Virginia High School League
Eligibility Rules

In order to represent Chesterfield County Public Schools (CCPS) in any VHSL interscholastic contest a student shall meet the following VHSL requirements:

Bona Fide Student Rule-The student must be a regular bona fide student in good standing at CCPS. Any student under penalty of suspension, or whose character or conduct is such as to reflect discredit upon CCPS, is not considered in good standing.

Grade Rule-The student must be enrolled in the last four years of high school.

Semester Rule-The student is eligible for eight consecutive semesters from the date that they enter the ninth grade for the first time. The eight semesters count whether the student is enrolled in school or not.

Age Rule-The student shall not have reached the age of 19 on or before the first day of August of the school year that he/she wishes to compete.

Scholarship Rule-The student shall have passed five subjects offered for credit and which may be used for graduation for the immediately preceding semester, and shall be enrolled in five credit subjects for the current semester.

- Multiple credit classes count as multiple subjects (Ex. Voc. Tech)
- Classes taken over that the student has previously passed may not be used as credit subject.

Athletic Participation/Parent Consent/Physical Examination Rule-Prior to trying out for or beginning practice with any team, the student must turn in a completely filled in and properly signed VHSL (white) Parental Consent/Physical Form. The form must attest that the student has been examined by a physician and found physically fit to participate and that they consent to his / her participation. The student must have a new physical (dated after May 1) for each school year.

Transfer Rule-The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding move on the part of his / her parent(s) or guardian.

Amateur Rule-The student shall be an amateur.

Awards Rule-The student shall not have accepted any awards other than those such as letters, plaques, trophies, etc., presented or approved by the school.

All-Star Participation Rule-The student shall not have participated in any all-star contests.

Sportsmanship Rule-The student shall conduct himself in a sportsmanlike manner at all times. Any student who in protest lays hands or attempts to lay hands on an official may be declared ineligible for up to one year. Any student who strikes an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period of time, up to one year, depending on the seriousness of the act.

Ejection of a Player-Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the team's next contest. A player ejected for fighting shall be ineligible for the team's next two contests.

Penalty for Giving False Information-Any student, or his parents, who gives false information, either written or verbal, that affects his/her eligibility, shall become ineligible at any VHSL school for a period of one year.

Eighth Graders Participating at the High School Level – Eighth graders may tryout for the teams at the high school level in sports that are not offered at the middle school and where the high schools have JV or freshman teams. Eighth graders must tryout at the high school in the zone in which they reside unless an exception is approved by the principals of both high schools.

Questions concerning VHSL rules and eligibility should be directed to the Director of Student Activities at your high school.

Chesterfield County Athletic
Regulations and Policies

School Attendance

Athletes must be in attendance for a minimum of two blocks per day in order to practice or play in a contest. Family emergencies and medical appointments must be excused by the Director of Student Activities.

Transportation

Transportation provided by the school must be ridden both to and from contests.
When approved by the head coach, students may ride home with a parent. Parents must sign-out their child with their team's coach.

Equipment

Each athlete is responsible for all school equipment that is issued to him/her. No athletic awards or letters will be given to any athlete with outstanding equipment. Athletes will be charged the replacement cost of any equipment not returned.

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Workouts / Open Gyms

Students participating in any workouts, including the weight room, open gym or conditioning program must have a current VHSL physical on file with the school. Students must also be an enrolled student at the school or from a feeder middle school in the zone.

Medical Procedures and Warning

The athletic department attempts to make participation in our athletic programs as safe as possible. However, injuries do occur in athletics and **athletes and parents are warned that serious injury may result from participation in our athletic program.** In the event of an injury to an athlete the following procedures will be used:

1. First Aid will be administered to the injured athlete.
2. If the injury is of a serious nature, the parents and if necessary, the rescue squad will be called.
3. Athletes under a doctor's care must be released by the doctor before returning to competition.

Standards of Conduct

The following standards of conduct to insure that the athletes that represent CCPS high schools conduct themselves in an appropriate manner. Violation of the following will result in disciplinary action that may include suspensions or dismissal from the team.

1. Use of tobacco or illegal use of alcohol or drugs.

2. Unexcused absences from practices or games.

3. Theft or destruction of school property including the property of schools that the team is visiting.

4. Unsportsmanlike or disrespectful conduct toward coaches, school officials, game officials, teammates or opponents.

5. Other actions detrimental to the team including involvement in disciplinary actions within the school.

6. Any student suspended under the Chesterfield County drug and alcohol policy is suspended from all activities for a period of 45 days. **(Chesterfield County School Board Policy)**

7. Any player ejected from a contest for unsportsmanlike conduct will be automatically suspended from the next contest. **(VHSL Regulation-Any student ejected for fighting will be suspended for the next two contests.)**

8. Any student athlete who faces any disciplinary action from the school may also face additional consequences as established at the school ranging from suspension from the team to dismissal from the team for the remainder of the season. Each school regulates athletic sanctions for scholastic infractions for students.

Any athlete that is dismissed from a team or quits a team after the season begins may not begin practice with another team until the season of the team from which they were dropped has been completed.

VHSL Sportsmanship

All Athletes Are Expected To Abide by The VHSL Sportsmanship Code at All Times.

Be Courteous to All

Know the Rules, Abide by and Respect the Official Decisions

Win With Character, Lose With Dignity

Display Appreciation for Good Performance Regardless of Team

Exercise Self-Control

Permit Only Positive Behavior

Fan Expectations

As a fan, your support of your student or team at athletic events is important to the students and the school. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials, and other fans. Rude and obnoxious behavior will not be tolerated at any contests. If it becomes apparent that you are unable to exhibit good sportsmanship, you will be asked to leave the contest.

INSURANCE

Chesterfield County public Schools require that all participants in our athletic programs must provide information about an athlete's insurance coverage. **Adequate insurance coverage for each athlete is the responsibility of the parent or guardian.**

School accident insurance is offered to the students during the first week of school and is handled by First Service Insurance. If you need to purchase the insurance for fall sports (prior to the opening of school) please see the coach of the team or the athletic director for the insurance enrollment application and explanation of benefits. School accident insurance will cover athletes in all sports and activities except varsity football. A separate policy for varsity football is available for purchase.

VHSL CATASTROPHIC ACCIDENT INSURANCE COVERAGE

All students participating in interscholastic sports and activities under the jurisdiction of the VHSL are covered by the Lifetime Catastrophic Accident Insurance Plan. **This plan does not cover normal injuries but is a supplemental plan that begins benefits only when the expenses for a major covered injury have exceeded $25, 000**. For additional information on this plan or to file a claim, please see the athletic director.

General Information

Each school has individual rule books guiding each sport at their site. These rules on this page are minimum expectations and may be superseded by stricter regulations at the school site.

Chesterfield County Public Schools participate in three different districts.

Matoaca High School, Meadowbrook High School, and Thomas Dale High School are members of the **Central District**.

Bird High School, Clover Hill High School, Cosby High School, James River High School, Manchester High School, Midlothian High School, and Monacan High School are members of the **Dominion District**.

These ten high schools are all part of the **VHSL Central Region, Group AAA**.

Community High School is a member of the **VHSL Tri-Rivers District**, **Division 1, Group A**.

Chesterfield County Public Schools does not unlawfully discriminate on the basis of sex, race, color, age, religion, disabilities, or national origin in employment or in its educational programs and activities.