards for their school and league and in articulating those standards to their entire school community.

- a. The PCOA expects all member schools and leagues (whether one sport or multi-sport) to develop, approve, and implement a league-wide code of sportsmanship for athletes, coaches, cheerleaders, and spectators. The code should be based upon and consistent with the standards of sportsmanship developed by the RIIL (see RIIL Sportsmanship Manual for samples).
 - b. All member schools, as a minimum, adopt their league's sportsmanship code as the school's sportsmanship code. Member schools are encouraged to expand the basic league sportsmanship code to further meet their needs.
 - c. League and school sportsmanship codes specifically and directly state the requirement for all athletes, coaches, cheerleaders, and spectators as well as the acceptable conduct to which each will be held.
 - d. League and school sportsmanship codes specifically state expectations: respect for the decisions of game officials and coaches, no taunting, profanity, derogatory language or gestures, no epithets, etc.
 - e. League sportsmanship codes specifically state the penalties that will occur when an individual fails to adhere to the sportsmanship code.
 - f. The code be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
 - g. The sportsmanship code for spectators be read by PA announcers prior to each contest.
 - h. The sportsmanship code(s) of conduct be prominently posted at all sports venues.
 - i. When event programs are provided, the sportsmanship code be included.
 - j. Member schools work with community officials to insure that levels of good sportsmanship are enforced when contests are held at their school and at non-school facilities.
 - k. The RIIL PCOA insists that rules of good sportsmanship be rigorously enforced at all regular season contests and at all regular tournament contests. This is particularly important when contests are held at non-school sites.
 - l. Schools will conduct a pre-season meeting with student athletes, coaches and parents to review the athletic standards for sportsmanship for the school and league.
 - m. Member schools require having athletes, parents/guardians, sign an acknowledgment which would show that they have read the student-athlete handbook and understand the sportsmanship code, rules of the school and team and RIIL eligibility requirements.
 - n. Inform school who will be representing the school at away events.
 - o. Send letter to parents, student-athletes, students, cheerleaders, coaches, spectators and the media emphasizing the need to support school athletic events and promote the principals of good sportsmanship (see RIIL Sportsmanship Manual for sample letter.) Please refer to the RIIL Sportsmanship Manual for the entire list.
2. **Athletic Administration:** The athletic director is the person responsible for the implementation of the school league sportsmanship effort. The athletic director must be aware they are the leader of all athletic events and the behavior of coaches, players, and spectators is their direct responsibility. Sportsmanship is enhanced when the athletic event is well organized and supervised.
- a. Follow the Guidelines for Security, Safety and Crowd Control found in the RIIL Manual for Tournament Operations.
 - b. Make available to visiting schools necessary game information, include directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for reach game site.

- c. Designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
 - d. Arrange for adequate police supervision.
 - e. Post in plain site at the entrance to the field, track, pool or gymnasium a copy of the causes for expulsion from the contest, e.g., use of alcohol, drugs, throwing objects, unruly behavior.
 - f. If possible, assign officials to dressing facilities separated from both teams. Provide escorts for the officials when it appears that disturbances may develop.
 - g. To prevent long lines, assure extra help at concession stands during half-time and at breaks.
 - h. Take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest prevent fans from going onto the playing area.
 - i. Provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
 - j. Direct the route for movement of all visiting school busses and all home team busses. (Include band, pep clubs, etc.)
 - k. Inform visiting school where they are to park busses.
 - l. Have the PA announcer give the location of rest rooms, concession stands and the lost and found.
 - m. Provides a first aid area for emergencies. Assure access to a telephone from the contest area.
 - n. Provide reserved parking and has a host to greet the officials when they arrive at the site.
 - o. Eliminate from the gymnasium during the regular season – banners, signs, noisemakers, bugles, etc. These tend to be offensive and negative in tone and cause hard feelings. (Note: The RIIL does not permit banners, signs, noisemakers, bugles, etc., at all games).
 - p. Do not permit all of the lights to be turned off for such things as the introduction of players or special pre-game and half time shows. Make sure there is sufficient lighting necessary to provide good crowd control for the spectators' safety.
 - q. Insist that unruly spectators be removed from the premises. Take legal action against those who are guilty of assault or disturbing the peace.
 - r. Encourage non-high school age students to attend high school athletic contests with an adult.
3. **Coach:** The coach plays a critical role in supporting and enhancing good sportsmanship. The coach must accept primary responsibility for the behavior and actions of his/her players and assistant coaches, during and after all games. The coach serves as a role model for his/her players, their parents and the spectators. The coach must always be in control, practice sound values and ethics and always pursue victory with honor.
- a. Will model ethics and sportsmanship, always pursue victory with honor and maintain dignity and self-control.
 - b. Shall stay informed about sound coaching techniques and the physical, mental, and emotional development of the student-athlete.
 - c. Will teach players the rules of the game and to respect the game, officials, and opponents and will take action when athletes exhibit poor sportsmanship.
 - d. Will place the academic, emotional, physical and moral well being of student-athletes above desires and pressures to win.
 - e. Will be an ambassador for sport among athletes, schools, families and the community.
 - f. Will abide by the rules of the game and RIIL in letter and spirit.
 - g. Shall exemplify high moral character, behavior and leadership, lead by example and set a standard for players and spectators to follow.
 - h. Will respect the integrity and judgment of game officials.

4. **The Student-Athlete:** As members of their team, a student athlete serves as a role model. They are admired and respected by many, including younger athletes and their behavior and actions often have a significant impact on others. The student athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship.
 - a. Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
 - b. Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
 - c. Will win and lose graciously.
 - d. Will have a thorough knowledge of and abide by all rules of the game and RIIL.
 - e. Will work for the good of the team at all times.
 - f. Will cheer for your team, not against your opponent.
 - g. Will congratulate opponents in a sincere manner following either victory or defeat.
 - h. Will refrain from the use of illegal or unhealthy substances to gain an unfair advantage.
5. **The Official:** The official is responsible for assuring the safety of the players, the management of the contest and the enforcement of sportsmanship standards during the game. By controlling the game and demanding that sportsmanship standards be followed by players and coaches they enhance the event and defuse inappropriate behavior by everyone, especially the spectators.
 - a. Will be fair and impartial at all times.
 - b. Will keep calm and poised and will not exhibit emotions or argue with players or coaches when enforcing a rule.
 - c. Will encourage and enforce good sportsmanship and understand his or her role in controlling not only the game, but also the safety and welfare of players and the contest environment.
 - d. Will be fully knowledgeable of the rules of the game.
 - e. Will not tolerate unsportsmanlike behavior on the part of players or coaches before, during or after the game. Fighting and unsportsmanlike penalties will be within the authority of the officials at all times at the contest site.
 - f. Will demonstrate positive support of all players, coaches, fellow officials and athletic administrators at all times.
 - g. Will accept their role in an unassuming manner.
6. **The Parent/Spectator:** Controlling parent and spectator behavior at games is proving to be a major challenge for school and athletic administrators. Leagues and schools that have well defined standards for sportsmanship that are discussed with parents at pre-season meetings and announced at game sites experience more positive behavior at games.
 - a. Will respect the integrity and judgment of game officials.
 - b. Will be respectful of all players, coaches, officials and other spectators.
 - c. Will never target anyone for abuse whether it be physical, verbal or emotional.
 - d. Will never engage in name calling, taunting, harassment, obscenities, and any other disrespectful language or gestures.
 - e. Will always be a positive role model for other spectators and your child.
 - f. Will cheer for your team, not against your opponent.
 - g. Will make an effort to know and understand the rules of the game.
 - h. Will recognize that attending a middle or high school athletic contest is a privilege, not a license to verbally assault officials, coaches or opposing team(s) and their spectators.
 - i. Will recognize and show appreciation for an outstanding play by either team.

7. **Cheerleaders and Other Spirit Groups:** All spirit groups including pep bands share the responsibility of promoting sportsmanship at games and events. They must always represent their school in a positive way and show respect for their opponents, their fans and the officials. Spirit groups have a tremendous impact on the atmosphere at the game and have a big influence on the behavior of the fans. They must accept and demonstrate their responsibility to promote good sportsmanship.
 - a. Will cheer for you team, not against your opponent.
 - b. Will know the contest rules and cheer/play at proper times.
 - c. Will who respect for opposing cheerleaders/bands.
 - d. Will lead positive cheers which praise your team without antagonizing the opponents.
 - e. Will show respect at all times for officials, opponents and spectators.
 - f. Will establish themselves as leaders in their conduct before, during and after contests and events.
 - g. Will conduct themselves in an exemplary manner as representative of their school, both home and away.
8. **The Announcer:** The announcer plays a major role in supporting sportsmanship at all events. The announcer should remain impartial, never be critical of officials or others and be aware of their influence over the tone of the contest.
 - a. The game announcer must not show favoritism; must use proper language at all times; be enthusiastic, but keep calm.
 - b. Let no one except those in charge of the event use the microphone. The announcer is responsible for any remarks made into the mike.
 - c. The announcer must never criticize an official's decision.
 - d. The announcer should explain the procedure for pre-game introductions.
 - e. The announcer should explain to the spectator that the cheerleaders have established a schedule of rotation of floor cheers (basketball games).
 - f. The announcer should explain state and conference rules and regulations.
 - g. The announcer should be aware of what is going on I the stadium/gym/pool so that directions can be given calmly in an emergency. Serious situations can be avoided if the announcer will caution the crowd against coming down to the field/floor/deck, throwing things, or causing other disturbances. (Please refer to game announcements in the RIIL Sportsmanship Manual.)



Article 13: COACHING REQUIREMENTS

Section 1. Coaches Certification

- C. Member school Principals or their designee are responsible for ensuring that all coaches, paid or unpaid at all levels (Varsity, Sub-Varsity, and Volunteers) meet the RIIL Coaching Requirements outlined below.
- D. All coaches must be in compliance with the Initial Certification Requirements below, prior to the start of their sport season beginning with the 2022-23 school year.

E. Mandatory Coaches Registration

- All coaches must annually register online with the Rhode Island Interscholastic League.
 - A. Current and valid certifications shall be uploaded by each individual coach for approval by the athletic administrator of their member school
- Member school athletic administrators have access to all certifications submitted by their appointed coaches

F. Initial Certification Requirements:

- BCI Checks are Required by State Law for all school personnel, including Athletic Coaches
 - A. Refer to RI State Law: RIGL 16-2-18.1 and individual school department policies
- ALL Coaches must complete or have already completed the following NFHS Courses:
 - NFHS Fundamentals of Coaching Course, including the RIIL Rules Test
 - NFHS Protecting Students from Abuse Course - FREE
 - NFHS Concussion Course – FREE **(Must be Taken Annually)**
 - Satisfies RI State Law: RIGL 16-91
 - NFHS Sudden Cardiac Arrest Course – FREE **(Must be Taken Annually)**
 - Satisfies RI State Law: RIGL 16-91.1
- All Coaches must at all times, maintain current certification in the following areas:
 - NFHS Online First Aid, Health and Safety Course, or Red Cross or American Heart Association (AHA) First Aid Certification or equivalent.
 - Satisfies RI State Law: RIGL 16-11.1-1
 - Red Cross, American Heart Association (AHA) Cardiopulmonary Resuscitation (CPR) Certification or equivalent.
 - Satisfies RI State Law: RIGL 16-11.1-1
 - The RIIL Sports Medicine Advisory Committee strongly recommends that CPR courses include an in-person hands-on component
- Once all coaches complete the initial certification requirements, the school will be recognized as a Level 1 Honor Roll School from the NFHS.

D. Continuing Coaches Education and Requirements after Initial Certification:

- All Coaches must continue to maintain current certification in the following areas:
 - First Aid: NFHS First Aid, Health and Safety Course/Red Cross/American Heart Association Certification or equivalent. (Must be Taken Bi-Annually)
 - CPR/AED: Red Cross/American Heart Association Cardiopulmonary Resuscitation (CPR) and AED Certification or equivalent. (Must be Taken Bi-Annually)

- The RIIL Sports Medicine Advisory Committee strongly recommends that CPR courses include an in-person hands-on component
- NFHS Concussion Course - FREE (Must be Taken Annually)
- NFHS Online Sudden Cardiac Arrest Course - FREE (Must be Taken Annually)

E. Coaches must fulfill the following continuing education courses to become NFHS Level 2 certified within four (4) years of Initial Certification

A. ALL Coaches must complete or have already completed the following NFHS Courses:

- (1) NFHS Online Sport-Specific Course
- NFHS Implicit Bias Online Course – FREE
- NFHS Heat Illness Prevention Course - FREE
- NFHS Student Mental Health and Suicide Prevention Course – FREE
- NFHS Bullying, Hazing and Inappropriate Behaviors Course - FREE
- NFHS Engaging Effectively with Parents Course - FREE
- NFHS Sportsmanship Course - FREE

F. Lifetime Certification:

- Coaches that complete all NFHS Honor Roll Level 3 requirements will achieve RIIL Lifetime Certification.
- **Please Note that Coaches who earn the NFHS Honor Level 3 designation must still continue to maintain current certification in the following areas:**
 - NFHS Online First Aid, Health and Safety Course, or Red Cross or American Heart Association (AHA) First Aid Certification or equivalent course.
 - Red Cross, American Heart Association (AHA) Cardiopulmonary Resuscitation (CPR) and AED Certification or equivalent course.
 - NFHS Concussion Course - FREE (Must be Taken Annually)
 - NFHS Online Sudden Cardiac Arrest Course - FREE (Must be Taken Annually)

Section 2. Coaches Eligibility

- A. **Coaches who have not fulfilled the RIIL Coaching Certification Requirements are not eligible to coach at any RIIL member school.**
- B. Each head coach of a varsity team under RIIL jurisdiction must attend (before the start of the season) a designated interpretation meeting for that sport. If the head coach cannot attend the meeting, the Athletic Director or his/her designee must attend.

Section 3. Penalty

- A. The penalty for the use of an ineligible coach in any RIIL approved competition, game (league or non-league) event/championship tournament play will result in a fine of \$100 per ineligible coach. The ineligible coach cannot coach at any RIIL member school until s/he is certified and fine is paid. Additional consequences may be levied upon the school and individual coach by the Principals' Committee on Athletics.



Article 33: POSITION STATEMENTS

Section 1. GENDER EQUITY

- A. It is the policy of the Rhode Island Interscholastic League Principals' Committee on Athletics to provide equal opportunity for participation in athletics without discrimination because of gender.
- B. Approximately forty-three percent (43%) of student-athletes participating on Rhode Island Interscholastic League member school athletic teams are female.
- C. The values of female role models and future opportunities for women are important to high school athletic programs and their governance. Girls should see women in leadership and decision-making positions. This role modeling will demonstrate to girls that they too can become leaders who will have an impact on life and upon the lives of others. Adult women should inspire female student-athletes in a manner that will ensure broadened participation of women in future programs.
Therefore, the Rhode Island Interscholastic League's policy is to prohibit discrimination in athletics by gender, and to promote the full realization of equal opportunity in athletics through a continuing affirmative action program in all athletic programs under the auspices of the Rhode Island Interscholastic League.
- D. Gender equity is important to the leadership of the Rhode Island Interscholastic League.

Section 2. USE OF ALCOHOL & TOBACCO PRODUCTS AT AWARD BANQUETS

- A. The Committee on Athletics takes the following position relative to the use of alcohol and tobacco products at awards banquets:
 - i. *"The Rhode Island Interscholastic League takes the position that the use of alcohol and tobacco products at athletic events, including banquets and awards programs, is inappropriate. The Rhode Island Interscholastic League, therefore, encourages schools and associated athletic groups to discourage the use of these products at these events."*

Section 3. TOBACCO USE

- A. The Rhode Island Interscholastic League, in compliance with the 1999 Rhode Island House of Representatives Resolution 72 about the dangers of chewing and smoking tobacco, request that the athletic directors in each city and town inform student-athletes at the beginning of each season about the dangers of chewing and smoking tobacco as follows:
- B. Chewing, dipping or smoking tobacco is harmful to the body. All forms of tobacco use cause damage. It can cause severe medical problems and worsen many other medical conditions including heart disease, strokes, vascular disease, pulmonary disease, emphysema, and cancer. One of the effects of chewing and dipping is called leukoplakia which causes white leathery patches inside the mouth. Sometimes these patches turn into cancer and often prove fatal.
- C. Chewing or dipping can cause teeth to wear down or decay. It can also make the gums recede or move back. This leaves teeth exposed to more decay and means more trips to the dentist. The tobacco chewer or dipper will lose much of his sense of taste. S/he has trouble tasting foods that are bitter, sweet or salty.
- D. Nicotine is found in all forms of tobacco. Nicotine causes the user to feel good for a very short time. When the nicotine wears off, the chewer, dipper or smoker feels let down. Once the nicotine user is addicted, s/he must have more tobacco every 20 to 30 minutes to maintain a normal feeling. At this point, s/he is

addicted to the nicotine. Nicotine also causes blood vessels to get smaller. The heart begins to pump harder and faster to get blood through the narrow vessels.

- E. Any form of tobacco, whether it is chewed or smoked, is both harmful and addictive. To stay healthy, stay away from any form of tobacco.
- F. The Rhode Island Interscholastic League promotes health and well-being for student-athletes and seeks to instill respect for a healthy mind and body. Recognizing that the carcinogens and carbon monoxide that result from tobacco use are dangerous to the athlete's health and to those around him or her; the League recommends that all school districts adopt a non-tobacco use policy at all sport functions, competitive events, and school-sponsored banquets regardless of location and time of day. This policy applies to all employees, coaches, players, parents, volunteers or guests.

Section 4. – PAY-TO-PLAY

- A. The RIIL Principals' Committee on Athletics is of the opinion that students should not be assessed fees for the privilege of participating in high school athletics which have been traditionally recognized as integral and meaningful in the total school program. Interscholastic sports have through the years provided immediate and long-range benefits to participants as well as to schools. In the opinion of the Principals' Committee on Athletics requiring "pay-to-play: is a shortsighted educational policy and can be discriminatory to the needy.



Article 34: MEDICAL POSITION STATEMENTS

Section 1. GENDER EQUITY

E. It is the policy of the Rhode Island Interscholastic League Principals' Committee on Athletics to provide equal opportunity for participation in athletics without discrimination because of gender.

The following position statements were developed by the Rhode Island Interscholastic League's Sports Medicine Advisory Committee and approved by the RIIL Principals' Committee on Athletics:

Section 1. CARDIOVASCULAR DISEASE IN ATHLETES

The Rhode Island Interscholastic League in an attempt to emphasize the importance of screening for cardiovascular diseases in young student-athletes has developed the following position on a prudent approach to this important problem.

Sudden death in young athletes has become a highly visible health concern in our country. Unfortunately, most of these deaths are most often congenital cardiovascular malformations. The most common lesion is hypertrophic cardiomyopathy.

The ultimate goal is not treatment, but early detection. Therefore, it is the position of the Rhode Island Interscholastic League that every Rhode Island community have in place a comprehensive pre-participation screening program with appropriate procedures for identification of these potentially lethal cardiovascular abnormalities. The objective of these exams is the disqualification of selected athletes from competition thereby reducing their risk for sudden death during sports activities.

Although sudden cardiac death is a rare event, it is the responsibility of our communities to provide a safe environment for our student athletes.

The RIIL has produced a comprehensive sports-oriented history and physical examination form to aid Rhode Island physicians in identifying these and other problems.

The history is the most sensitive method for detection. The majority of cardiac problems will be identified by the history rather than by the physical exam.

The physical exam must be performed by a clinician familiar and comfortable with the physical signs of the causes of sudden cardiac death.

It is the goal of the Rhode Island Interscholastic League that all communities utilize this screening form in order to standardize the approach of all Rhode Island physicians, thereby optimizing our chances of detecting these potentially lethal conditions in our student-athletes.

Section 2. CONCUSSIONS

Please refer to the NFHS – Sports Medicine Handbook (3rd Edition 2008, Pages 77-82) that was distributed to every member high school.

Section 3. BURNERS AND STINGERS

The Rhode Island Interscholastic League has taken the following position on return to play criteria after sustaining a *burner*.

Burners or stingers are terms used to describe an injury to one side of the upper extremity, which typically includes burning pain and muscle weakness most commonly involving the biceps, deltoids, and rotator cuff muscles (supraspinatus and infraspinatus). A **burner usually** occurs from downward movement of the shoulder associated with the lateral flexion of the neck toward the opposite shoulder.

A detailed assessment should be performed consisting of neck palpation for pain and range of motion. If all motor and sensory symptoms resolve within seconds to minutes and there is no associated neck pain or limitation of neck motion, the athlete may return to competition. If symptoms persist for more than a few minutes, an MRI of the cervical spine should be considered to look for a herniated disc or any other cervical compressive pathology. Electromyography (EMG) is recommended when symptoms remain for more than two weeks. Any athlete who suffers two repetitive stingers should use high shoulder pads and a soft cervical roll or cowboy collar. One should also undergo cervical radiographs and an MRI to evaluate a possible underlying cervical spinal stenosis.

Burners can be minimized with appropriate equipment and education on tackling technique. An on-field evaluation is crucial to differentiate **burners** from a far more serious spinal cord injury. An individual who sustains recurrent **burners** and demonstrates evidence of cervical spinal stenosis should be disqualified from any contact athletic events.

Section 4. LICENSED/CERTIFIED ATHLETIC TRAINERS AT RIIL CHAMPIONSHIP EVENTS

The Rhode Island Interscholastic League provides certified athletic trainers to various high school championship events. The purpose of these certified athletic trainers is to provide emergency medical coverage to all participants of these games.

As more and more schools have begun to see the necessity of proper athletic medical coverage, high schools have begun using certified athletic trainers, physicians and other medical professionals to assist with the schools' medical needs. Many of these medical personnel have developed a strong working relationship with the teams.

A. To provide the best possible coverage for all students-athletes at these games, the following protocol will be observed by all athletic trainers at all contests. We hope that this outline will promote better quality care at all championship events.

1. Upon arrival at the game/meet, the athletic trainers will situate themselves in such a location to be available to both teams, without interfering with the area of competition.
2. Prior to the start of the game, the athletic trainer will introduce themselves to a member of the coaching staff from each team. The athletic trainer will state their purpose for being at the game, their location and availability. The athletic trainer will then ask if there is any medical personnel traveling with the team. The athletic trainer will also inquire if there are any medical problems or conditions that any member of their team may have that they should be aware of during the contest.
3. The athletic trainer will also introduce themselves to the officiating staff and alert them of their presence and availability.

4. If there is NO medical coverage traveling with a team, the athletic trainer will inform the coach that they will go out onto the floor/field if it is warranted to provide medical care to a downed athlete. All medical decisions regarding the treatment of the athlete will be made by the athletic trainer.
5. If there IS medical personnel (ATC, PT/ATC, EMT) with a team, the athletic trainers will introduce themselves and offer assistance. In the event that medical treatment for one of their athletes is needed, the athletic trainer will accompany their medical personnel on the floor/field. However, the athletic trainer will remain at a discrete distance to observe the incident and to assist if needed. All medical decisions made in regard to the athlete will be done by the team's medical personnel.
6. If the medical personnel is a physician, all decisions made by the doctor will be considered final.
7. If there is "medical personnel" with a team that is **not** a certified athletic trainer, physician, EMT or if the "medical personnel" is a non-accredited individual, (i.e., a student athletic trainer or a certified first-aider) then all medical decisions regarding the care and treatment of the athlete will be made by the athletic trainer.

Section 5. COMMUNICABLE DISEASE PROCEDURES

While the risk of one student-athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood-borne infectious diseases can be transmitted. For example: Hepatitis B can be present in blood as well as other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped and the open wound covered. If there is an excessive amount of blood on the uniform; it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of and/or disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth-guards, and articles containing body fluids.

Section 6. USE OF LEGAL CAST IN ATHLETIC CONTESTS

If the student/athlete's doctor gives clearance to participate with the use of a protective cast that is approved by the Rule of the game (NFHS), the student athlete will be required and must have an authorization letter from the doctor which shall be considered valid for a period of six (6) weeks from the date of letter. (It shall not be necessary for the student-athlete to present a note each week). At the end of the six (6) week period the student-athlete may provide another doctor's note which shall remain valid for another six (6) weeks from the date of the letter). The school is required to have the doctor's authorization letter for review by the officials prior to any RIIL contest.

Section 7. STUDENT CHEMICAL HEALTH/ALCOHOL/TOBACCO

A. Philosophy

The RI Interscholastic League and its member schools have a vital interest in the health and safety of its student-athletes.

The RIIL recognizes the use of mind-altering/performance enhancing chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The use of mind-altering/performance enhancing chemicals for some adolescents affects co-curricular participation and development of related skills. The lives of other adolescents are affected when family members, team members and other significant persons use these chemicals.

The RIIL member schools assume a partnership role, along with families and their community by providing an educational environment where students learn about the harmful effects of such substances and where such use is strictly prohibited.

B. Position Statements

It is the position of the RIIL and its member schools that:

- a. Scholastic athletes and other students should abstain from the use of alcohol and controlled substances as well as refrain from using tobacco and smokeless tobacco.
- b. Coaches and other adult school personnel should demonstrate responsible use of alcohol and tobacco in an appropriate setting and abstain from the use of controlled substances.
- c. No coach should use alcohol, tobacco, or other drugs before, during or immediately after any interscholastic contest until his/her supervisory duties are completed for that contest.
- d. Adults should abstain from the use of 1) alcohol before and during, and 2) tobacco during meetings when business related to athletics is conducted.
- e. Chemical dependency is an illness and it may be treated.

C. Guidelines for Developing a Code of Conduct for Schools

To this end the RIIL will support its member schools who provide professional leadership and programs to achieve the following purposes:

1.
 - a. emphasize the schools' concerns for health of students in areas of safety while participating in activities and the long-term physical and emotional effects of chemical use on their health
 - b. promote equity and a sense of order and discipline among students
 - c. confirm and support existing state laws and local regulations which restrict the use of such mind-altering/performance enhancing chemicals
 - d. establish standards of conduct for those students who are leaders and standard-bearers among their peers
 - e. assist students who desire to resist peer pressure which directs them toward the use of mind-altering/performance enhancing chemicals
 - f. assist students who should be referred for assistance or evaluation regarding their use of mind-altering/performance enhancing chemicals

Section 8. POSITION STATEMENT ON PRE-PARTICIPATION PHYSICAL EXAMINATIONS

The RI Interscholastic League endorses the use of a sports-specific Pre-Participation Physical Examination to screen all RI student athletes prior to their inclusion in sports programs. The position of the RIIL is that all school districts in RI utilize the same standard history and physical form to exam and screen athletes prior to their participation in sports. We feel this standardization may improve overall effectiveness.

The Sports Medicine Advisory Committee of the RIIL has produced a comprehensive history and physical form for this purpose.

The Committee is composed of sports medicine specialists in the field of family medicine, orthopedics, athletic training, sports psychology, sports podiatry and dentistry. In addition, other members included high school athletic directors and sports administrators.

The Committee performed an extensive review of the current sports medicine literature and reviewed numerous history and physical forms from other states. It is the opinion of this committee that, at the time of this writing, many districts are performing inadequate and cursory examinations.

The goal of these exams is to identify potential medical and orthopedic problems that could lead to further injury or death. They required a detailed history, specific to sports, which can be completed by the parent. The committee asserts that the medical history is at least as important as the physical exam in its ability to identify past medical problems and family medical history.

The Committee further asserts that a pre-participation physical examination is distinctly different from a routine annual physical exam. The exam must be specific to participation in athletics thorough and with particular attention to the cardiovascular and musculoskeletal systems. Attached is a copy of the pre-participation exam form produced by the RIIL Sports Medicine Advisory Committee. We strongly urge all RI school districts to adopt this form as their own and utilize it with all potential student-athletes.

Section 9. INVASIVE MEDICAL PROCEDURES ON THE DAY OF COMPETITION

The NFHS SMAC was formed in 1996 to assist the NFHS in ensuring the safety of high school athletes across the nation. The SMAC investigates numerous issues, rules, and situations and considers their potential risks to athletes. Recently, the SMAC (Sports Medicine Advisory Committee) has reviewed the issue of invasive medical procedures such as intravenous (IV) rehydration and the use of injectable anesthetic/analgesic drugs during or before athletic contests and events.

While we believe these practices are not widespread at the high school level, a handful of such incidents have been reported to the SMAC over the past year. It is reported that these procedures are carried out at the college and professional levels. The SMAC is very concerned that occurrence of, or the desire for, such medical procedures will continue to “trickle down” to high school athletics.

The SMAC encourages a philosophy that high school athletics serve the purpose of providing young men and women the opportunity for personal growth in a controlled environment. The pursuit of victory is not, by itself, justification for medical intervention. We believe that invasive procedures such as the administration of IV fluids and the use of injectable anesthetic/analgesic drugs performed on the day of competition with the sole purpose of enabling a student athlete to participate are inconsistent with the philosophy of high school sports.

This position applies to any athlete requiring a local (example: lidocaine) or systemic (example: Toradol) pain-killing medication to enable him or her to play. This practice increases the risk of further injury to the affected body part. The use of prescription medication that is administered by injection for chronic medical conditions (such as insulin for diabetes or Imitrex for migraine headaches) is appropriate, and will not be affected.

Second, performing medical procedures in a locker room, training room, or other facility is fraught with the potential for infection and other complications. The placement of an intravenous catheter or the administration of an intramuscular or subcutaneous injection is a medical procedure and should be treated as such. Thus, a medical facility is the proper venue for any such invasive procedures to be carried out.

Finally, while our primary concern is with protecting the health of the young athlete, we believe this is also a matter of participation equity. Due to a variety of factors, few high school sports programs have team physicians attending the competitions and in many instances these volunteers do not have special training in sports medicine. Thus, teams and individuals who have a physician or other medical provider willing and able

to provide such services will have a significant competitive advantage over their opponents who may not have such a specialist available.

After a review of the potential risks, consequences, and limited medical benefits of these invasive procedures, the NFHS Sports Medicine Advisory Committee takes the position that there is no proper role for these procedures in high school athletics. We strongly recommend to coaches, school administrators, athletic trainers, and team physicians that athletes should not be allowed to participate in athletic contests or events if they have received IV hydration or been injected with an anesthetic or analgesic medication on that same day.

Section 10. NFHS STATEMENT OF MEDICAL APPLIANCES

Although still relatively rare, the use of insulin pumps by athletes with diabetes has become more commonplace over the past few years. With the wider use of insulin pumps, as well as other medical devices such as heart monitoring equipment, concerns have been raised regarding the safety of the athlete wearing the device, teammates, opponents, and the device itself. The NFHS SMAC has discussed these issues and come to the following conclusion:

When it is necessary for an athlete to wear a medical appliance (such an insulin pump) during athletic competitions, the device shall be padded and securely attached to the player's body underneath the uniform. Devices attached to the head (such as hearing aids and cochlear implants) do not need to be padded, but shall be firmly secured to the body. No medical appliance should pose a risk of injury to others. It is recommended that the athlete notify the official of the presence of the medical appliance prior to a contest.

Section 11. SUPPLEMENTS POSITION STATEMENT

The NFHS Sports Medicine Advisory Committee (SMAC) strongly opposes the use of dietary supplements for the purpose of athletic advantage. Research data shows widespread use of dietary supplements by adolescent and high school athletes, despite considerable safety concerns. Dietary supplements are marketed as an easy way to enhance athletic performance, increase energy levels, lose weight and feel better. It is proven that adolescents are more susceptible to advertising messages and peer pressure, increasing the risk of dietary supplement usage. This can create a culture more concerned about short term performance rather than overall long term health.

The Dietary Supplement Health and Education Act of 1994 removed dietary supplements from pre-market regulation by the Food and Drug Administration (FDA). Thus, many of the substances that can be obtained from nutrition stores and the internet are not subject to the same strict tests and regulation as "over the counter" and prescription medications. The companies that produce dietary supplements do not need to test their safety or effectiveness before they are available to consumers. In fact, dietary supplements cannot be removed from the marketplace unless they present a significant or unreasonable risk of illness or injury.

- **MYTHS** regarding dietary supplements:
 - If a substance is natural, it must be safe and beneficial.
 - Athletes that consume a well balance diet still have nutritional deficiencies
 - Since dietary supplements may be purchased at a store or over the internet, they must be safe and legal

The NFHS SMAC discourages the use of supplements by athletes due to the lack of published, reproducible scientific research addressing the benefits and documenting long term adverse health effects of the supplements, particularly in the adolescent age group. Dietary supplements should be used only upon the advice of one's

health care provider. School personnel and coaches should never recommend, endorse or encourage the use of any dietary supplement, drug, or medication for performance enhancement.

We recommend that coaches, athletic directors, and school personnel develop strategies that address the growing concerns of using dietary supplements. Such strategies may include conversations with athletes and their parents about the potential dangers of dietary supplement use. Athletes should be encouraged to pursue their goals through hard work and good nutrition, not dietary shortcuts.

- Dietary supplements receive no FDA regulation:
 - There is no guarantee the true amount or concentration of ingredients is listed on the label
 - There is no guarantee the substance is pure, as studies have found lead and arsenic in supplements.
 - There may be other compounds not listed on the label in the dietary supplement which may be illegal or banned substances.
- There is minimal evidence that dietary supplements enhance performance for most high school sports.
 - There is even less evidence supporting their use in adolescents.
- In order to help prevent dietary supplement use:
 - School personnel, coaches and parents should allow for open discussion about supplement use, but strongly encourage optimal nutrition and a well balanced diet.
 - Remind athletes that no supplement is harmless and free from consequences.
 - Remind athletes that there is no short cut to improved performance, it takes hard work.
 - Because they are not regulated, dietary supplements may contain impurities and illegal substances not listed on the label.
 - Adolescents that use dietary supplements are more likely to use steroids, continue usage into adulthood, and to engage in other high risk behaviors like smoking, drinking and using drugs.

Section 12. POSITION STATEMENT ON ANABOLIC STEROIDS

A. EXISTING POLICIES/STAND

The NFHS strongly opposes the use of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks. The NFHS supports prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

B. BACKGROUND

Anabolic, androgenic steroids (AAS) are synthetic derivatives of the male hormone testosterone. Natural testosterone regulates, promotes and maintains physical and sexual development, primarily in the male, but with effects in the female as well. Like testosterone, AAS have both an anabolic effect (increase in muscle tissue) and an androgenic effect (masculinizing effects that boys experience during puberty). No AAS is purely anabolic. As a result, the use of AAS won't lead to muscle growth without also leading to the other unintended, undesirable side effects.

According to national surveys, the use of AAS among high school students has been decreasing since about 2001. There are no national studies that measure the extent of AAS use by high school student-athletes, although some states publish statewide prevalence data. Nearly one-third of high school age steroid users do not participate in organized athletics and are taking AAS primarily to modify their

physical appearance. Athletes who use AAS do so for two main reasons: 1) to gain strength and (2) to recover more quickly from injury.

AAS are controlled substances and are illegal to use or possess without a prescription from a physician for a legitimate medical diagnosis. Some AAS are used by veterinarians to treat pigs, horses and cows. In humans, medical uses of AAS include weight gain in wasting diseases such as HIV-infection or muscular dystrophy, absent gonadal function in males, and metastatic breast cancer in women. AAS should not be confused with corticosteroids, which are steroids that doctors prescribe for medical conditions such as asthma and inflammation. AAS are prohibited by all sports governing organizations.

C. FACTS ABOUT ANABOLIC STEROIDS

- Anabolic steroids are controlled substances and are illegal to possess or sell without a prescription for a legitimate medical condition by the prescribing physician.
- Androstenedione, norandrostenedione and other similar prohormones, at one time available over the counter as dietary supplements, are now defined as controlled anabolic steroids.
- Athletes who have injected anabolic steroids in high school have tested positive in collegiate drug tests – months after they stopped injecting.
- Athletes who have injected anabolic steroids are at greater risk for infections, HIV and hepatitis.

D. POTENTIAL NEGATIVE SIDE EFFECTS FROM THE USE OF ANABOLIC STEROIDS

- Decreased eventual height if consumed before growth plates have fused in pre-pubertal youngsters
- Secondary sex characteristic changes
- Increased acne
- Growth of body/facial hair in girls
- Loss of hair in boys
- Permanent voice-lowering in girls
- Violent, combative behavior
- Sexual dysfunction and impotence
- Mood swings, loss of sleep, paranoia
- Depression upon stopping use
- Organ damage and death from heavy use

E. PREVENTING ATHLETES FROM TAKING ANABOLIC STEROIDS

- School personnel, coaches and parents can reduce steroid abuse by speaking out against such use
- Talk with your athletes about frustrations they may have about how they look or how they are performing in their sport. Help them establish healthy expectations of their bodies.
- Talk to athletes about realistic performance standards
- Focus on proper nutrition and hydration. Work with a registered dietician to develop a plan for appropriate weight gain and/or weight loss
- Don't trust Internet marketing messages about quick fixes
- Restrict athletes' access to environments where steroid use might occur and to people who are involved with anabolic steroids
- Don't subscribe to publications such as muscle magazines that depict unrealistic pictures of men and women
- Help athletes understand that using anabolic steroids not only is illegal, but also cheating
- Consider imitating a formal performance-enhancing, drug-education program to educate athletes and deter use.

Section 13. POSITION STATEMENT AND RECOMMENDATIONS FOR MAINTAINING HYDRATION TO OPTIMIZE PERFORMANCE AND MINIMIZE THE RISK FOR EXERTIONAL HEAT ILLNESS

DEHYDRATION – ITS EFFECTS ON PERFORMANCE AND ITS RELATIONSHIP TO EXERTIONAL HEAT ILLNESS RISK:

- Appropriate hydration before, during, and after physical activity is integral to healthy, safe and successful sport participation.
- Weight loss during exercise and other physical activity represents primarily a loss of body water. A loss of just 1 to 2 percent of body weight (1.5 to 3 pounds for a 150-pound athlete) can negatively impact performance. A loss of 3 percent or more of body weight during vigorous exercise can also significantly increase the risk for exertional heat-related illness. If an athlete is already dehydrated prior to beginning activity, these effects will occur even sooner.
- Athletes should be weighed (in shorts and T-shirt) before and after warm or hot weather practice sessions and contests to assess their estimated change in hydration status.
- Athletes with high body fat percentages can become significantly dehydrated and over-heat faster than athletes with lower body fat percentages, while working out under the same environmental conditions at the same or similar workload.
- Athletes have different sweating rates and some lose much more water and salt through their sweat than others. “Salty sweaters” will often have noticeable salt stains on their clothing and skin after workouts, and they often have a higher risk of developing exertional muscle cramps.
- Poor heat acclimatization/fitness levels can greatly contribute to an athlete’s heat intolerance and exertional heat illness risk.
- Certain medications or current/recent illness, especially for illnesses involving gastrointestinal distress (e.g., vomiting, diarrhea) and/or fever, can negatively affect an athlete’s hydration status and temperature regulation, increasing the risk for exertional heat illness.
- Environmental temperature and humidity each independently contribute to dehydration and exertional heat illness risk.
- Clothing that is dark or bulky, as well as protective equipment (such as helmets, shoulder pads and other padding and coverings), can increase body temperature, sweat loss and subsequent dehydration and exertional heat illness risk.
- Even naturally dry climates can have high humidity on the field if irrigation systems are run prior to early morning practices start. This temporary increase in humidity will continue until the water completely soaks into the ground or evaporates.
- A heat index chart should be followed to help determine if practices/contests should be modified or canceled. The NOAA National Weather Service’s heat index chart can be found at:
<http://www.weather.gov/om/heat/index.shtml>
 - Onsite wet-bulb temperature should be measured 10-15 minutes before practices or contests. The results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
 - If wetbulb temperature measurement is not available, the heat index for your approximate location can be determined by entering you postal zip code:
<http://www.osaa.org/heatindex/>

The interplay of relative humidity and temperature on sweating and the risk for exertional heat illness:

- A combined relative humidity of 40 percent and a temperature of 95 degrees Fahrenheit are associated with a *likely risk* of incurring significant sweat loss and exertional heat illness during strenuous physical activity. However, even with a *lower air temperature* of only 85 degrees Fahrenheit, for example, the risk for extensive sweating and exertional heat illness would likely be the *same or greater with a higher relative humidity* of 70 percent or more.

WHAT TO DRINK DURING EXERCISE AND OTHER PHYSICAL ACTIVITY:

- For most exercising athletes in most scenarios, water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost-effective.
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit in the following general situations:
 - - Prolonged continuous or intermittent activity of greater than 60 minutes
 - Multiple, sameday bouts of intense, continuous or repeated exertion
 - Warm-to-hot and humid conditions
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit for the following individual conditions:
 - - Poor hydration prior to participation
 - A high sweat rate and/or “salty sweater”
 - Poor caloric intake prior to participation
 - Poor acclimatization to heat and humidity
- A 6 to 8 percent carbohydrate formulation is the maximum that should be utilized in a sports drink. Any greater concentration will slow stomach emptying and potentially cause the athlete to feel bloated. An appropriate sodium concentration (0.4-1.2 grams per liter) will help with fluid retention and distribution and decrease the risk of exertional muscle cramping.

WHAT NOT TO DRINK DURING EXERCISE AND OTHER PHYSICAL ACTIVITY:

- Fruit juices with greater than 8 percent carbohydrate content and carbonated soda can both result in a bloated feeling and abdominal cramping.
- Athletes should be aware that nutritional supplements are not limited to pills and powders as many of the new “energy” drinks contain stimulants such as caffeine and/or ephedrine.
 - These stimulants may increase the risk of heat illness and/or heart problems with exercise. They can also cause anxiety, jitteriness, nausea, and upset stomach or diarrhea.
 - Many of these drinks are being produced by traditional water, soft drink and sports drink companies which can cause confusion in the sports community. As is true with other forms of supplements, these “power drinks”, “energy drinks” or “fluid supplements” are not regulated by the FDA. Thus, the purity and accuracy of contents on the label is not guaranteed.
 - Many of these beverages which claim to increase power, energy, and endurance, among other claims, may have additional ingredients that are not listed. Such ingredients may be harmful and may be banned by governing bodies like the NCAA, USOC, or individual state athletic associations.
 - See the **NFHS Position Statement and Recommendations for the use of Energy Drinks by Young Athletes** for further information.

HYDRATION AND FLUID INTAKE TIPS AND GUIDELINES:

- Many athletes do not voluntarily drink enough water to prevent significant dehydration during physical activity.
- Drink regularly throughout all physical activities. An athlete cannot always rely on his or her sense of thirst to sufficiently maintain proper hydration.
- Drink before, during, and after practices and games. For example:
 - Drink 16 ounces of fluid 2 hours before physical activity.
 - Drink another 8 to 16 ounces 15 minutes before physical activity.

- During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerable can safely and comfortable tolerate up to 48 ounces per hour).
- After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition (if there is sufficient time to do this safely and comfortably). Importantly, excessive fluid intake in a short period of time can be dangerous to one's health (see below on hyponatremia).
- The volume and color of your urine is an excellent way of determining if you're well hydrated. Small amounts of dark urine mean that you need to drink more, while a "regular" amount of light-colored or nearly clear urine generally means you are well hydrated. A Urine Color Chart can be accessed at: <http://at.uwa.edu/admin/UM/urinecolorchart.doc>
- Hyponatremia is a rare, but potentially deadly disorder resulting from the over-consumption of water or other low-sodium fluid (including most sports drinks). It is most commonly seen during endurance events, such as marathons, when participants consume large amounts of water or other beverages over several hours, far exceeding fluid lost through sweating. The opposite of dehydrations, hyponatremia is a condition where there is an excessive amount of water in the blood and the sodium content of the blood is consequently diluted to dangerous levels. Affected individuals may exhibit disorientation, altered mental status, headache, lethargy and seizures. A confirmed diagnosis can only be made by testing blood sodium levels. Suspected hyponatremia is a medical emergency and EMS (Emergency Medical Services) must be activated. It is treated by administering intravenous fluids containing high levels of sodium.

SECTION 14. POSITION STATEMENT AND RECOMMENDATIONS FOR THE USE OF ENERGY DRINKS BY YOUNG ATHLETES

Background: Energy drinks are popular among adolescents and young adults. These beverages are particularly popular among young athletes who see the consumption of energy drinks as a quick and easy way to maximize athletic and academic performance. In a recent survey of over 8,000 adolescents, 62 percent report consuming energy drinks at least once in the past year; 20 percent report consuming at least once per month. The marketing of these beverages to the younger populations through social media and advertisements has significantly increased. In 2006, nearly 500 new brands were introduced to the market place, and over 7 million adolescents reported that they had consumed an energy drink. Estimated sales of energy drinks for 2011 are expected to exceed \$9 billion and are projected to increase to over \$20 billion by 2017.

THE NFHS SMAC strongly recommends that:

1. Water and appropriate sports drinks should be used for rehydration as outlined in the NFHS **"Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness."**
2. Energy drinks should not be used for hydration prior to, during, or after physical activity.
3. Information about the absence of benefit and the presence of potential risk associates with energy drinks should be widely shared among all individuals who interact with young athletes.
4. Athletes taking over the counter or prescription medications should not consume energy drinks without the approval of their physician.
5. Energy drinks ARE NOT sports drinks and should not be used by athletes in training or competition.

WARNING: The exact content and purity of energy drinks cannot be insured, as there are no regulatory controls over these products. Thus, there is the risk for negative side effects (see below), potentially harmful interactions with prescription medications (particularly stimulant medications used to treat Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), or resultant positive drug tests due to impurities with banned substances.

Frequently Asked Questions:

What is an energy drink?

- An energy drink is a beverage marketed to both athletes and the general public as a quick and easy means of relieving fatigue and improving performance. In addition to water, nearly all energy drinks contain carbohydrates and caffeine as their main ingredients. The carbohydrates provide nutrient energy while the caffeine acts as a stimulant to the central nervous system.

What are the differences between an energy drink and a sports drink?

- Sports drinks are designed to provide rehydration during or after athletic activity. While contents vary, most sports drinks contain a 6 to 8 percent carbohydrate solution and a mixture of electrolytes. The carbohydrate and electrolyte concentrations are formulated to allow maximal absorption of the fluid by the gastrointestinal tract. Energy drinks often contain a higher concentration of carbohydrate (usually 8 to 11 percent), and thus a larger number of calories than sports drinks. They also contain high amounts of caffeine and, in some cases, other nutritional supplements. Other ingredients with caffeine-like effects may be present; yet, typically their caffeine content is not noted. **Energy drinks are not appropriate for hydrating or rehydrating athletes during physical activity and should not be used in such circumstances.**

What ingredients are found in energy drinks?

- *Carbohydrates* – Most energy drinks have from 18g to 25g of carbohydrate per 8 ounces. The high carbohydrate concentration can delay gastric emptying and impede absorption of fluid in the gastrointestinal tract.
- *Caffeine* – Nearly all energy drinks contain some quantity of “natural” or synthetic caffeine. The caffeine concentration may range from the equivalent to an 8 ounce cup of coffee (85mg) to more than three times that amount.
- *Herbs* – Many energy drinks include herbal forms of caffeine such as guarana seeds, kola nuts, and Yerba mate leaves, in addition to synthetic caffeine. The “performance enhancing” effects, safety, and health benefits of other herbs like Astragalus, Echinacea, Ginkgo biloba, ginseng, and countless others have not been well established by scientific studies.
- *Vitamins* – Athletes with reasonable good diets should be assured that they are at low risk for vitamin deficiency and typically do not need supplementation. There is no evidence to suggest that vitamin supplementation improves athletic performance. Female athletes may benefit from iron and calcium supplements; but, those are more easily and inexpensively obtained in supplement form rather than from energy drinks.
- *Protein and amino acids* – Only a small amount of protein is used as fuel for exercise. Carbohydrates are utilized as the primary fuel source. To date, there is no definitive evidence that amino acid supplementation enhances athletic performance.
- *Other ingredients* – With the hundreds of energy drink brands that are available, the potential ingredients which they may contain are virtually unlimited. Possible additions include pyruvate, creatine, carnitine, medium-chain triglycerides, taurine and even oxygen.
- Recent manufacturer trends to mix energy drinks in alcoholic beverages is specifically concerning for the potential abuse of alcohol and the resultant higher amounts of alcohol consumption.

What are the possible negative effects of using energy drinks?

- *Central nervous system* – Caffeine often has the effect of making a person feel “energized.” Studies have shown some performance-enhancing benefits from caffeine at doses of 6mg/kg of body weight.

However, these and higher doses of caffeine may produce light headedness, tremors, impaired sleep, suppression of appetite, and difficulty with fine motor control.

- *Gastrointestinal system* – The high concentrations of carbohydrates often found in energy drinks may delay gastric emptying, resulting in a feeling of being bloated. Abdominal cramping may also occur. Both carbohydrates and caffeine in the high concentrations found in most energy drinks may cause diarrhea.
- *Dehydration* – Energy drinks should not be used for pre- or rehydration. The high carbohydrate concentration can delay gastric emptying and slow absorption from the gastrointestinal tract, and, may cause diarrhea. Caffeine can act as a diuretic and, therefore, may result in increased fluid loss.
- *Positive drug tests* – Like all nutritional supplements, there is little or no regulatory oversight of energy drinks. The purity of the products cannot be assured and it is possible that they may contain substances banned by some sports organizations.
- Consumption of energy drinks by adolescents and young adults has been linked to heart arrhythmia (irregular and/or rapid heart rate), other cardiovascular events such as high blood pressure and heart attacks, and liver problems.
- Sales of certain energy drinks have been banned in Denmark, Turkey, Uruguay, Germany and Austria. Some states in the U.S. have introduced legislation to restrict sales of energy drinks to adolescents and children. Recently, healthcare providers have voiced increasing concerns about the consumption of energy drinks in association with alcohol because of the interaction of the stimulant effects of energy drinks and the depressant effects of alcohol.