

**LOUDOUN COUNTY PUBLIC SCHOOLS  
TRAINING RULES AND REGULATIONS FOR STUDENTS  
PARTICIPATING IN HIGH SCHOOL ATHLETIC ACTIVITIES**

**All rules become effective for each sport season on the first day of tryouts through the last official contest date.**

1. Decisions concerning an athlete's or manager's eligibility to participate in the athletic program will be made by the local school administration subject to Virginia High School League Rules and Regulations.
2. All athletes and managers are to abide by all school rules for student conduct; they are to conduct themselves at all times in a manner that brings credit to themselves as athletes and as representatives of Loudoun County Schools.
3. The athlete and/or parents/guardians **MUST REPORT** all athletic injuries to the coach or Athletic Trainer immediately upon occurrence.
4. Athletes and managers must travel to and from contests with their team, unless prior approval is given by the coach or local school administration.
5. All students are expected to abide by the rules established by Loudoun County Public Schools regarding practice schedules and excused and unexcused absences from practice.
6. Any athlete or manager who is participating in the athletic program and who becomes involved in a situation, which is detrimental to the team and/or school, can expect disciplinary action, in accordance with school rules for behavior of student, deemed appropriate by the coach and local school administration.
7. In order to participate in an athletic activity or practice on any given day, an athlete or manager must report to school by 9:15 a.m. and must remain in school that entire day. Exceptions may be made for doctor or dental appointments or reasons excused by the principal. (A doctor/dental note is required for this exception.)
8. Any athlete or manager serving suspension or in-school restriction for violation of school rules will be ineligible to practice or play in a scheduled event on the day or days he/she is serving the punishment, including Saturdays.
9. Any athlete or manager who uses or possesses tobacco, electronic cigarettes, drugs, or alcohol during his or her VHSL athletic career will be ineligible to participate for 30 calendar days in competitions on the first violation. During the 30-day suspension from competitions, the athlete may attend practices and events (not in uniform at competitions) unless the student is suspended from school or otherwise declared ineligible to participate. A second violation would result in a 45-calendar day removal of the athlete from all team events or until the end of the season, whichever is longer. If the 45-calendar day suspension extends into the next sport season, the athlete may still have the opportunity to try out for the next season and will have to serve the remainder of the 45-calendar day suspension after the conclusion of the tryouts. A third violation would result in a 365-day suspension from all VHSL team participation and extracurricular activities. Each incident is cumulative over the athlete's VHSL athletic career and is not rescinded at the end of each school year.
10. Any athlete or manager may resign from a team anytime before the final squad is selected without sacrificing his or her availability to participate for any other sport during the sports season if the other sport has not secured its roster.
11. When an athlete or manager resigns or is dismissed from a team after the first game, match or meet, he or she will be ineligible to participate in sport specific out-of-season instructional activities until the team from which he or she resigned or was dismissed has concluded all regular season activities. Students may attend weight-lifting sessions and conditioning open to the general school population.
12. Any athlete who is ejected from a game by an official during the regular season will automatically be suspended for at least one subsequent game. The coach and administration may take additional disciplinary measures in accordance with school rules. If the disqualification occurs in the final contest of the season (including playoffs and tournaments), the penalty shall carry over to the next sports season for students who are seniors in eligibility or to the next school year for underclassmen. A second violation in the same sport shall carry a minimum two-contest suspension.
13. An athlete may not participate in more than one sport per season.

---

**Athletes, managers, and parents must sign and return this form to the coach and should keep a copy for their records.**

I have reviewed the Loudoun County Public School's Athletic Handbook online. I have read, understand and agree to abide by the Loudoun County Public School's rules and regulations for students participating in high school athletic activities. As the parent/guardian, I agree to cooperate with school officials in managing my child's conduct while participating in athletics.

Student (Please print) \_\_\_\_\_

Student (Signature) \_\_\_\_\_ Date Signed \_\_\_\_\_

Parent (Please print) \_\_\_\_\_

Parent (Signature) \_\_\_\_\_ Date Signed \_\_\_\_\_