

GO EAGLES!



ALMOND-BANCROFT HIGH SCHOOL & MIDDLE SCHOOL CO-CURRICULAR CODE 2025-26

***ALL PARTICIPANTS ARE RESPONSIBLE FOR THE
INFORMATION PRESENTED IN THIS HANDBOOK***

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Issue Resolution Chain

Communication among or between athletes, parents, and coaches is encouraged and becoming ever more necessary. The following steps should be followed to enhance this communication:

1. **Student should bring the concern directly to the coach/advisor.** Coaches/advisors are to work with the student to create a time and location that will work for this type of conversation.
2. If the student needs support, a parent, teammate, or athletic director can be present for the conversation with the coach, helping the student be their own advocate.
3. If a resolution still cannot be achieved after steps one and two, the parents, student, and coach may meet with the athletic director, whom will take a more active role in helping to resolve the issue.

If a parent brings a complaint to the Athletic Director, they will be directed back to the coach/advisor first. Students will be encouraged to advocate for themselves and work with the coach/advisor to solve problems. When necessary, the Athletic Director will work with the student to develop strategies to approach coaches appropriately.

CO-CURRICULAR PHILOSOPHY, GUIDELINES, AND REGULATIONS

The following rules and guidelines will be used for the operation of a positive and successful athletic program.

1. All students, parents, administrators, and staff members shall follow the provisions of the Co-Curricular Code.
2. Each coach/advisor may have team/club rules, which may be above and beyond those identified in the Co-Curricular Code. If so, these rules must be openly shared with all athletes/participants and their parents. They must also be approved and on file with the Athletic Director and Principal.
3. All coaches/advisors shall adhere to this policy and direction from the Athletic Director, the Principal, and or designee of the District Administrator.
4. Levels of participation: The School District believes that participation at any level should be geared toward fun, an overall positive experience, and good sportsmanship. Open and honest communication is paramount throughout the program. Every effort shall be made between the athlete/participant, coach/advisor, parents, and administration to communicate the goals, objectives, and expectations of each program for each individual participant.
 - A. The Board of Education may choose to offer extra-curricular activities at the elementary level (grades K-6). The emphasis at this level is for total and equal participation. The children will learn basic rules and skills associated with the activity. Values such as positive attitude, respect for others, and teamwork will be introduced. Highest regard should be placed on the children's self-esteem. Winning will not be a main emphasis.
 - B. The Board of Education offers extra-curricular activities at the middle school level (grades 7 and 8). Each athlete/participant shall participate as often as possible in all games/events in order that he/she will feel encouraged to continue to participate. Although winning/success is desirable, participation should be emphasized at this level.
 - C. The Junior Varsity program shall stress participation, and a major emphasis may be on the need to prepare physically and psychologically to win. Skill levels will begin to be a factor associated with actual playing time/participation time.
 - D. At the Varsity level, programs will emphasize competition that may be based on limited participation of students and no guaranteed playing time for those participants. Athletes/participants, who desire this level of involvement, do so with the understanding that playing/participating is a privilege. Playing/participating time will depend upon individual skill levels, attitude, display of appropriate sportsmanship, and ability to display athletic skills that will complement a winning game strategy.
 - E. Violations of the Co-Curricular Code, coaches'/advisors rules/guidelines/expectations or Student Handbook by students in grades 6-12 could affect and limit participation.

SPORTSMANSHIP POLICY

The Almond-Bancroft School District believes in developing and maintaining quality Activities programs and the many educational and social values that can be instilled in the students who participate in these programs. Like the classroom setting, practices, events and games are forums for our coaches/advisors, parents, and adults to teach.

Sportsmanship is the cornerstone of any quality program. Good sportsmanship is an attitude that displays respect, dignity, character, self-control, fair play, and camaraderie. We acknowledge that students, coaches/advisors, parents, and others can, on occasion, be caught up in the intensity of a particularly heated contest/event. This, however, is no excuse for irresponsible, un-sportsmanlike, behavior. Just as we expect civility and self-control in the classroom and in society, we must demand it in our student programs.

In the interest of promoting sportsmanship, the following guidelines are to be followed by all students, administrators, coaches/advisors, faculty, parents, and spectators.

Expectations of the coaches/advisors, athletic director, faculty, and administration

1. Always set a good example for participants and fans to follow and model respect, dignity, character, self-control, and fair play.
2. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics a number one priority.
3. Respect the judgment of contest officials; abide by the rules of the event and refrain from behavior that entice spectators in a negative manner.
4. Treat opposing coaches/advisors, participants, and fans with respect.
5. Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media.

Expectations of the student participants

1. Accept and understand the seriousness of your responsibility, and the privilege of representing your school and community. Your actions, good or bad, reflect on your coach/advisor, school, and community.
2. Refrain from taunting, trash talking, or making any kind of derogatory remarks to your opponents during the game/activity, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
3. Respect the judgment of contest officials; abide by the rules of the event and refrain from behavior that would entice spectators in a negative manner.
4. Treat opponents the way you would like to be treated.
5. Win or lose with character and dignity.

Expectations of spectators

1. Refrain from taunting, trash talking, or making any kind of derogatory remarks to the opponents during the game/activity, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
2. Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming.
3. Remember that you are at a contest/activity to support, cheer for your team, and enjoy the skill and competition/participation; not to intimidate or ridicule others.
4. Remember that a ticket to a school event is a privilege to observe a contest, not a license to verbally assault others.
5. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.

Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, after, and during games/activities.

*Failure to abide by these expectations could warrant the crowd control worker, school principal, athletic director, district administrator, or a WIAA official to dismiss the individual(s) from our school premises. Further disruption or inappropriate action could include police involvement. Spectators in violation of the above expectations may not be allowed on school grounds during future events, as deemed necessary by the administration.

* Per WIAA policy: A spectator who is ejected from a contest, in addition to a 1-game suspension, must complete the free online NFHS Sportsmanship Class and submit the completed course certificate to the Athletic Director prior to attending the next home game for the school associated with the spectator.

CO-CURRICULAR ACTIVITIES

| | | |
|--------------|----------------|-----------------------|
| FOOTBALL | VOLLEYBALL | BASKETBALL |
| SOFTBALL | BASEBALL | TRACK |
| WRESTLING | FORENSICS | MUSICAL |
| PLAY | FFA | MULTI-CULTURAL CLUB |
| QUIZ BOWL | PEP BAND | HOMECOMING/PROM COURT |
| JAZZ BAND | SHOW CHOIR | STUDENT COUNCIL |
| NHS | CLASS OFFICERS | MATH LEAGUE |
| SPANISH CLUB | ART CLUB | SCIENCE OLYMPIAD |

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NONDISCRIMINATION

The Almond-Bancroft School District does not discriminate and prohibits harassment, on the basis of sex, race, religion, age, national origin, ancestry, creed, pregnancy marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability. Individuals who desire to have documents translated for them or want to inquire about discrimination/harassment practices, policies or file a complaint, should contact either the school principal or the district administrator.

Activities shall be offered to students in the district and participation shall be in accordance with established school and activity rules. Participation in extracurricular activities is voluntary and all students are encouraged and invited to take part in the privilege for the purpose of instilling pride in individual and team efforts, utilizing team skill, and developing leadership and self-discipline.

The athletic director shall hire personnel for supervision of all athletic activities.

Students who violate school and/or activity rules shall be subject to disciplinary action.

ELIGIBILITY

The Almond-Bancroft Schools are a member of the Central Wisconsin Conference and the Wisconsin Interscholastic Athletic Association (WIAA) and are bound by all the rules established by these organizations. This enables athletes/students to participate in conference and state contests.

1. A student must not reach age 19 before August 1st of that school year.
2. High school students must not participate on any team group except his/her high school team during the same period.
3. High School students must have completed all work below the ninth grade.
4. Athletes must have completed a physical to meet WIAA standards.
5. Must review, with at least one parent or guardian, the preseason informational packets and agreement forms provided by the coach/advisor for each sport/activity that you will be participating in.
6. All participants in the athletic program must submit either a signed WIAA physical card (if didn't receive a physical the previous school year) or alternate year card (only if received a physical the previous school year) before they will be allowed to practice. Furthermore, any students with medical conditions such as bee sting allergies, asthma, etc., must provide their appropriate medical treatment (EpiPen, inhaler, etc.) to the coach before they will be allowed to be present at practices and or athletic events.
7. Must meet the academic requirements and social requirements that follow.
8. Other rules applying to enrollment, residency, amateur status, etc., may be found in the WIAA Handbook, or obtained from the Athletic Director. This handbook is available on-line at www.wiaawi.org or it can be obtained from the Athletic Director.

Academic Requirements

HIGH SCHOOL - There are two levels of violation that may occur.

Level 1: If a participant receives only one "F", they will be eligible to participate. The student though, will be serving a 15 school day probationary period. After 15 school days, beginning the day grades are finalized, the student must be passing all classes in order to continue participation. If the participant has any failing grades at the end of the 15 school day probationary period, or has not turned in the **Grade Report Form** to the Athletic Director, the student will be ineligible for one week. The participant will continue to turn in the Grade Report Form weekly, and will remain ineligible until they are earning passing grades in all courses.

Academic Requirements (continued)

Level 2:

If a participant has received more than one “F” on the quarterly report card, they will be ineligible to participate for 15 school days, beginning the day grades are finalized. After 15 school days, the student must be passing all classes in order to continue participating. If the participant has any failing grades at the end of the 15 school days, the student will be ineligible for the remainder of the quarter. If the participant does not have any failing grades at the end of the 15 school day period, the student will be required to submit to their coach/advisor (before 3:30 pm on the last day of school during each designated week) a **Grade Report Form** signed by all of their teachers with updated grades. The student will be required to continue submitting the **Grade Report Form** to their coach/advisor throughout the remainder of the designated quarter. If the student does not submit the weekly progress report to their coach/advisor before 3:30 pm on the last day of school during the designated week, or the student has any failing grades on their **Grade Report Form**, the student will be ineligible to participate in any events the following week (but may still practice per coach’s/advisor’s discretion).

Note that for fall sports, per the WIAA handbook. Instead of 15 school days, the probationary/suspension period is 21 calendar days that begin with the first possible date of a conference or non-conference contest (not including scrimmages), **not the first day of practice. The students on level 2 will not be able to participate in any of the events (besides practice) until the 21 day suspension period is served, and they are earning passing grades in all their course work.*

MIDDLE SCHOOL - This section of the code applies to all students as soon as they enter the sixth grade, until they have completed the last day of school as an eighth grader.

Grades: Any student receiving an (F) on a midterm or report card will be suspended for one football game and two games in the other sports. The student will remain ineligible until they get a **Grade Report Form** signed by all of their teachers indicating they are passing. (Note: Grades for the fourth quarter of the sixth and seventh grade years carry over for the fall.

Social Requirements

1. Participants shall exhibit conduct, which reflects the ideals, principles, and standards of the Almond-Bancroft School District. This includes: showing good sportsmanship, using appropriate language, and representing Almond-Bancroft in a positive manner. Violation of school rules and/or rules established by the coach/advisor will result in appropriate punishment as set forth by the student handbook or the coach/advisor, athletic director, or principal.
2. Participants shall abstain at all times from the use or possession of tobacco, electronic cigarettes, vapes, inappropriate use of non-prescribed drugs, inappropriate use of prescribed drugs, inappropriate use of over-the-counter drugs, controlled substances, alcohol, and drug paraphernalia.
3. Participants shall accept responsibility for the proper use and safekeeping of school equipment and apparel and pay for any loss.
4. Participants shall abstain from any conduct that is illegal or detrimental to the goals established by this code or by the student handbook. The conduct includes participating in a gathering which there are alcoholic beverages or other illegal drugs present. It is acceptable for a student/athlete to be in a location serving alcohol if the student is accompanied by his or her parents/guardians and not drinking. It is also acceptable if there is a special celebration such as a wedding or graduation, sponsored or attended by parents/guardians, where other students are attending, and the student/athlete is not drinking.
5. Participants must attend school the last four class periods the day of an event unless the absence has been pre-approved by the principal or athletic director. Athletes must have a signed pre-excused absence form in order to participate in an athletic event if they will be absent the afternoon of that athletic event. Any extenuating circumstances will be at the discretion of the principal or athletic director.
6. Any participant who receives an out-of-school suspension from school may not participate during the period of their suspension, including practices. Middle school participants may not participate during the period of their suspension for either in or out-of-school suspension.
7. Participants are expected to attend all practices/rehearsals. The punishment for unexcused absences shall be at the discretion of the coach/advisor.
8. Participants are expected to take care of the school equipment they are using during the sport season. Students will not be allowed to participate in a new activity until all equipment from previous activities has been returned or replaced.
9. Participants are expected to treat teammates and coaches/advisors with respect and dignity. Hazing, harassment, bullying and other inappropriate behavior will be subject to the co-curricular code penalties and/or district policies and procedures.

Title IX

Final regulations from the U.S. Department of Education (DOE) implementing Title IX of the Education Amendments Act of 1972 with respect to sexual harassment went into effect on August 14, 2020.

Actionable Sexual Harassment Under Title IX

Title IX regulations apply to students and employees and the required grievance procedures apply regardless of whether either party, complainant or respondent, is a student or employee.

For more information, go to the link. <https://go.boarddocs.com/wi/almondbancroft/Board.nsf/Public?open&id=policies#>

PENALTIES

A student shall be suspended from activities for these acts at any time.

1. Use or possession of tobacco, electronic cigarettes, vapes, inappropriate use of non-prescribed drugs, inappropriate use of over the counter drugs, controlled substances, alcohol, and drug paraphernalia.
2. Any other conduct of a significant level deemed unacceptable by the Principal, CWC, or WIAA, or other participation agency affiliations, including, but not limited to criminal behavior.

ATHLETICS

First Offense - 2 game suspension for football, 3 games for volleyball, 4 games for baseball, 4 games for softball, 4 games for basketball, 3 wrestling competitions, and 3 track meets. The student athlete will practice with the team during the suspension and will attend all games out of uniform. However, he/she will not be released from school to attend athletic events. If the suspension cannot be served completely in one season, then the remainder of the suspension will carry-over to the next sports season the athlete is involved in (applies to first and second offense).

Second Offense - The violator loses all awards coming to him/her and forfeits all nominations by his/her coach for all conference (for the remainder of that school year). In addition, the violator will be suspended for 1/2 of the games in the sport season in progress and/or the overlapping of sports season. 4 1/2 games of football; 7 matches for volleyball and 11 games for basketball, 10 games for softball and baseball. Track, cross-country, and wrestling will be determined by taking 1/2 of the total meets that are scheduled for that year, not including regional and sectional meets.

ACTIVITIES

First Offense - The student will be suspended from all activities listed on page 3 for a period of 45 calendar days, or 1/4 of the season/events for forensics, quiz bowl, and math league. This suspension includes being on the ballot or voting for homecoming or prom court. The suspension period will begin in the day the school is notified of the violation. If the activity requires regularly scheduled practices, then the student may be allowed to participate in the practice upon approval from the coach/advisor, but is still suspended from any competition/event/performance for the prescribed amount of time.

Second Offense - The violator loses all awards coming to him/her and forfeits all nominations by his/her coach/advisor for the remainder of that school year. In addition, the violator will be suspended from all activities, listed on page 3, for 90 calendar days from the date the school is notified of the violation, or 1/2 of the season/events for forensics, quiz bowl, and math league. If the activity requires regularly scheduled practices, then the student may be allowed to participate in the practice upon approval from the coach/advisor, but is still suspended from any competition/event/performance for the prescribed amount of time.

*Calendar days refers to the school year only. Any time not served during the school year that the violation occurred in, will carry over to the following school year. If a suspension carries from one year to the next, the student will be ineligible to participate in any summer activity opportunities that might become available.

BOTH ATHLETIC AND ACTIVITIES

Third Offense - Suspension from all athletics/activities for one calendar year from the date the school was notified of the violation..

Fourth Offense - Dismissal from athletics/activities for the remainder of the student/athlete's high school career. After one year, the student/athlete may petition the Activity Council in writing for a review and consideration of reinstatement.

OTHER PENALTIES

A student must have participated for an entire athletic/activity season and not dismissed off the athletic team/activity for any reason (other than possible injury or other emergency type situation) otherwise the suspension will be carried over into the next participating season.

All offenses carry over from 9th through the 12th grade. **This includes transfer students and any offenses that may have occurred at a previous high school(s) - per WIAA rule book, the student will serve the penalty from the school they transferred from.**

If a violation occurs out of season, the suspension will be served during the next occurring season.

The Principal has the right to discipline any student who displays any other conduct of a significant level deemed inappropriate.

STUDENTS WITH SPECIAL NEEDS

Students who have been identified as having special needs are in programs designed to enable them to be held to the same standards as the other participants.

TRANSPORTATION

Travel to and from events must be in accordance with Almond-Bancroft School Board Policy, which states that transportation is to be arranged by an administrator at the request of a coach/advisor and once the method of transportation is determined, all participants involved shall be transported in that manner.

Participants are exempt from riding the school provided transportation only if the student's parent/guardian talks with the coach/advisor after the event and signs the ***Transportation Log***. The coach/advisor will then notify the school as to who is riding the bus back to the school. No participant may drive or ride to an out of town event without being accompanied by his/her legal guardian.

THE ACTIVITIES COUNCIL

The Almond-Bancroft Athletic Council shall consist of:

1. Principal
2. Athletic Director
3. Student Council Advisor
4. At least two coaches/advisors of extra-curricular groups (excluding coach of the sport violated).

Procedures and Limitations

1. The Activities Council may adjudicate any and all disciplinary cases, which may arise to the interscholastic athletic program. The limits and extent of the council's authority and the penalties prescribed by the council will be in accordance with the Almond-Bancroft Co-Curricular Code.
2. A responsible adult witnessing a violation of the Co-Curricular Code must present in writing, the time, place, and act of violation, properly signed to the Principal or Athletic Director.
3. Any participant accused of a Co-Curricular Code violation will meet with the Principal, Athletic Director, and the head coach/advisor of the sport/activity involved to discuss the alleged violation. At least two of the three must be present. The student/athlete's parents/guardians will be advised of the alleged violation.
4. The accused will have 5 working days, starting when the student was notified, to appeal the decision to the activity council and will maintain eligibility during this time. However, if the student admits to the violation, the punishment will be carried out immediately. If a written appeal is made to the Activity Council for a hearing, the student will be ineligible during the appeals process, per WIAA. The Activity Council will set a hearing date within 5 working days of the written appeal.

DUE PROCESS

1. Any disciplinary actions taken by the Principal, Athletic Director or the Activities Council may be formally appealed in writing to the District Administrator within 14 days from the day the disciplinary action takes effect.
2. Upon receipt of the appeal, the District Administrator shall establish a date for a hearing, such date no later than five days after the receipt of the written appeal.
3. The Principal and District Administrator shall hear the appeal and vote on a decision to either uphold or rescind the Activity Council's decision. The student and his/her parents/guardians are invited to attend as well as the head coach of the sport involved. The student may be represented by legal counsel and will be provided the opportunity to present evidence.
4. A written record of the hearing will be kept and a copy of these proceedings will be mailed to the student athlete and his/her parents/guardians within three business days.
5. This hearing may be appealed to the Board of Education through a written request received by the District Administrator within 14 days of the mailing of the proceedings of the previous hearing. The same rights as stated for the previous hearing will be accorded.
6. Athletics Only A review by the Executive Office of the WIAA of the Board of Education hearing may be requested through the District Administrator, in writing, within 14 days of the mailing of the outcome of the hearing.

A further appeal may be made to the WIAA Board of Control. The District Administrator, Principal, or Athletic Director may provide any further information concerning due process consideration through the WIAA upon request.

OFF-SEASON EXPECTATIONS

The code applies to participants in and out of an activity at the time of violation. Penalties will be assessed at the beginning of the next activity period that the participant enters.

INSURANCE/INJURIES

The school does NOT provide insurance to students participating in school sponsored athletics.

MEDICAL CLEARANCE

Any student receiving medical treatment from a doctor or athletic trainer, due to injury or illness, that requires the student to not participate, must provide a written permission slip from the physician or athletic trainer to the coach/advisor to resume participation at practice or athletic events.

COMMUNICATION PARENTS SHOULD EXPECT FROM THE COACH/ADVISOR

- Coaching/Team/Program Philosophy
- Team Rules/Expectations
- What parents can expect from the coach and what the coach should expect from the parents
- Calendar of Events (Practices, Tryouts, Fundraising, Team Bonding, etc.)
- Team requirements (i.e., physical fees, forms, special equipment, and summer programs)
- Transportation
- How parents and athletes should communicate with the coach/advisor (Boundaries)
- Value of the Co-curricular Code Meeting
- R-school Notification—most updated schedule

WIAA NAME, IMAGE, AND LIKENESS (NIL):

Almond-Bancroft School District will follow all WIAA rules in regards to Name, Image and Likeness. Please see the WIAA ‘What You Need To Know in Wisconsin’ document in this handbook.

Name, Image and Likeness

WHAT YOU NEED TO KNOW IN WISCONSIN

What does “Name, Image and Likeness” mean?



These three elements make up the legal concept known as “**right to publicity**.” This gives a person the right to control the commercial use of their personal brand to make money.

EXAMPLES OF NIL-RELATED ACTIVITIES:

- Personal Appearances
- Endorsements of a business' products or services
- Sale of personal brand merchandise
- Representation in video games
- Featured coach or speaker at an event
- Autographs

WIAA's Proposed NIL Policy

DOES:

- ✓ Permit high school athletes to benefit from their NIL.
- ✓ Protect students and schools from undue influence and unfair recruiting practices.
- ✓ Retain prohibitions on pay-for-play and impermissible inducements
- ✓ Allows for membership to develop experience that may impact future policy changes
- ✓ Permit athletes to get invaluable experience personally and professionally

DOES NOT:

- ✗ Allow NIL compensation on activities that associate with a school, school's team, conference or WIAA
- ✗ Allow compensation for athletic participation or achievement
- ✗ Allow NIL activities promoting gaming/gambling, alcohol, tobacco, cannabis, adult entertainment, weapons
- ✗ Allow compensation to a student by anyone associated with his/her school
- ✗ Allow NIL activities to interfere with academic or athletic obligations

RESPONSIBILITY WITH NIL ONCE PASSED

Student-Athlete Responsibility

Understand WIAA NIL Rules

Find NIL Deals

Execute on Deals

School Responsibility

Inform Students & Coaches on NIL Rule Changes

Provide NIL Resources to Educate Students on Compliance

Report Violations to WIAA

REALISTIC NIL LANDSCAPE

Students getting large deals

Students getting smaller deals, but:

- build brands
- get professional experience
- improve skills



How Student-Athletes can Succeed with NIL



Understand the Rules



Improve Your Professional Skills



Grow Your Brand



Be Authentic

Concussion and Head Injury Information

[Wis. Stat. § 118.293 Concussion and Head Injury](#)

What Is a Concussion? A concussion is a type of head (brain) injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Consequences of severe brain injury (including concussion) include problems with thinking, memory, learning, coordination, balance, speech, hearing, vision, and emotional changes.

What are the signs and symptoms of a concussion? You cannot see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you as an athlete or your child or teen is acting or feeling, if symptoms are getting worse, or if you/they just "don't feel right." Most concussions occur without loss of consciousness.

If the child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

These are some **SIGNS** of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior or personality changes
- Loss of consciousness (even briefly)
- Repeats questions
- Forgets class schedule or assignments

Children and teens with a suspected concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it is OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

These are some of the more common **SYMPTOMS** of concussion (what an injured athlete feels):

- Headache
- Nausea or vomiting
- Dizzy or unsteady
- Sensitive to light or noise or blurry vision
- Difficulty thinking clearly, concentrating, or remembering
- Irritable, sad, or feeling more emotional than usual
- Sleeps *more* or *less* than usual

If you or your child or teen has signs or symptoms of a concussion

Seek medical attention right away. A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe to return to normal activities, including physical activity and school (concentration and learning activities).

After a concussion, the brain needs time to heal. Activities may need to be limited while recovering. This includes exercise and activities that involve a lot of concentration.

Information adapted from the [Centers for Disease Control and Prevention's \(CDC\) Heads Up Safe Brain. Stronger Future.](#)

For more information view the [CDC's Heads Up to Youth Sports webpages for athletes, parents, and coaches.](#)

Sudden Cardiac Arrest Information

[Wis. Stat. § 118.2935 Sudden cardiac arrest: youth athletic activities](#)

Sudden cardiac arrest (SCA), while rare, is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at younger than age 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. Athletes should inform the healthcare provider performing their physical examination about their family's heart history.

What is Sudden Cardiac Arrest? Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs.

Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes.

Cardiac arrest is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest the heart stops beating.

What warning signs during exercise should athletes/coaches/parents watch out for?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain/tightness with exertion
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)

Speak up and tell a coach and parent/guardian if you notice problems when exercising.

If an athlete has any warning signs of SCA while exercising, they should seek medical attention and evaluation from a healthcare provider before returning to a game or practice.

The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.

Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest.

What are ways to screen for Sudden Cardiac Arrest (SCA)?

[WIAA Pre-Participation Physical Evaluation](#) – the Medical History form includes important heart related questions and is required every other year. Additional screening using an electrocardiogram and/or an echocardiogram may be done if there are concerns in the history or physical examination but is not required (by WIAA). Parents/guardians/athletes should discuss the need for specific cardiac testing with the medical provider performing the review of family history and physical evaluation or after experiencing warning signs of sudden cardiac arrest while exercising. The cost of the pre-participation physical and any follow up examinations or recommended testing including an electrocardiogram is the responsibility of the athlete and their parents/guardians. **Not all cases or causes of SCA in young athletes are detected in the history, examination, or with testing.**

What is an electrocardiogram, its risks, and benefits? An electrocardiogram (ECG) is one of the simplest and fastest tests used to evaluate the heart. Electrodes (small, plastic patches that stick to the skin) are placed at specific spots on the chest, arms, and legs. The electrodes are connected to an ECG machine by wires. The electrical activity of the heart is then measured, interpreted, and printed out. No electricity is sent into the body. Risks associated with having an ECG are minimal and rare. The benefits include that it

is an easy procedure to do, can be performed in many health care offices and it may detect heart conditions in children with no symptoms. ECGs are good at detecting certain heart conditions that may increase risk for SCA but may not detect all such conditions. If not performed correctly the information is not valid and may lead to more (unnecessary) testing and further examinations. ECGs should be interpreted by experts in reading ECGs in children (i.e., pediatric cardiologists). For more information, [view the Johns Hopkins Medicine - Electrocardiogram website](#).

How may a student athlete and parent/guardian request the administration of an electrocardiogram and a comprehensive physical examination? Athletes participating in WIAA sports are required to have a physical examination and review of family history every other year. Other youth sports have similar requirements. Although the cost of these medical examinations is the responsibility of the athlete's family many school districts can assist students to find low cost or no cost ways to obtain these examinations. Athletes should contact their school athletic director if they need assistance in getting an examination. If an athlete has risk factors, family history of heart disease, or has had warning signs associated with sudden cardiac arrest while exercising, they should tell the medical provider performing the history and physical examination and discuss the possible need for an electrocardiogram.



WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2025-2026 High School Athletic Eligibility Information Bulletin

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and _____

(School)

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing. Reading and signing this form is a condition of participating in interscholastic athletics at WIAA member schools. It does not guarantee a student-athlete's athletic eligibility nor does it give rise to any contractual rights, direct or indirect, to student-athletes or their parents.

These are WIAA eligibility rules, which are current for the 2025-2026 school year.

AGE

A student shall be ineligible for interscholastic competition if they reach their 19th birthday before August 1 of any given school year.

ACADEMICS

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

ATTENDANCE

A student-athlete is eligible for interscholastic competition at a member school if they are carried on the attendance rolls as a duly enrolled full-time Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

- A. A student must complete eligibility in the four consecutive years starting with Grade 9, unless there are documented extenuating circumstances and a waiver has been provided.
- B. A student is ineligible if they have graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for any portion of a spring athletic schedule not completed by the end of the academic year. Mid-year graduation ends athletic eligibility on the last day of attendance.
- D. A student is ineligible if they have not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries their parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.
- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at their school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, they shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, they become eligible.
- H. A student-athlete will not be eligible if their attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if they transfer to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions also apply.
- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.
- E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.
- F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

TRANSFERS

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

- A. A student who transfers from any school into a member school will be subject to the transfer rules for one calendar year, unless the transfer is made necessary by a total and complete change in residence by parent(s). [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
Unrestricted eligibility may be afforded at a new school at the time of a complete family move. Any student who delays enrollment after a family move is subject to the transfer rule.
- B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Students entering 11th and 12th grade are restricted to nonvarsity opportunities for one calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- D. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- E. 10th, 11th or 12th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- F. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade.
- G. District policies with respect to intra-district transfer do not supersede WIAA transfer rules.
- H. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at their new school until the fifth calendar day of such transfer.
- I. A student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]
- J. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- K. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at their new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education. (Note: A student who does not serve a penalty for violation by leaving the state and competing in another state, will be ineligible for the balance of the suspension upon return to the state.)
- L. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENT'S PERMISSION

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and they must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

TRAINING and CONDUCT

A student-athlete must follow their school's code of conduct (training rules) on a year-round basis.

- A. A student-athlete who violates their school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).

- B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.
- C. Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid their debt to society and the courts consider the sentence served (including probation, community service, etc.).
- D. A student-athlete who violates their school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.
- E. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.
- F. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event at the same level of competition as the disqualification.
- G. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- H. A school must provide an opportunity for the student to be heard prior to a penalty being enforced (except for felony charges). If a student appeals a suspension, according to the school's appeal procedure, the student is ineligible during the appeal process.
- I. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

AMATEUR STATUS

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash (including gift cards) or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not capitalize on athletic fame by receiving money, compensation, endorsements or gifts of monetary value in affiliation or connection with activities involving the student's school team, school, Conference or WIAA (scholarships to institutions of higher learning are specifically exempted).
- D. A student-athlete is not restricted from participating in a Name, Image and Likeness (NIL) commercial endorsement provided there is no school team, school, Conference or WIAA affiliation. Prohibited NIL activities are identified as follows:
 - (1) The student shall not appear in the uniform of the student's school and does not utilize the marks, logos, etc. of the school team, school, Conference or WIAA as part of any endorsement.
 - (2) The student shall not promote activities nor products associated with the following: gaming/gambling; alcoholic beverages, tobacco, cannabis, or related products; banned or illegal substances; adult entertainment products or services; weapons (i.e. firearms).
 - (3) The compensation is not contingent on specific athletic performance or achievement (i.e. financial incentives based on points scored).
 - (4) The compensation is not provided by the school or persons associated with school as an inducement to attend a particular school ("recruiting") or to remain enrolled at a particular school.
 - (5) The NIL activities do not interfere with a student-athlete's academic obligations, and the student does not miss athletic practice, competition, travel, or other team obligations in order to participate in NIL opportunities.
 - (6) A student cannot utilize representation or contract an agent. High schools or its employees are not allowed to help facilitate deals for student-athletes.
- E. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than their own name.

SPORTS ACTIVITIES OUTSIDE OF SCHOOL

Athletes may compete in not more than two non-school competitions with prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

- A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).
- (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
 - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3-point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
 - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or their parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be their coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.
- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.
- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.

4/2025

Detach and Return to Athletic Director

PARENT-ATHLETE RULES OF ELIGIBILITY SIGN-OFF FORM – 2025-2026

I certify that I have read, understand, and agree to abide by all of the information contained in this bulletin. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement. In signing below, I further acknowledge and understand that no contractual relationship, direct or indirect, is created between the student-athlete or their parents and the Wisconsin Interscholastic Athletic Association.

School Name

Parent/Guardian's Signature

Please Print Name

Date

Student-Athlete's Signature

Please Print Name

Date

This form must be completed and submitted to the Athletic Director prior to a student being declared eligible to practice and compete.