

WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION



**GOOD STANDING
BUY BACK PROGRAM
FOR
PARTICIPANTS**

C O N T E N T S

**Program Purpose
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DVD Presenters:

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Sports Psychologist
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WHSAA Good Standing Buy Back Program Purpose

The consequence of an ejection from a WHSAA contest is your ineligibility in the next game or games as per WHSAA Rule 3.5.0, which has been developed and adopted by all of our member schools of the association. Along with sitting out you must also successfully complete this program before you are again eligible to participate!

The purpose of this program is to help you develop a plan and strategy to consistently choose behavior that is both appropriate and is quality role modeling for the younger students always watching you.



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WHSAA GOOD SPORT CODE

“JOIN THE **RIDE!”**

- **R**espect to participants, officials, guests, your school, their school and yourself,
- **I**ntegrity by treating others as you wish to be treated,
- **D**edication through understanding that the RIDE takes time; it's worth it in the end, not just for you but for all, and
- **E**ncouragement by promoting good sportsmanship just as much as you discourage bad sportsmanship.

DVD OUTLINE

I Introduction

II Privilege and Responsibility

Participation in WHSAA activities especially sports is a tremendous opportunity for students.

An opportunity to develop into the best that you can be

the best player you can be
the best candidate
the best citizen

III Focus on Opportunities

Sometimes we get focused on the wrong things

on winning
on things that are by products to the whole reason that activities exist in schools like league championships, individual honors, tournament titles

There is nothing wrong with these things as long as they are not the primary reason for participating.

IV Member School Activities

The WHSAA is made up of our member schools and these schools have chosen to include activities as part of the education setting for a very different reason

They sponsor activities because studies have shown that students involved in activities make the most productive future citizens. They realize their potential.

Involvement in activities is the best predictor of future success because of the lessons we learn.

V Agreement to Play by the Rules

When you chose to take advantage of this privilege to participate, you also agree to play by the rules and regulations set out by:

1. Your coach
2. Your school
3. The WHSAA

The WHSAA rules are laid out in the pamphlet you and your parents signed before practice even began. You may have had to sign a Code of Conduct or Pledge for your local school also.

Basically by doing this, you agreed to abide by the rules that govern play in all WHSAA sporting activities.

VI Reasons for Rules

We have rules for three reasons:

- #1 so it is safe
- #2 so it is fair
- #3 assures we are learning to make positive choices

Officials job is to enforce rules - again for safety
for fairness
assure positive direction

Officials play an important role, without them there is no game. Without rules and officials to enforce them, we could not guarantee safety or fairness.

WHSAA watches over schools and gets involved after the game if there has been an ejection.

VII Consequences

What happens when we get ejected

1. Sit out a game or games.
2. Must successfully complete this study course and return it to the WHSAA office. When these requirements are fulfilled the person has bought back good standing and is eligible to participate again.

VIII Choices

I believe ejections happen because we make a bad choice that puts us in the area of someone else's control or we react out of anger. Dr. Chris Carr will be giving you some information a little later in this tape concerning controlling our behavior when we're angry.

Let's think first about bad choices, for whatever reason, that put us in an area that someone else has control over.

IX Focus on things we control

There are things we have control over and that's what we need to focus on.

For example:

<i>Player</i>	<i>Coach</i>	<i>Official</i>
1. Attitude	1. Who plays	1. What gets called a foul
2. How hard he plays	2. How long we play	2. When the ball gets put in play
3. What he says	3. Team rules	3. Decision of when someone breaks a sportsmanship rule.

Let's look at that a moment.

The official using the National Federation Rulebook knows what is or isn't acceptable behavior. And it's under his control to make the judgment of when unacceptable behavior has happened.

So let's say a player says something that is not acceptable.

When the player does this he puts himself over in the area that the official has control over and the result of the player's choice to do this is possibly a technical foul or ejection as the official fulfills his role of what he controls.

X Consequences

We would agree that this was a bad choice on the part of the player

Bad choices involve unpleasant consequences

sitting out

XI Summary

So it's very important that we learn to make good positive choices and that we learn to focus on what we have control over.

Don't be tempted to put yourself in the area that is under someone else's control by making bad choices.

Now here is some helpful information concerning anger and your behavior.

Our purpose for this WHSAA Buy Back Good Standing Program is to help you to always make good decisions so you can participate as much as possible. We are relying on you to become a citizen in our state who contributes in a positive manner to our society. There is no better place to learn these good citizenship skills and responsibilities than through participation in activities. Keep your focus on the things you control. Remember now that the study pages of this guide must be completed and returned to the WHSAA office for approval.

Good luck to you! I hope to see you back playing in the near future.

DVD Outline
WHSAA Anger Management Program

Chris Carr, Ph.D.
Sports Psychologist
The Ohio State University

- I. Introduction
- II. Your reason for seeing the video....a consequence of an Unsportsmanlike Conduct violation.
- III. Goal of Program....Understand, Learn, and Change Behaviors that have led to this consequence.

Emotion is a part of sport....it sometimes leads to behaviors that we wish had never happened....

Talking about emotions, thoughts, and behaviors related to ANGER.
- IV. Anger is an Emotion....A NORMAL emotion that we experience as human beings. You are not hear because of the emotion of anger, but instead, because of the behavior that occurred because of the anger, and the thoughts that preceded the behavior,
- V. Thoughts....and thinking....can be changed. The goal of changing behavior is related to what we think about related to anger.

Be aware that we are role models....this may help change your thoughts about your future behaviors.

Aggressiveness....defined as an attempt to hurt somebody.
Assertiveness....defined as achievement oriented.

How do you perceive anger???
- VI. Behavior....my thoughts preceded the behavior. We must be able to control and change our thoughts first, the behaviors associated with anger.

Making choices to change this behavior is key....what is your choice....

Challenge is for you to change....
- VII. Think about the event....

What were the “triggers” that were associated with the angry behavior....this is the first step.

If this is a pattern of behavior for you both in and out of the sport context, please seek help from a counselor or psychologist.

What made the “trigger” unique in your situation?

Identify what you do have control over....focus on those aspects vs. those things that you cannot control.

When you think about getting and acting angry....there was a loss of control....learn how this happened for you....Understand that elite performance is usually defined by calm.

VIII. Identify triggers.

Understand and review the situation.

Think about how I could have reacted differently....(a calmer, more focused response)

- what were alternative behaviors....gaining control

Put plan into action....See (visualize) yourself reacting differently in the next situation.

Prepare for dealing with the emotions of sport and behaving differently when feeling angry.

Mentally prepare for a new and more positive reaction....

If these steps seem too difficult, seek professional help to further identify change.

IX. Summary

Elite performers learn how to control and focus their emotions to enhance performance.

Acting with angry behaviors indicates a lack of control; learn to control your behaviors.

Can't change the past, or the incident that brought you here....but you can make a CHOICE to change your future behaviors....As a coach or athlete, you will continue to compete in an environment of increased emotions and physiological arousal, so unless you wish to repeat the behaviors, then change the response now.

Good luck with your careers.

**WHSAA Good Standing Buy Back Program
Study Guide**

Please read and fill out this study guide as directed.

Describe briefly the situation of your ejection.

What is your understanding of being a role model for younger students?

Why do we have rules for the games we play?

Give an example of a behavior that you control.

What is the function of officials in association contests?

List two behaviors that you could choose that would be both appropriate behavior and would show good role modeling to younger students.

Name some things you have control over.

Do you recall signing the eligibility pamphlet that appears in this booklet?

Yes

No

If no, why? _____

Would you agree that by signing this pamphlet you contracted yourself to obey the rules of the WHSAA, your school and your coach?

Yes

No

Outline your personalized plan that will guarantee that you will be involved with only appropriate behavior in the future.

Remember that this information must be sent to the WHSAA office for approval before you are eligible to compete after you sit out as per WHSAA Rule 3.5.0.

School _____ Student-Athlete Signature _____

Date _____ Signature of Monitoring Administrator _____

YOUR HIGH SCHOOL ELIGIBILITY

The purpose of this pamphlet is to help you protect your eligibility because the WHSAA believes that you should know the rules that determine your eligibility. Most pupils who find themselves ineligible do so for one of two reasons: (1) They do not know the eligibility rules, or (2) They disregard these rules with the hope that no one will discover the violation. The rules of the Wyoming High School Activities Association are explained in the following paragraphs. Please understand that this pamphlet contains only a summary of the rules. You should read them carefully so that you understand them, and abide by them so that you are eligible to enjoy the privilege of interscholastic competition. Since this pamphlet is only a summary of the rules, please contact your principal or athletic director for exact copy and meaning of any rules you are unsure about.

These eligibility rules were not developed by chance, but have been developed gradually over a period of years by necessity to protect the welfare of youth and to ensure that interschool activities provide experiences of educational value to pupils. Only when activities provide such experience can they be justified as part of the total educational program. All of these rules have been voted on by the member schools of the WHSAA.

Eligibility to participate in interscholastic contests is a privilege to be attained by meeting the standards set forth by your school and by the WHSAA. Because your school is a member of the Wyoming High School Activities Association, it adopts the rules of this Association as minimum eligibility rules. Your school board, superintendent, and principal have the authority to establish any additional rules which they feel are beneficial to your school. Furthermore, coaches and sponsors may adopt training rules they deem advisable in the best interests of individual pupils and the team, so long as they are not in violation of the policies of the local school board. By abiding by these rules you can be eligible to take part in any interscholastic activity.

A complete copy of the WHSAA Rules Handbook can be found on the WHSAA Web Site <www.whsaa.org>. Following each rule in () is the WHSAA Handbook reference number for that rule.

What Are These Rules?

***1. STUDENT IN GOOD STANDING (6.1.0)**

You must be a regularly enrolled student in good standing carrying not less than twenty (20) class hours of work per week. Good standing implies that you be a creditable school citizen whose conduct in and out of school is such that it will not reflect discredit upon your school.

You will become ineligible if you are under suspension from school by your principal or superintendent for any reason.

***2. GRADES AND CREDITS (6.2.0)**

You must currently be passing in five (5) solid subjects, and you must have passed in five (5) solid subjects during the immediate preceding semester. Upon school district approval, deficiencies, including incompletes, conditions, and failures for the previous semester may be made up during a subsequent semester, summer session, night school, or tutoring for meeting eligibility requirements. Special education students must meet the educational goals set for them.

3. TRANSFER OR CHANGE OF SCHOOLS (6.4.0)

If you transfer from one school to another without a corresponding change of residence on the part of your parents, you will be ineligible for one year from the date of enrollment for varsity competition in the sports in which you competed in the previous twelve months. If this transfer is made with a corresponding move on your parent's/legal guardian's part, you will be just as eligible in this new school as you were in the former. Only that legal guardianship which has been established at least 12 months prior to the student's moving is recognized by the WHSAA.

Before you are eligible to represent the new school in either of the foregoing cases, the principal must submit the completed transfer form to the Association office attesting your move and your eligibility.

To understand the exception to this rule, please ask your principal.

***4. NUMBER OF SEMESTERS OF COMPETITION (6.5.0)**

You are limited to competing for no more than four (4) fall and four (4) spring semesters for a total of eight (8) semesters. These 8 semesters shall be consecutive and begin once you start the ninth grade.

5. AGE LIMIT (6.3.0)

You must be under twenty years of age on August 1 for fall sports, November 1 for winter sports, and March 1 for spring sports.

6. PHYSICAL EXAMINATION AND IMMUNIZATION (6.6.0)

Before you are eligible to compete or practice in any sport within the current school year, you must have on file a certificate of physical fitness issued by qualified medical personnel and a statement of permission signed by your parent or guardian. The physical must be taken after June 1 of the current school year.

You must also have on file proof of immunization.

7. AMATEUR STANDING (5.7.0)

You must be an amateur, that is, a person who has never used and is not now using his/her athletic skill for gain as a participant in athletic contests. For gain means accepting money or other monetary compensation as a result of athletic competition.

8. NUMBER OF PRACTICE DAYS (5.10.1)

You must participate in the required number of practices in your sport before you can compete. Check with your coach to find out the number of days required for your sport.

9. AWARDS (5.6.0)

You will be declared ineligible if you receive awards valued at more than \$250 or any amount of cash because of athletic involvement. Golf will follow the USGA rule.

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10. ASSUMED NAME (6.1.6, 5.0.3)

Competing under a false or assumed name will cause you to become ineligible.

Your name must be certified by your principal on a standard form to the opposing school or schools for each contest in which you are to compete.

11. UNDUE INFLUENCE (4.1.0)

Transferring from one school to another because of being influenced by any person to do so will make you ineligible for one full year.

***12. INDEPENDENT TEAMS (5.8.0)**

Playing on an independent team while a member of your high school competing squad in the same sport or activity is not allowed. Should you do so, you would forfeit your eligibility.

13. SPECIALIZED SPORTS CAMPS (5.4.0)

A coach or school representative may not directly or by implication direct you to attend camps/clinics, open gym sessions, or weight room training as a condition to practicing, participating or otherwise influencing your opportunity to participate in any school interscholastic program.

You may not participate in a specialized sports camp/clinic teaching individual skills for a period greater than two calendar weeks during any calendar year in which any of your coaches or high school faculty members are involved.

Students going to summer camps will not be covered by school or WHSAA catastrophic insurance.

Please ask your principal or activities director if you have questions about these rules.

*Fine Arts & Vocational participants need only meet these requirements.



Any student wanting to attend an NCAA Division I or Division II college or university on an athletic scholarship should meet with their counselor as soon as possible to determine their eligibility for financial aid under the rules established by the NCAA. Failure to do this may make you ineligible for an athletic scholarship.



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Educational Excellence
Through Activities

How to Protect Your Eligibility for High School Activities

2010 – 2011

Eligibility Rules Review Sign-Off	
We have reviewed the summary of WHSAA Eligibility Rules	
_____	Student's Name (Print)
_____	Student's Signature
_____	Parent/Legal Guardian's Signature
_____	Date

-----Please sign, detach, and return to principal-----