



Student/Athlete

Extracurricular Handbook

2025-2026

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Tigersharks Extracurricular Activities Code

The School Districts of Green Lake and Princeton are dedicated to academic excellence and recognize that participation in extracurricular activities enhances the educational experience. A variety of sports, clubs, and activities are offered for both boys and girls. The opportunity to participate in extracurricular activities is extended to all students as a privilege to those who are willing to assume certain responsibilities. Students participating in extracurricular activities will meet high standards of behavior by demonstrating good sportsmanship, showing respect for others, observing all school rules, and by meeting the established eligibility requirements. Athletes must follow all Wisconsin Interscholastic Athletic Association (WIAA) rules and regulations.

A. Goals of Extracurricular Participation

1. To provide opportunities for participation, performance, and competition beyond the traditional classroom
2. To provide activities for individual growth that include: developing responsibility, self-discipline, personal pride, perseverance, respect for others, cooperation, and overall well-being
3. To develop a willingness to place the good of the group before the desires of the individual through activities where students make a positive contribution to the school and community
4. To provide opportunities to exemplify positive mentor relationships between adult leaders and students
5. To provide the opportunity for developing lasting friendships with classmates and students from other schools

B. Recognized School Activities (B=Both, P=Princeton, GL=Green Lake)

Mascots (B)	Math Team (B)
Sport Co-Op Teams (B)	Cheerleading (B)
Managers (B)	Homecoming/Winterfest/Prom Court (B)
Forensics (B)	Academic Bowl (B)
School Play (B)	NHS (B - follows NHS bylaws/criteria)
Student Council (B - follows constitution)	Other Clubs & Organizations (B)
Spirit Nation (P)	

C. ELIGIBILITY for Athletics

These Rules of Eligibility are established by the Wisconsin Interscholastic Athletic Association (WIAA)

1. Enrollment as a full-time student in GLSD or PSD.
2. A current physical exam form or alternate year card to participate in athletic activities as determined by a licensed physician must be completed every year. The physical exam must be completed on an every other year basis, starting with the first year of participation. The alternate year card with parent or guardian signature is used in the second year. A physical examination taken April 1 and thereafter is valid for the following two school years; a physical examination taken before April 1 is only valid for the remainder of that school year and the following year after.
3. An emergency medical form must be completed every year
4. Per state law, all required concussion testing and documentation must be completed.
5. Athletic code of conduct contract signed by the student and parent/guardian.

6. Payment of all required athletic fees.
7. Receipt of WIAA health and safety related information.

D. WIAA GUIDELINES- for more information refer to WIAA website: <https://www.wiaawi.org/>

1. An athlete must meet school and DPI requirements defining a full-time student.
2. An athlete must remain in good academic standing in order to compete in any sport.
3. An athlete must be an amateur in all recognized sports of the Wisconsin Interscholastic Athletic Association in order to compete in any sport.
4. An athlete may not receive any reimbursement for play in the form of salary, cash, or merchandise.
5. An athlete may not accept merchandise awards such as jackets, sweaters, watches, rings, billfolds, balls, etc.
6. An athlete may not permit the use of his/her name, picture, or personal appearance, as an athlete, in the promotion of any commercial endeavor.
7. An athlete may not play in a contest under a name other than his/her own. L
8. An athlete may participate in a non-school contest in no more than two non-school competitions during the school season in the same respective sport. School approval is required.
9. An athlete shall be suspended from interscholastic athletics (competition) for acts at any time (including summer) involving buying, selling, use and/or possession of alcohol, tobacco, e-cigs or e-cig products, vaping, or other drugs.
10. An athlete may not compete if he/she becomes nineteen (19) before August 1st of any school year.

E. Homeschool Students

Effective July 13, 2015, Wisconsin statute 118.133 requires schools to permit homeschool students to participate in sports and extracurricular activities on the same basis and to the same extent as public school students. The school board may ask the family to provide a statement confirming that the student meets the board's requirements relating to age, academic and disciplinary records. The Wisconsin Interscholastic Athletic Association states that a statement of homeschool enrollment (PI-1206) must be on file with respect to the homeschool student.

F. Parent/Student Responsibilities for Participation

1. All participants in the extracurricular program shall, with their parent/guardian(s), read, discuss and sign a pledge to follow the rules of the district outlined in this document prior to any participation. No athlete may participate in practice until his/her WIAA physical examination card and extracurricular registration, permission, waiver, concussion form and code agreement form are signed and returned. The forms will be kept on file.
2. The student/athletes and a parent must attend an Activity Code meeting at the beginning of each school year or watch the on-line video and take the exam after. At the beginning of each year both students and their parent(s) must sign the acceptance form and sportsmanship statement BEFORE being allowed to practice or participate in an activity. The extracurricular activities code booklet should be reviewed annually by students and parents.

G. Attendance and Discipline

1. Students who are involved in extracurricular activities must be in attendance at school. On the day of an event, the student should be in attendance for at least four (4) periods, and the student should be in attendance on the day after the event. If there is a contest on a Saturday, the student must be in attendance at least (4) periods of the day on Friday. If school is missed it is imperative that a valid written excuse be filed with the office attendance person.

Principals/administrators may grant exceptions on an individual basis. Students should also make every effort to be at school the day following a school night event. Unexcused absences will result in the student being ineligible for the next extracurricular contest or performance.

2. When a student has a detention to be served and has not served it at the scheduled time, the student may not participate in the next extracurricular practice, performance, or game. This applies to detentions assigned for student misconduct by the office or by a member of the teaching staff.

3. A student suspended from classes/school (in or out of school suspension) for any reason will be ineligible to practice, participate, or compete in extracurricular activities for the duration of the suspension. A suspension is considered completed when the student is allowed to resume attendance in classes. A student who has completed a suspension on a Friday or the day before an extended vacation will be eligible on the next calendar day.

H. Dropping and Changing Sports

1. If an athlete decides to quit a sport during the sports season, he/she should meet with the head coach.

2. If an athlete decides to change sports during a sports season, he/she shall meet with both coaches involved in the transfer. An athlete shall be considered out for a sport when he/she has received equipment on or after the recognized WIAA starting date for that sport.

3. The penalty for transferring while in season shall be one contest.

4. Only one transfer will be permitted during the season.

I. Uniforms and School Issued Equipment

1. All uniforms and school issued equipment will be returned to the coach or advisor at the end of the season. Uniforms and equipment should be cleaned and returned in good condition.

2. If a student fails to return uniforms and/or equipment, the student will be required to pay for the replacement of the uniform and/or equipment.

3. Students who do not turn in uniforms at the end of a season or pay for a replacement, will not be eligible to receive another uniform for another sport.

J. Injuries

1. Any injury must be reported to the coach, advisor, athletic director, or trainer immediately.

2. The injury should be reported to the office along with the necessary information for insurance within twenty-four (24) hours of each and every injury.

3. A release form signed by the doctor must be filed in the administrator's office before participation is resumed.

K. Coaches'/Advisors' Rules

- Participants are required to follow rules set by individual coaches/advisors (i.e., profanity, dress codes, general conduct, and curfew). These rules, approved by the principal, must be written and distributed to the participants at the beginning of each activity season.

L. Academic Eligibility

1. Keep participants academically accountable in the classroom; meaning zero F's and/or a 2.00 quarter grade point average.

2. Provide ample opportunities for participants to regain academic eligibility.

3. Keep coaches and advisors more informed on a participant's academic status.

Grade Check (7th - 12th Grade)	Penalty
Grade Monitoring	<ul style="list-style-type: none"> • Skyward grades are continuously updated and can be monitored by the administration and coaches, upon request. • The Athletic Director will be checking weekly, meeting with students and informing coaches.
1st, 2nd, 3rd, 4th Quarter Grades	<ul style="list-style-type: none"> • 1 failing grade or GPA below 2.0 = 15 school day suspension • Students must present documentation that he/she is passing all classes and has no incompletes before returning to the activity. • Extenuating circumstances may warrant administrator discretion in rare cases
6th grade students	6th grade students must pass all classes in each quarter and having a passing final grade

M. Academic Ineligibility Suspensions

1. During a suspension due to academic ineligibility, the student athlete is allowed to practice.
2. For fall sports the ineligibility period shall be the lesser of (1) 21 consecutive calendar days beginning with the date of earliest allowed competition in the sport, (2) one-third of the maximum number of games/meets allowed in the sport (rounded up if one-third results in a fraction), or (3) fifteen scheduled school days and nights. By WIAA rule, a student may not use summer activity, including summer band, to complete their academic ineligibility
3. Per WIAA policy, students who are ineligible to participate during the first game (round) of tournament play will remain ineligible for the entire tournament series.
4. Suspensions for athletes shall be effective when all quarter grades are finalized by the office.
5. Subsequent grade checks will be done prior to future competitions until the athlete is again v eligible to participate.
6. Students who have multiple F's or continuous F's at grade check times will not be eligible to practice or play and all issued equipment and uniforms must be turned in to the coach. Education comes first.

*A tutoring program is available at both Princeton High School and Green Lake High School. Athletes in need of help should contact their teacher, school counselor, or the athletic director.

N. Standards of Conduct

1. Participating in extracurricular activities is a privilege extended to all students provided they are willing to assume certain responsibilities. The Green Lake and Princeton School Districts have established the following expectations of students who wish to represent the districts in any school sponsored event or extracurricular activity.
2. These expectations include:
 - Respect, courtesy, manners, and good sportsmanship at all times
 - Attendance at school, practices, games, and events. No unexcused absences. Failure to attend may result in suspension from games and/or removal from the sport/activity.
 - Use of socially acceptable language (no profanity).
 - Appropriate use of social media
 - Meets the code of conduct regarding illegal substances, bullying policy, vandalism, theft and other unacceptable conduct.

- Meets all eligibility requirements set forth in the Activities Code
3. These expectations are in effect 24 hours per day, 365 days each year and begin when a student enters the 6th grade. Violations accumulate through 8th grade. Expectations reset as the student enters 9th grade and violations accumulate until the student graduates or until all spring activities conclude for graduating seniors.
 4. Reported violations of the activities code shall be presented to the activities director or principal in writing and shall include the description, the date, the time, and the place of the violation. The report must be signed and dated by the person making the complaint. It is the expectation of the school board that all employees, board members, and fans report violations to the principal or activities director immediately and in writing.

O. Major Infractions:

1. Alcoholic Beverages - The possession and/or use of alcoholic beverages except in religious services. Beverages labeled non-alcoholic are considered alcoholic beverages if they contain any alcohol.
2. Controlled Substances and Drug Paraphernalia – The possession and/or use of controlled substances or drug paraphernalia in situations other than those prescribed by a licensed physician.
3. Tobacco/Nicotine/Smoking Devices – The possession and/or use of any form of tobacco/nicotine product and smoking devices. Also prohibited are E cigarettes or any other vaping devices.
4. Illegal Acts – Involvement in incidents such as theft, burglary, assault, vandalism,
5. Serious Misconduct at School – Student disobeying school rules/policies and/or receiving multiple suspensions and/or committing serious offenses (those demanding multiple day suspensions per the discipline guideline in the student handbook).

P. Minor Infractions

Any conduct not becoming an extracurricular participant, including, but not limited to:

1. Disrespect to individuals, public/private property
2. Out of school suspension from school while in season
3. Failure to comply with established rule classroom rules, school rules or Board policy
4. Cheating
5. Plagiarism (On second occurrence)
6. Theft
7. Fighting
8. Other circumstances deemed by the school administration to be unbecoming

Q. Consequences-Major

1. First offense – Suspension for 25% of the current sports' regularly scheduled season. If the student is not currently participating in a sport, then the suspension will be the first 25% of the regularly scheduled season of the next sport that the student participates in. If the 25% is a fraction, it will be rounded to the nearest whole number, with a .5 being rounded up. A student must attend practices during the suspension period. (Scrimmages do not count as contests since no official score is kept. Contests that are scheduled but not played due to weather or other reasons are not counted toward games in the suspension.) If a student's suspension cannot be completed during the current sport's season, then the remaining percentage of his or her suspension will be served during the next sport in which he or she participates. The number of contests/events remaining to be served will be determined by prorating on the basis of the total number of games regularly scheduled for the sports involved.
2. Honesty Clause: A student who has violated the standards of conduct may select the option of coming to a faculty member or the administration and admitting their mistake. Admission of

the offense must be made within a reasonable amount of time. The student will have the penalty reduced in half. This does not apply to a student who has had a previous infraction of the code. A student must attend practices during the suspension period.

3. Second Offense – Suspension for 50% of the current sports' regularly scheduled season. If the student is not currently participating in a sport, then the suspension will be the first 50% of the regularly scheduled season of the next sport that the student participates in. If the 50% is a fraction, it will be rounded to the nearest whole number, with a .5 being rounded up. A student must attend practices during the suspension period. (Scrimmages do not count as contests since no official score is kept. Contests which are scheduled but not played due to weather or other reasons are not counted toward games in the suspension.) If a student's suspension cannot be completed during the current sport's season, then the remaining percentage of his or her suspension will be served during the next sport in which he or she participates. The number of contests/events remaining to be served will be determined by prorating on the basis of the total number of games regularly scheduled for the sports involved.

4. Third Offense – One (1) full year (365 days) suspension from all practices and contests/events from the date this ineligibility is established in writing. Failure to attend the counseling sessions or meet with the activity leader will result in a continuation of the suspension from contests/events.

R. Consequences-Minor

1. The first two offenses shall each carry a one event/contest suspension.
2. The third offense and all additional offenses shall result in an advancement of one step under "Sports – Major" penalties.
3. In order for a first offense, second offense or minor violation to be regarded as successfully completed, the suspended student must complete the season of the activity during which the suspension was served. If the student does not complete the season, or is otherwise dismissed from the activity for any reason, the suspension will not be considered to have been served and will be transferred in full to the next activity.

- **All suspensions will begin on the date that the ineligibility is established in writing.**

S. Events, Clubs, and Organizations

1. First Offense – Suspension from the next event a student could have legitimately participated in.
2. Second Offense - Suspension from the next two events a student could have legitimately participated in.
3. Third Offense – One (1) full year (365 days) suspension from all activities from the day this ineligibility is established in writing.

T. Procedure for Notification

1. The coach of the sport or advisor involved has the authority to recommend to the AD and principal to suspend a student's privilege of participation for a violation. The penalty imposed by a coach or advisor for violation of a coach's/advisor's rule must follow the sequence and may not exceed the penalties listed.
2. The principal has the authority to suspend a student's privilege of participation.
3. If a student is reported by any person to the principal or if the principal on his/her own suspects there has been a violation, the principal will meet with the student. This code will not

act on hearsay. Once an infraction has been reported, the principal and athletic director/advisor will meet with the student so that he/she may explain their side of the story.

4. If the student admits to the code violation or has been determined to be in violation, the student will be immediately suspended from Activity according to the rules outlined in the handbook. The coach or advisor will also be notified.

5. The principal shall notify the student and parents or guardians, by mail, stating the reasons for the suspension and the length of the suspension

U. Trips Sponsored By School Clubs or Organizations- Green Lake Only

Students wishing to participate in a club or organization trip, whether it is a day, overnight, or extended time, need to agree to the Activity Code at the onset of planning for the trip. A student who has had a discipline referral may not be allowed to participate in the trip. Any fees or deposits will be reimbursed to the organization.

NOTE: On a first offense only, a student who has violated the standards of conduct may select the option of coming to the administration and admitting their mistake. The student will be put on probation for a reasonable amount of time from the day the ineligibility is established in writing, with the understanding that if there is another violation the student may not be allowed to participate in the trip.

V. Tigershark Transportation Policy & Expectations

A. All extracurricular participants must ride to and from away contests in transportation provided by the school districts. Although the practice is discouraged, parent/guardian(s) may request in writing to the principal that they transport their own child home from away contests. This should only be requested in situations with extenuating circumstances. A reason must be given. This must be done prior to departure for the contest. It is the expectation of the school board that once arrangements have been made with the principal, that the student does indeed have transportation with a parent. For liability reasons, this transportation MUST be provided by parents or a family member. You must check out with the coach before leaving.

The Princeton Board of Education and the Green Lake Board of Education, together, have adapted the following transportation regulations for both practices and games. This procedure is currently in place for all Middle School/High School Student/Athletes.

Middle School Practices:

Middle school athletes will be required to ride the shuttle bus between Princeton and Green Lake practices.

Parents may take or pick-up an athlete if a note is provided to the office a day before practice.

- A copy of the note will be given to the student when permission is given, and the student will give the note to the coach.

Middle School Games:

Middle school athletes will be required to ride the shuttle bus to all home games when the games begin at either 4:30 or 5:00 p.m. If the game begins at 6:00 p.m., middle school athletes would need to find their own transportation to the contest. **There will be no transportation to home football games in Montello. Montello is designated a home event and athletes must obtain transportation to and from this site.**

Coaches must communicate with athletes to ensure transportation has been arranged.

- If athletes cannot get a ride to home games in Princeton or Green Lake, they may take the shuttle bus over, but must find their own ride home.
- In the event that return transportation is not possible coaches must use a district van and

transport athletes to and from home events.

Parents must communicate with the coach(s) if there is a transportation hardship

- For Middle School Football if transportation is not available (to Montello only) then the coach must use a district van and provide transportation to athletes to and from the event.
- Coaches should not leave a home event (Princeton, Green Lake, or Montello) until all transportation needs have been met and everyone has a ride home.

High School Practices/Games:

High school athletes will be required to ride the shuttle bus between Princeton and Green Lake.

- Princeton athletes may drive to and from practice if they sign the "Alternate Transportation" form which is located in the school office. The Alternate Transportation form must be approved by the school principal. It is the responsibility of the athlete to provide the coach with an approved Alternate Transportation note from the office.
- Green Lake athletes may not drive to and from practices unless students live closer to Princeton than Green Lake or if there are specific circumstances approved by the school principal in writing. Students are responsible for providing the approved request to the coach.
- School transportation is not provided for home games.

W. APPEAL PROCEDURES

The steps outlined hereafter is the procedure for a student and his/her parent/guardian(s) to follow in appealing decisions relating to eligibility.

A. After a ruling of ineligibility resulting in suspension from extracurricular participation has been made, a student and/or his parent/guardian(s) may appeal the decision in writing to the District Administrator provided an appeal is received within (five) 5 school days from the day the student and/or parent was notified of such ineligibility in writing.

B. After an appeal has been received, a date for a meeting shall be established by the District Administrator with said date to be no later than ten (10) school days after receipt of the written appeal from the student and his/her parents/guardians. The District Administrator may extend this date if circumstances require an extension.

C. The District Administrator may include other relevant staff members at the meeting. The student and/or parents will also be permitted to attend the meeting.

D. At the meeting, the student will be provided with an opportunity to present other relevant information. information on his/her behalf. A decision on the appeal will be sent within ten (10) school days.

E. If the student and his/her parents are not satisfied with the decision of the District Administrator, a second meeting may be requested with the Board of Education. The Clerk of the Board must receive, in writing, a request for a second meeting with the Board within five (5) school days of the mailing of the decision of the first meeting with the District Administrator. Note: The provisions outlined in Sections (B), (C), and (D) will be applicable to the second meeting before the School Board. The School Board President may extend the timeline for meeting with the student and/or parent based on his / her discretion. The School Board's decision is final.

F. The provisions as outlined above shall be the sole and exclusive remedy for appeal from the rulings referred to in Section (A) above.

G. The student will remain ineligible throughout the appeal process

Participation in extracurricular activities is a PRIVILEGE, NOT A RIGHT.

WARNING OF INHERENT RISK IN SPORTS PARTICIPATION

The Activities/Athletic Departments of the Princeton and Green Lake School Districts advise both student-athletes and their parents or guardians that a risk of injury, potentially serious, is inherent to participation in sports. The risk of serious injury includes, but is not limited to sprains, fractures; ligament and /or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of one's limbs; brain damage; paralysis; or even death. Athletic participation must be entered into with full knowledge and understanding of the risk of serious injury to which an athlete exposes themselves by participating in athletics.

- It must be further acknowledged that FOOTBALL, WRESTLING, BASEBALL AND SOFTBALL are PHYSICAL CONTACT SPORTS involving even greater risk of injury than other sports.
- In sports in which an athlete may use a protective helmet, it must be understood that no helmet can prevent all head or neck injuries a player might receive while participating. A protective helmet should not be used to butt, ram or spear an opposing player. This is a violation of the rules within sports and such use can result in severe head or neck injuries, paralysis or death to oneself and possible injury to an opponent.
- It must be also understood that the Princeton and Green Lake School Districts strongly encourage the use of sport bras for female athletes and athletic supporters for male athletes. These devices are worn to protect and support developing tissues in young athletes.

**GREEN LAKE/PRINCETON SCHOOL DISTRICT
EXTRACURRICULAR REGISTRATION, PERMISSION, WAIVER & CODE AGREEMENT FORM**

Permission/Waiver

To minimize the process of requesting signatures on the different forms required for your son/daughter named herein to participate in various school activities and programs, the District has developed this form to help simplify the process. Please read all sections on the front and back of this form. This form will need to be completed prior to your son/daughter participating in any extracurricular activity, practice, or contest sponsored by the Green Lake/Princeton School District.

Extracurricular Handbook

I have received a copy of, read and understand the School District's Student/Parent Extracurricular Handbook. I understand my son/daughter named herein must abide by the policies if he/she participates in extracurricular activities sponsored by the school districts.

Wisconsin Interscholastic Athletic Association (WIAA) Eligibility Form

I have received a copy of, read and understand the WIAA Eligibility form. If I have not understood any information contained in this handbook, I have sought and received an explanation of the information prior to signing this statement. I understand my son/daughter named above must abide by all WIAA rules and regulations as they apply to athletic participation while a student in the school districts. I also understand that the WIAA rules are in effect twelve months a year

Media Release Form

I give permission for my son/daughter named above to be interviewed, mentioned, photographed, videotaped and quoted by the news media and employees of the school districts before, during and after participation in an extracurricular activity sponsored by the school districts.

Parent Athletic Participation Consent

Parental or guardian consent must be granted annually for participation by student-athletes. As parent or guardian, with your signature, you do hereby consent to allow the student-athlete named below to engage in interscholastic athletics sponsored by the school districts during the present school year. Furthermore, permission is granted for this athlete to accompany teams, as a member, on out-of-town trips. It is understood that this child will also be expected to firmly adhere to all established school and athletic policies while associated with their selected program.

Warning of Inherent Risk in Sports Participation

I have read, understand and am willing to accept the consequences of athletics as presented in the Warning of Inherent Risk in Sports Participation disclosure presented and provided by the school districts.

Concussion and Sudden Cardiac Arrest

We have received, read, and understand the athlete and parent concussion information and we agree to report all symptoms to coaches. We further understand that athletes may be removed from practice and games and may also need a physician's clearance to resume play. We also grant permission for our athlete(s) to receive concussion testing.

Medical Treatment Consent

The parent or guardian of a school district athlete recognizes that as a result of athletic participation, medical treatment on an emergency basis may be necessary. The athlete's parents further recognize that school personnel may be unable to contact them for their consent for emergency medical care. Each school district does hereby secure parental/guardian consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then existing circumstance.

Activities Participation Checklist (must be completed before participation)

- ☐ 1. Physical Exam - current physical examination on file. Each athlete is required to submit a physical exam every two years as determined by a licensed physician or Advanced Nurse Practice Nurse Practitioner (APNP).
- ☐ 2. Alternate year card - on the nonrequired physical exam year, an athlete must have on file an alternate year card .
- ☐ 3. Athletic Handbook Signed
- ☐ 4. Athletic Emergency form / Disclosure form.
- ☐ 5. Concussion Test every 2 years
- ☐ 6. Participation fee per sport (\$30 high school, \$15 middle school)

Foreign Exchange Students.

Must have the above completed and a completed Application of Eligibility on Behalf of Foreign Exchange Student and submitted to the WIAA by the athletic director.

Transfer Student

For any transfer student who is new to the Green Lake or Princeton District for the given year, must have their eligibility approved by the WIAA prior to practice or competition.

PARENT EXTRACURRICULAR CODE

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to the children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on our athletes/participants. This begins with clear communication from the coach/advisor of your child's program.

Communication You Should Expect from Your Child's Coach/Advisor

- Philosophy of the coach/advisor.
- Expectations the coach/advisor has for your child.
- Locations and times of all practices and contests.
- Team requirements (i.e., physical, fees, forms, special equipment, off-season conditions and summer programs.)
- Squad selection
- Procedure should your child/advisor be injured during participation.
- Discipline that could result in the denial of your child's participation.

PARENT/COACH/PLAYER SQUAD MEETINGS

Coaches/Advisors are encouraged to discuss these items among other things with parents

- Practice schedule
- Team Rules
- Philosophy Statement
- Special dates and events
- Game/event schedule
- Lettering Policy
- How players earn playing time

COMMUNICATION

Communication among or between athletes/participants, parents, and coaches/advisors is encouraged and becoming ever more necessary. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting. Should an athlete/participant or parent have a complaint, the following steps may be taken to find a workable solution.

- A. The athlete/participant or parents must discuss the situation with his or her coach/advisor.
- B. If the athlete is on a non-varsity team, the athlete or parents may make an appeal to the head coach of the program.
- C. If the issue is not resolved, the parents or athletes/participants may make an appeal to the Activities Director.
- D. Parents and athletes/participants will not address concerns with coaches/advisors at the contest site on the day of games/events. Concerns will not be addressed to coaches/advisors before, during, or after athletic contests or events. Instead, a separate appointment will be made so that concerns can be addressed privately.
- E. Parents and athletes/participants will not address concerns with coaches in front of other athletes/participants.
- F. Parents will not attempt to address concerns with a coach/advisor as a group of more than one set of parents. At no time will a coach/advisor be required to address concerns with more than one athlete/participant and/or his/her parents at a time.

Communication Coaches/Advisors Expect from Parents

- Concerns expressed directly to the coach/advisor.
- Notification of any schedule conflicts in advance.

- Specific concern in regard to a coach's/advisor's expectations.

When your child chooses to participate in an extracurricular activity, sacrifices often are made. This holds true for the parents of athletes/participants as well. Our activities programs continue during vacation time that occurs during the school year. Therefore, you are encouraged to schedule vacation when your child is not participating. An athlete/participant who is absent during a vacation must be prepared to accept the consequences. As your child becomes involved in the programs at PPS/GLHS, he/she will experience some of the most rewarding experiences of his/her life. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach/advisor is encouraged.

Appropriate Concerns to Discuss with Coaches/Advisors

- The treatment of your child – mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's lack of playing time or major role. Coaches/Advisors are trained to make judgment decisions based on what they believe to be best for all athletes/participants involved. As you have seen from the list above, certain things can and should be discussed with your child's coach/advisor. Other things, such as those below, must be left to the discretion of the coach/advisor.

Some Issues Not Appropriate to Discuss with Coaches/Advisors

- Playing time/role
- Team strategy
- Play calling
- Other participants/athletes

There are situations that may require a conference between the coach/advisor and the parent. It is important that both parties involved have a clear understanding of the other's position. In the majority of cases, the athlete/participant, parent, and coach/advisor should be able to communicate and reach an amicable solution to concerns and /or questions.

PARENT SUPPORT AT CONTEST/EVENT

Adults are the role models for fan participation at games. Consider how your response to the events in a game/activity impacts your children. Please understand the following:

- This is a game/activity played by children. The game/activity is part of the educational experience.
- Officials will make mistakes. It is the job of the Head Coach/Advisor only to hold officials accountable. Berating an official will not change his/her call, will not change the outcome of the event, but will reveal the character of the fan.
- Cheer when our team does well, it is not necessary to respond when the other team does well or gets hurt.
- Let the coach/advisor be responsible for coaching the participants. Coaching from fans in the stands undermines the coach/advisor, confuses the participants, and does not positively contribute to the outcome of a contest.
- Booing, negative gestures, calling out to the officials and carrying on in unsportsmanlike ways are not in the best interest of our school system.
- Some fans may be asked to leave the building by event management.

We all need to remember that this is a game and the participants are young people. A win or loss will not impact a person as much as the positive support of their friends and family in the stands.

Article X – Game Control

Section 1 – School

A. All schools shall be responsible before, during, and after a game or meet for the proper conduct of their coaches, athletes, students, and other spectators, and when requested, a school shall complete a report regarding a game or meet in which problems occurred.

B. A spectator removed or ejected from an interscholastic athletic competition for flagrant harassment or unsportsmanlike conduct is suspended from attendance for no less than the next competitive event (but not less than one complete game or meet). Host school administration is required to record and submit an ejection report to the WIAA. The spectator's athletic director will inform the spectator and, if the next event is an away event, they will contact the next opponent's administration.

Note: The suspension shall be served in the same sport at the same level of competition that the ejection occurred. If the sport season is completed, the penalty will be applied during the next sport or sport season.

C. A spectator, who is ejected from a contest, in addition to a one-game suspension, must complete the free NFHS Sportsmanship Class prior to attending the next home game for the school associated with the spectator.



WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2025-2026 High School Athletic Eligibility Information Bulletin

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and Green Lake and Princeton School Districts

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 for more than four different years, and a student-athlete may not participate in the same sport for 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 non varsity 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 non varsity 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 non varsity 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 non varsity 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 non varsity 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 non varsity 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 reasons 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 the 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, principles 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. Non School 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 non school 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 non-school 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 postseason play (e.g., Babe Ruth league team). Some postseason 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

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)

Stop activity/exercise immediately if you have

any of the warning signs of Sudden Cardiac Arrest.

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.

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.



NIL INFORMATION

Student-Athlete NIL Compliance

in Wisconsin

✓ YES ✓

- ✓ Engage in NIL activities unrelated to your school team, school, conference, or the WIAA
- ✓ Receive compensation unrelated to athletic performance
- ✓ Participate in camps and clinics as a paid instructor or participant
- ✓ Sell your own merchandise, like t-shirts or hats
- ✓ Create personal social media accounts and websites to promote yourself and make money
- ✓ Endorse legal products or services not prohibited by WIAA rules
- ✓ Appear in NIL endorsements wearing non-school-affiliated clothing or gear

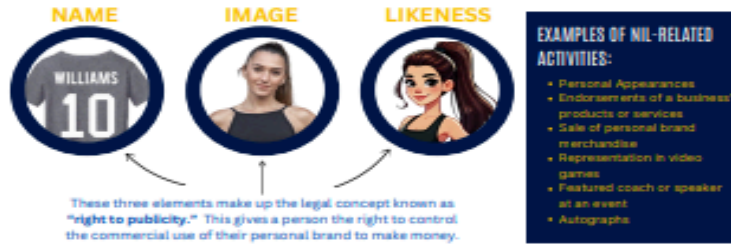
✗ NO ✗

- ✗ Appear in NIL endorsements wearing your school uniform or using school logos, marks, or branding
- ✗ Accept performance-based compensation
- ✗ Receive NIL deals facilitated by your school or individuals associated with your school
- ✗ Host and run your own camp or clinic
- ✗ Sign contracts with a sports agent or representative to find and negotiate your NIL deals
- ✗ Be recruited or induced to attend or remain at a school in exchange for NIL compensation
- ✗ Skip academic classes or athletic team obligations for NIL activities

Name, Image and Likeness

WHAT YOU NEED TO KNOW IN WISCONSIN

What does "Name, Image and Likeness" mean?



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