



Las Cruces Public Schools

STUDENT ACTIVITIES HANDBOOK

THRIVE⁵⁷⁵
LCPS ACTIVITIES

2026-2027

WHERE ALL LEARNERS THRIVE.

Las Cruces Public Schools
Karen M. Trujillo Administrative Complex
505 S. Main Street, Suite 249
Las Cruces, NM 88001

<https://www.lcps.net>

LAS CRUCES PUBLIC SCHOOLS

VISION STATEMENT

Where all learners thrive.

MISSION STATEMENT

The Las Cruces Public Schools provides a safe, caring, equitable, and student-centered learning environment that cultivates civic and community engagement, promotes excellence, and honors diversity.

CORE VALUES

1. Be accountable for every child.
2. Foster growth and innovation, grounded in research and evidence.
3. Guide all decisions through the lens of equity, sustainability, and respect.
4. Commit to the inclusion and success of every student.
5. Maintain a safe, healthy, and caring environment.
6. Cultivate and maintain partnerships with parents, students, staff, and community members.
7. Embrace the power of collaboration.

LAS CRUCES PUBLIC SCHOOLS BOARD OF EDUCATION



Las Cruces Public Schools Board of Education, pictured left to right:

Mr. Robert Wofford, Vice-President, Dist. 3; Madame Pamela Cort, President, Dist. 2;

Mr. Ed Frank, Member, Dist. 5; Ms. Teresa Tenorio, Member, Dist. 4; Mr. Patrick Nolan, Secretary, Dist. 1

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SECTION I: GENERAL INFORMATION

1.1 INTRODUCTION

This manual is designed to be a guide for students, parents, coaches, teachers, administrators, and all other school personnel of the Las Cruces Public Schools (LCPS). Activities makes a significant contribution to the total education of the students in this district. It is our hope that the content of this handbook will assist in the direction of Activities and in the clarification of guidelines, practices, and ultimately the improvement of all curricular, co-curricular and extra-curricular activities.

Activities: *refers to all activities, athletics, and fine arts programs.*

Co-curricular: *refers to activities that complement, in some way, what students are learning in school and enhance the academic curriculum.*

Extra-curricular: *refers to out-of-the-classroom activities that are not tied to the curriculum.*

1.2 CODE OF CONDUCT

This handbook is intended to be a framework and improves the outcomes of all. Procedures outlined will be followed completely. Participation in activities means more than competition between individuals or teams representing different high schools. It teaches fair play and sportsmanship; understanding and appreciation of teamwork; and that win or lose, hard work means success. The conduct of students, teachers, coaches, parents is closely observed in many areas of life; it is important that their conduct be above reproach. It is the responsibility of teachers, coaches, parents, and administrators to understand and implement “Compete with Class.” Participation in activities is a privilege, not a right.

1.3 “COMPETE WITH CLASS”

LCPS Activities is dedicated to the New Mexico Activities Association (NMAA) Sportsmanship Program “Compete with Class” and its core values of respect, integrity, and responsibility.

We have the shared responsibility of teaching our students and their parents that winning, as a goal, is failure oriented. True success involves the development of lifetime skills that can make students and spectators feel like winners after every event regardless of the outcome. The values that are instilled and reinforced through “Compete with Class,” are values and life skills that will serve our community for years to come. It is our responsibility to educate and prepare our youth for the future.

1.4 GENERAL GUIDELINES

- A. Students are subject to the general laws of the community and state.
- B. Students, by participating in interscholastic activities, agree to abide by and be subject to the policies and regulations of LCPS and NMAA.
- C. It is the responsibility of the student and their parent(s) or court appointed legal guardian(s) and LCPS personnel to understand and comply with all rules and regulations.

The word “parent(s)” refers to Parent(s) who have legal custody of the student. The phrase “court appointed legal guardian(s)” refers to a person who has been appointed by a court of competent jurisdiction.

- D. It is understood that it is impossible to have a regulation or guideline for every possible circumstance. Students and parent(s) or court appointed legal guardian(s) should use discretionary judgment in dealing with individual situations not covered by this Activities Handbook or within the confines of the NMAA or LCPS.
- E. These guidelines shall not supersede federal, state, NMAA, or LCPS statutes, rules, policies or regulations, including but not limited to Title IX.
- F. NMAA rules and regulations can be found on their website: www.nmact.org.
- G. The LCPS Activities Handbook and LCPS Student/Family Handbook and Student Code of Conduct may be found at www.lcps.net.
- H. **Students and Parent/Guardians MUST sign an Acknowledgment of Rules for Condition of Activities Participation each school year.**

1.5 FEDERAL, STATE AND LOCAL NOTIFICATIONS

A. Title IX/Gender Equity

The LCPS Board of Education is committed to gender equity in all programs, activities, services, and practices for students. Title IX of the Education Amendments of 1972 prohibits discrimination on the basis of gender in education programs or activities receiving federal funds. LCPS employees are to fully and equally encourage female and male students, prekindergarten-grade 12, to participate in school activities, to achieve in all areas and to enroll in academic programs and prepare for careers without regard to gender barriers or stereotypes.

"No person in the United States, on the basis of sex, shall be excluded from participation, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance".

- Title IX of Education Amendments of 1972

Title IX requires schools to take steps to prevent and address two forms of sex discrimination: **1. Sexual harassment** is unwelcome conduct of a sexual nature. It includes unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal, or physical conduct of a sexual nature. **2. Sexual violence**, as OCR uses the term, refers to physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent. A number of different acts fall into the category of sexual violence, including rape, sexual assault, sexual battery, sexual abuse, and sexual coercion.

Sexual harassment creates a hostile environment if the conduct is sufficiently serious that it denies a student's ability to participate in or benefit from the school's program. When a school has actual knowledge of sexual harassment, it must take immediate and appropriate steps to investigate or otherwise determine what occurred. If an investigation reveals that the harassment created a hostile environment, the school must take prompt and effective steps reasonably calculated to end the harassment, eliminate the hostile environment, prevent its recurrence, and, as appropriate, remedy its effects.

B. New Mexico Anti-Racism Hotline

The State of New Mexico Anti-Racism, Anti-Oppression Hotline was established as a requirement of the Black Education Act, passed in the Legislature's 2021 New Mexico General Session. Students, families, and community members can report school-based incidents of racism, injustice, or discrimination against anyone. New Mexico Anti-Racism Hotline (833) 485-1335.

SECTION II CODE OF CONDUCT

Students who participate in curricular, extracurricular, and co-curricular activities must be aware that their personal conduct and attitude must reflect high standards of respect, loyalty, attitude, and morality. ***Such participation is a privilege and not a right.*** Because student activity participants represent their school and community, their conduct is expected to exemplify high standards.

It is the responsibility of the student and his or her parent(s) or court appointed legal guardian(s) to be familiar with the standards of student conduct as outlined in the **LCPS District's "Student Rights and Responsibilities"**.

2.1 CODE OF CONDUCT

A. Purpose

1. Students who participate in activities for LCPS serve as representatives of local and statewide districts.
2. Student participants serve as role models and leaders among their peers.
3. Part of LCPS's educational mission is to encourage the highest standards of sportsmanship, respect for oneself and others, along with character development.
4. LCPS has a substantial interest in reducing student misconduct and substance abuse among all its students, especially students who participate in activities.

B. Right to Apply Provision

LCPS reserves the right to apply the provisions of the Code of Conduct if, in school officials' judgement, the conduct in question negatively affects the safety, morale, smooth operation, discipline, educational environment, or substance abuse deterrence goals of the school district.

2.2 PROHIBITED BEHAVIOR

- A. Refrain from the use or possession of alcohol, tobacco, and other drugs as referenced in [LCPS Policy JICH](#) and LCPS Student Code of Conduct.
- B. Maintain high standards of conduct as a student and as a citizen.
- C. Refrain from committing criminal or delinquent acts referenced in [LCPS Policy JI](#) and LCPS Student Code of Conduct.
- D. Refrain from any form of bullying, cyberbullying, hazing and harassment or offensive conduct as referenced in [LCPS Policy JICFA](#) and the LCPS Student Code of Conduct.
- E. Will not attempt to circumvent any rules or guidelines of the NMAA or LCPS.



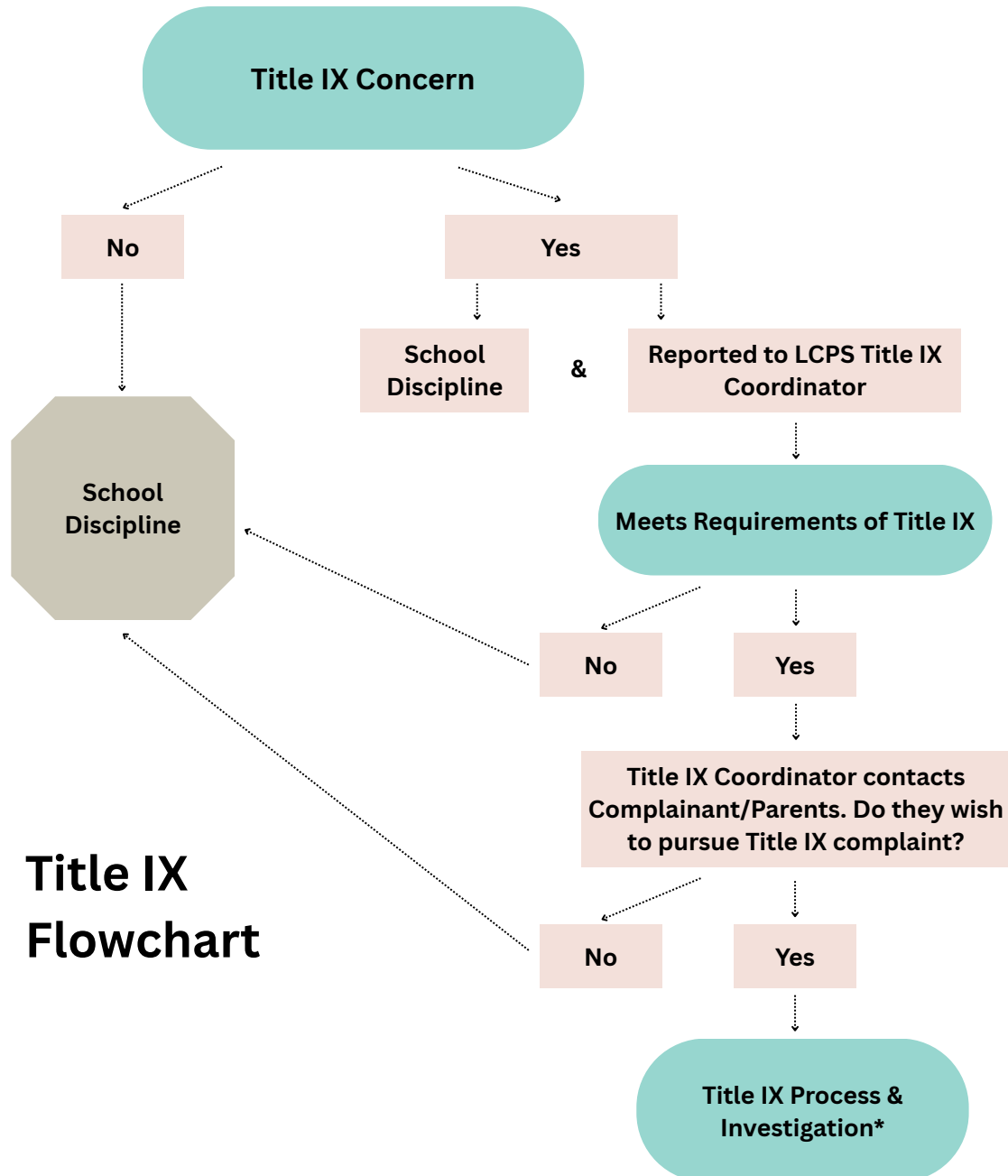
Policy J Series
https://www.lcps.net/page/policies#j_series

2.3 VIOLATION OF RULES GOVERNING PROHIBITED OR REGULATED ACTIVITIES.

A. Purpose

An activities student may be disciplined, including removal from the activities program, for violating rules governing prohibited or regulated activities. **The existence of a specific rule is not a prerequisite for disciplining student conduct, which endangers or appears to endanger the health or safety of students and school personnel.**

Differentiate disciplinary infraction vs. Title IX concerns



*No school discipline will be applied until the outcome of the investigation.

Revised by LCPS Activities, Arts, & Athletic Departments: July 2026

2.4 JURISDICTION

A. Las Cruces Public Schools' students are subject to school control as referenced in LCPS Policy [LCPS Policy JI](#):

1. while on school property including district vehicles
2. while at any school-sponsored activity or event; or
3. when engaging in out-of-school conduct having a direct and immediate effect on school discipline or the general safety and welfare of the school.



Policy J Series
https://www.lcps.net/page/policies#j_series

2.5 CONSEQUENCES

A. Accumulation of offenses

1. No matter the severity level of an offense, the accumulation of offenses committed by a student enrolled in LCPS begins the first school day of 6th grade year and extends through the last day of school of the 8th grade year. In high school, no matter the severity level of an offense, the accumulation of offenses committed by a student enrolled in LCPS begins the first school day of the 9th grade year and extends through the last day of school of the senior year. **Offenses committed as a participant or non-participant in school and extra-curricular and co-curricular activities shall count toward the accumulation.**
2. Any offense committed shall count toward the accumulation and is not offense specific.
3. Consequences shall be administered as the offense relates to the accumulation of offense.

B. Suspension from participation

1. Suspension shall be enforced as follows: **Calendar Days** – Suspension shall begin immediately and continue through the designated length of the suspension based on calendar days.
2. Activities participation – The student is not allowed to participate in games, meetings, or events that are associated with all extra-curricular activities during the time of consequences for violation. This also includes fundraising activities, community service events and banquets.
3. Co-Curricular Participation – Aside from out of school suspension, students who participate in co-curricular activities are expected to attend class and participate in all academic components as part of the curriculum.
4. School Conference – Prior to reinstatement from a suspension, a student participant must attend a parent conference to include the parent or court appointed legal guardian the administration, the School Athletic or Activities Coordinator, and the Head Coach.
5. Intervention Program – Consequences for a Code of Conduct violation will require a student to complete the LCPS intervention program..

C. Discipline Plan for Student Behavior

1. Shall be in effect the entire calendar year including summer, winter and all calendar breaks (consequences adhere to LCPS).
2. Please see LCPS Student/Family Handbook and Student Code of Conduct for additional guidance and possible school consequences.

2.6 STUDENT TRAVEL

A. In-Town LCPS Sanctioned Events

1. The student and parent(s) or court appointed legal guardian(s) shall assume full and all legal responsibility for the personal safety and actions of the student while student is traveling to and from practices or games when transportation is not provided by LCPS.
2. The school district will not provide transportation for in-town practices, games, or activities. Exception: 8th grade/Freshmen/JV football and select Activities/Fine Arts events traveling during school hours.
3. The district reserves the right to waiver provision “B” under certain circumstances.
4. No student can ride in the personal vehicle of an LCPS employee or volunteer acting in an official capacity.

B. Out-of-Town LCPS Sanctioned Events

1. A team or individual can only be transported to an out-of-town sanctioned practice, game, or activity by school district approved transportation. The use of school district approved transportation must follow the guidelines of the New Mexico Public Education Department (NMPED) and LCPS.
 - a. Student transportation to the El Paso International Airport is the responsibility of the parent.
 - b. The school site administrator must approve any other type of transportation.
2. Any student participating in an out-of-town trip is the responsibility of the school district and the LCPS employee. Therefore, if the student is traveling to an Activities sanctioned out-of-town trip, that student must use the school provided transportation.
 - a. A student cannot participate in an out-of-town event if that student travels to the event site in another vehicle not provided by or approved by LCPS. If the student does participate, he or she is considered to be ineligible.
 - b. No student, regardless of age, will be permitted to travel to or from an out-of-town event with any other person(s) except the coach/teacher.

Exception: After an event, a student can be released only to the student’s parent(s) or legal guardian(s) provided the parent or guardian gives the coach/teacher a written note at the conclusion of the event.

The coach/teacher cannot release a student to any other person(s) regardless of written or verbal permission of that student’s parent or guardian.

3. Penalties may be imposed for the cancellation of district-paid travel or non-attendance of district-paid registered events. The school site may institute a student contract and create an activity refund account. The school is agreeing to pay for registration, and the student is agreeing to participate.

C. Any travel that requires overnight stay will adhere to the following guidelines:

1. **The district covers standard room assignments.** Student must abide by the LCPS Student Code of Conduct, National organization codes of conduct and district travel protocols. **If a parent/guardian declines the assigned rooming for their student, any additional rooming expenses will be the responsibility of the parent/guardian.**
2. Students may only stay in their assigned rooms unless directed by the coach/teacher for team directed activities.
 - a. Room assignments will be determined by the coach/teacher.
 - b. Maximum four students per hotel room.
 - c. Student couples may not room in the same hotel room.
 - d. A student will only be allowed to stay with a parent(s) or legal guardian(s) under district approved circumstances.
3. Student may not leave hotel or event site without the permission of the coach/teacher.
4. Student may not leave the group with parent(s) or legal guardian(s) during the trip.
5. Curfew will be determined by the coach/teacher.
6. Student will abstain from use or possession of alcohol, tobacco, nicotine, and other drugs.
7. Student will not have in their possession any firearms, knives, dangerous weapons, explosive compound, or an object that can reasonably be considered and/or used as a weapon.
Exception: tools necessary during competition only.
8. Student will not engage in any form of hazing, bullying, cyberbullying, harassment; the use of lewd profane or vulgar language; or other offensive conduct or threatening behavior toward others. Photos or videos should never be taken in private areas, such as hotels or bathrooms. Inappropriate use of cell phones during travel, including posting inappropriate content or communicating in ways that violate school policies may result in school discipline.
9. Student will respect all public and private property, including but not limited to all event venues and the lodging accommodations in which they are housed and transporting vehicles.
10. Student will be financially responsible for all personal costs and any damage of public or private property, event venues, transportation and the lodging accommodations before departure. Sleeping room will be kept neat and clean.

2.7 DISCIPLINE MATRIX

These guidelines shall not supersede federal, state, NMAA, or LCPS statutes, rules, policies or regulations, including but not limited to Title IX.

ACTIVITIES DISCIPLINE MATRIX and Category 3: Administration and Police Intervention	1 ST	2 ND	3 RD
	OFFENSES		
Theft (JI)	ACTIVITIES: 30 Calendar Days + Intervention CAMPUS: Differentiated discipline + Referral to law enforcement	ACTIVITIES: 45 Calendar Days CAMPUS: Differentiated discipline + Referral to law enforcement	ACTIVITIES: the duration of 6-8 grade the duration of 9-12 grade CAMPUS: Differentiated discipline + Referral to law enforcement
Tobacco possession and/or use (JI, JICH)	ACTIVITIES: 30 Calendar Days + Intervention CAMPUS: Restorative intervention + Possible 1 day OSS or ISS	ACTIVITIES: 45 Calendar Days CAMPUS: Restorative intervention + Possible 2 days OSS or ISS	ACTIVITIES: the duration of 6-8 grade the duration of 9 -12 grade CAMPUS: Restorative intervention + Possible 3 days OSS or ISS
Bullying/Harassment (JICFA)	ACTIVITIES: 45 Calendar Days + Intervention CAMPUS: Possible 1-3 Day(s) OSS or ISS + Contract	ACTIVITIES: 90 Calendar Days CAMPUS: 5-7 Days OSS + Contract	ACTIVITIES: Suspension for the duration of 6 -8 grade Suspension for the duration of 9 -12 grade CAMPUS: 10 Days OSS + LTS
Sexual Harassment (includes basis of sex) (JICKA)			
Fighting, Assault and Battery (JI)			
Possession/use of simulated firearm or explosive device (JI)			
Possession of knives and/or other items used to threaten or cause harm (JI)			
Gang or gang-like activity (JI)			
Threat Against the School (JI)			
Verbal/Written Threat (to include social media) (JI)			
Possession and/or use of a controlled substance, including alcohol (JI, JICH)			
Falsely pulling a fire alarm (Felony offense) (JI)			
Arson, Criminal Damage, Major Vandalism (JI)	ACTIVITIES: Suspension for the duration of one calendar year, pending long term hearing CAMPUS: 10-day OSS, Contract, and Long-Term Suspension Hearing	ACTIVITIES: Suspension for the duration of 6 -12 grade CAMPUS: 10-day OSS, Contract, and Long-Term Suspension Hearing	ACTIVITIES: Suspension for the duration of 6 -12 grade CAMPUS: 10-day OSS, Contract, and Long-Term Suspension Hearing
Distribution or Intent of Distribution of controlled/prohibited substance (Felony offense) (JI, JICH)			
Possession or Use of a Gun or Explosive Device (JI)			
Consequences for travel violations	ACTIVITIES: Student sent home at parent(s) or legal guardian(s) expense.	ACTIVITIES: Student sent home at parent(s) or legal guardian(s) expense and suspension from travel for duration of 6-8 or 9-12 grade.	ACTIVITIES: No Travel

For campus discipline, see LCPS Student/Family Handbook and Student Code of Conduct Discipline Matrix for additional guidance and possible consequences.

In Activities: No matter the severity level of an offense, the accumulation of offenses committed by a student enrolled in LCPS begins first school day of 6th grade year and extends through the last day of school of the 8th grade year. In high school, no matter the severity level of an offense, the accumulation of offenses committed by a student enrolled in LCPS begins the first school day of the 9th grade year and extends through the last day of school of the senior year.

2.8 VIOLATION OF ANY CRIMINAL STATUTE

A violation of any criminal statute shall be regulated within the legal limits of the LCPS district in conjunction with local, state and federal law enforcement. Rules of conduct shall be reasonable exercises for the school's authority in pursuance of legitimate educational related functions. Such acts include the crime of willful interference with the educational process of any school or activity in the district.

A. Shall be in effect:

1. At all LCPS schools and facilities.
2. Whenever the students are subject to control of school authority.
3. Any time there is an alleged commission of a misdemeanor or felony by a student who is a participant in an extra-curricular or co-curricular activity.

B. Consequences for:

1. Legal allegation of a **misdemeanor** (Class III Citation/Referral) or willful interference with the educational process of any school or activity in the district:

Immediate suspension from participation, pending the results of an investigation by the principal and/or the Athletic/Activities Coordinator.

- a. If there is a reasonable suspicion or belief that the alleged violation did in fact occur, disciplinary action may occur, see chart.
 - b. If there is a reasonable suspicion/doubt that an alleged violation did not occur, **and** the legal authorities concur with the assessment it did not occur; **then** the student may resume participation with the principal's permission.
2. Legal allegation of a **felony** or willful interference with the educational process of any school or activity in the district will result in the students:

Immediate suspension from participation, pending the results of an investigation by the principal and the Athletic/Activities Coordinator.

- a. If there is **a reasonable suspicion/belief** that the alleged felony did occur, disciplinary action shall be administered by the principal, and the student will **be declared INELIGIBLE while under felony indictment or until the case is adjudicated.**

Student may be suspended permanently from participation, per Discipline Matrix, if they are found guilty of a felony charge.

- b. If there is **a reasonable suspicion/doubt** that an alleged felony did not occur, **and** the legal authorities concur with the assessment it did not occur; **and** if applicable, the felony charges are dismissed, **then** the student may resume participation with the principal's permission.

2.9 APPEAL PROCESS

There is no appeal for suspension from activities participation for violations of the Code of Conduct. Participation in activities is a PRIVILEGE, NOT A RIGHT.

SECTION III STUDENT ELIGIBILITY

3.1 INITIAL ENROLLMENT IN HIGH SCHOOL

Please refer to the NMAA Guidelines.

3.2 SCHOLASTIC ELIGIBILITY

A. A student shall have:

1. 2.0 GPA with no “F” based on a 4.0 grading scale for the semester grading period immediately preceding participation.
2. All class work counted for eligibility must be acceptable credit for graduation as established by the PED.
3. Student may regain eligibility at the 9-weeks period.
4. Cumulative Provision
 - a. The cumulative provision can only be applied at the beginning of a semester.
 - b. Only semester grades can be used.
 - c. The cumulative provision cannot be used for 9th grade or middle school students.
5. A student **MUST** be enrolled in more than half of the member school’s regular class schedule and in regular attendance during the current as well as the previous grading period

B. Academically Ineligible Student

1. The student may practice with the team.
2. The student **CANNOT** participate in or travel to any NMAA interscholastic event at any level of competition during the period of ineligibility.
3. Unless suspended from school, students enrolled in co-curricular Fine Arts classes are expected to attend all scheduled classes and actively participate in curriculum-related events, including required performances, assessments, and school-day or evening activities (e.g., concerts, halftime shows, pep rallies, non-NMAA performances, etc.), even if they are academically ineligible for NMAA participation.
4. Student athletes **MUST** remain in the bleachers at all games/events.

3.3 FALSE INFORMATION REGARDING ELIGIBILITY

If a parent, legal guardian, or student provides false information to the school district on information concerning eligibility, the student shall immediately be declared ineligible for participation for a period of **180 school days/365 calendar days**.

SECTION IV STUDENT PARTICIPATION

Student participation in extracurricular activities can play a significant role in personal and educational development and shall be used as a means of developing wholesome attitudes and good human relations as well as knowledge and skill. **Such participation is a privilege not a right.** Students earn the privilege to participate by adhering to high standards of personal conduct and academic performance. Students participating in extracurricular and co-curricular activities represent the school district, depict its character, and serve as role models to other students. Accordingly, participants may be subject to a standard of academic performance and to higher standards of conduct both in and out of the school setting. Continued participation in athletics/activities may be conditioned upon observing and maintaining such standards.

4.1 PARTICIPATION IN NMAA & LCPS SANCTIONED EVENTS

A. Participation

1. LCPS students may only compete in NMAA and/or LCPS sanctioned events. A sanctioned event is a contest that is scheduled through LCPS.
2. If a student competes in a non-sanctioned athletic event, the event will count toward the maximum number of NMAA allowable events for that sport (athletics only).
3. Participants involved on a school district team may not compete against a team or individual below the 9th grade level (athletics only).
4. Alternative schools, charter schools, home school, and small private schools that are non-NMAA members may participate in their home attendance zone school.
5. NMAA membered school **may not** participate in athletics or activities with another NMAA membered school, which includes Arrowhead Park Early College High School students.
 - a. Exception: RGPI students are allowed to participate in their attendance zone school in athletics or activities that do not exist at RGPI.
6. School Attendance on Day of Competition: A student who misses school, for one full period or more, on the day of competition or on the Friday before a Saturday competition, **may not participate in the competition unless it is a documented school excused absence.**

B. Dismissal from the Team (athletics only)

1. If a student is dismissed from a team for disciplinary reasons or quits, after having made the team, during the season, they will not be allowed to participate in another school sport until the completion of the season of the sport in which they were a member of the team.

Intent of Rule: Students are held to the values found in “Compete with Class” emphasizing commitment and responsibility to others.

2. Any student who is cut from an athletic team after a try-out period is eligible to try-out for another sport immediately at their school only.

C. Senior Participation

Per NMAA, seniors are not permitted to play in any sanctioned school district junior-varsity athletic contest (athletics only).

Seniors (post-graduation) may travel to national events with their school; however, all associated costs must be covered by the students, families, or through activity fundraising.

1. All travel accommodations will be made through the school group.
2. Student will be held to all travel rules and protocols established by LCPS and state and national organizations.
3. No refunds will be issued.

D. Qualifying Events (activities only)

Students must qualify for state or national events to receive funding for travel.

1. 1st - 3rd place at regionals qualify to go to state.
2. 1st place at state qualify to go to nationals. **The district only covers expenses for Nationals for any sanctioned organization that earns 1st place in the highest-ranking category at the state competition (ie. 1st Place Gold or Gold Champion).**
3. Students who do not meet the above district qualifications may travel to national events with their school; however, all associated costs must be covered by the students, families, or through activity fundraising.
 - a. All travel accommodations will be made through the school group.
 - b. Student will be held to all travel rules and protocols established by LCPS and state and national organizations.
 - c. No refunds will be issued.

E. Recruiting by Students (athletics only)

1. High school athletic teams may not organize attendance for teams at any 8th grade athletic event. High school athletes in attendance may not have contact with the players/participants on the teams other than siblings or organize students to wear school colors or school shirts. They must be seated in the bleachers and are not allowed to attend 7th-8th grade athletic team practices.
2. Athletes may wear their school attire or game jerseys at elementary schools or when participating in a community events (must get prior approval from school administration).

F. Lettering

Awards from the school, NMAA or Booster Club (limited in value as stated in the NMAA Handbook) may be

given to participants in interscholastic activities. If unapproved awards are offered and accepted by a participant, that participant may jeopardize their eligibility and amateur status. Students, parent(s) or court appointed legal guardian(s) should become familiar with the policies and procedures outlined by their respective activities for earning letters or receiving awards and recognition.

1. It is the responsibility of the coach/teacher to establish and document the criteria for lettering. All criteria for lettering is school and/or program specific.
2. Not all school sponsored Activities offer a lettering program. Students are not required to earn a letter to participate.
3. All participants must be informed of the requirements necessary for lettering before the start of the season.
4. To be eligible for lettering the student must complete the season and be in good standing.
5. A student may earn one (1) varsity letter. Subsequent letter awards earned will be awarded in the form of pins.

G. Sunday Meetings

Any practice sessions meeting, film session, or organized activity involving any student, Sunday is strictly prohibited unless prior permission has been granted by the school administration.

H. Elementary Activities

Elementary activities are rare. In the rare instance of overnight travel, students will be housed one student per room with the understanding that a parent/guardian must travel in tandem with, but separate from, the student group. Parent/guardian must stay in the room overnight with their student, following the established trip itinerary. Travel exceptions can be made for parents who are district employees in good standing.

4.2 CONDITIONS OF PARTICIPATION

A. Prior to participating in any practice session, in-season or off-season workout session, optional summer workouts, camps/conferences, or an elective credit class, student, must:

1. Be officially enrolled in your school.
2. Have completed and signed all LCPS participation and permission forms:

Activities & Fine Arts

- a. Student Activities Code of Conduct
- b. Parent or Guardian Code of Conduct
- c. Medical Emergency Information and Release Form

Athletics, Marching Band, JROTC, & Bowling (Rank One Requirements)

- a. Physical examination
- b. Student Activities Code of Conduct
- c. Parent or Guardian Code of Conduct
- d. Medical Emergency Information and Release Form
- e. SB38 Acknowledgement
- f. Medical History
- g. Concussion Course Certificate Upload Form
- h. Acknowledgement of Rules
- i. Participant Form
- j. Consent to Treat
- k. Safety & Welfare Statement
- l. Consent to Release Medical Info

B. Student Physical Requirements (Athletics, Marching Band, JROTC, & Bowling)

1. Must have a physical examination completed by a medical practitioner licensed to practice medicine in the U.S.
2. Physical must be obtained after April 1 for upcoming spring, summer, and next school year activities.
3. All student athletes must have a new physical and be cleared to participate before they can start the spring or optional summer program. This applies to all incoming freshmen from the local middle schools.
4. Physical must be turned in to the Head Athletic Trainer before the end of the school year.
5. Exception: students transferring from outside LCPS may turn in their physical upon arrival to be cleared for summer activities.



Policy J Series

https://www.lcps.net/page/policies#j_series

C. See [LCPS Policy JJID](#) and [Regulation JJID-R](#).

4.3 ATHLETIC TRAINERS (athletics only)

D. Injury or Illness – a student must report an injury or illness to the Athletic Trainer.

1. If a student is injured or ill and seeks medical care, the student must obtain a release from the attending medical **provider** prior to resuming participation. The release must be signed and dated by the attending medical **provider**.
2. The Athletic Trainer, considering the advice of a medical practitioner, shall determine the participation status of the student.

E. Accidents and Injuries

Any time a student is injured there must be an accident report form filled out and on file with the Athletic Trainer. This form is necessary even if the injured person does not go to the doctor or hospital. It is the responsibility of the Athletic Trainer to have a supply of the accident forms. In the event the Athletic Trainer is not present, the coach/advisor or his or her designee has the responsibility to see that the above procedure is carried out along with any designated campus procedures for reporting accidents. (See **Athletic Appendix**)

4.4 STUDENT CONDUCT REGULATIONS – COMPETE WITH CLASS

Students must be aware that their personal conduct and attitude needs to reflect high standards of respect, loyalty, attitude, and morale. Because students represent their school and community, their conduct is expected to exemplify high standards. If warranted, suspension from activities shall be implemented by the Principal and school Athletic or Activities Coordinator.

It is the **responsibility of the student and his or her parent(s) or legal guardian(s)** to be familiar with the standards of student conduct, residency requirements, and eligibility guidelines.

4.5 8TH GRADE PARTICIPATION AT THE HIGH SCHOOL LEVEL

A. High School Participation

1. LCPS/Home School/Charter School/Non-NMAA Private School Students –students can compete at the varsity level in swimming, golf, tennis, cross country/track, wrestling, **powerlifting**, Fine Arts and other Activities.
 - a. Can **ONLY** participate at the high school located in the student’s residence attendance zone.
 - b. **Must** meet all NMAA and LCPS eligibility rules.
 - c. 8th graders participating in Athletics must have filed paperwork to NMAA verifying participation.
 - d. Students from an NMAA membered school are not allowed to participate in activities or programs at another school.

B. No Contact Period (athletics only)

Middle school students may not attend practice or open gym until the Monday following the conclusion of the last middle school track meet as determined by the athletic department. Violation of this guideline may be interpreted as “undue influence or recruiting” and may result in the suspension of the coach and the loss of athletic eligibility for the student athlete(s)

4.6 SUMMER: CAMPS, RECREATION LEAGUES, EVENTS AND COMPETITIONS

It is the position of the LCPS that no student is required, as a condition of making the team, to attend camps or participate in summer recreation leagues, events, or competitions. A student cannot be penalized for not attending summer camps or workouts.

4.7 DUAL-PARTICIPATION

Las Cruces Public Schools proudly supports dual-participation for students in athletics, activities, and fine arts, recognizing the value of a well-rounded education. We encourage our students to explore their diverse interests and talents, promoting a balanced and enriching school experience.

- A. If a student participates in multiple LCPS activities, it is the responsibility of the student and/or parent to communicate scheduling conflicts with all involved advisors/coaches well in advance of any conflicting dates/times.
- B. It is the expectation that the student will equitably SHARE TIME between the two activities, without penalty.
- C. It is also understood that priorities change depending on the time of season and the type of conflicting events. For example: games take priority over rehearsals, performances take priority over practices, etc.
- D. In the instance when game conflicts with performance, the student will be allowed to decide which event to attend without penalty or undue pressure from the Advisor/Coach.

SECTION V HEALTH & WELLNESS

Student-athletes report elevated levels of mental health concerns. Mental exhaustion, anxiety, and feelings of being depressed are commonly reported, and are noted in higher rates among demographic subgroups commonly displaying higher rates of mental distress (e.g., women, student-athletes of color, those identifying on the queer-spectrum and those reporting family economic hardship). (NCAA Student-Athlete Well-Being Study Fall 2021)

5.1 SOCIAL AND EMOTIONAL WELL-BEING

Balancing academics and activities, worrying about playing time and performance, relationships with coaches and advisors, and the group environment are all factors that uniquely impact the well-being of students. Adding to that, some who experience racism or racial-trauma, economic hardship, gender-based discrimination, or other social detriments to health are faced with risk of feeling anger, anxiety, hopelessness, or loneliness.

A. Las Cruces Public Schools recognizes that mental health is an important component of overall health and wellness as defined in the following school board policies:

1. [JBD Gender Inclusive Schools](#)
2. [JICFA Bullying, Cyberbullying Intimidation and Hostile or Offensive Conduct](#)
3. [JLE Suicide Prevention](#)
4. [JLD Academic and Behavioral Health Counseling](#)



Policy J Series
https://www.lcps.net/page/policies#j_series

B. LCPS encourages students to be aware of the benefits of early help seeking of mental health concerns and risk-behaviors. The following risk behaviors are shown to negatively impact mental health and performance:

1. Alcohol – depletes energy, impairs learning.
2. Marijuana/vape – slows reaction times, impairs hand-eye coordination.
3. Disordered eating – risk of dehydration, bone injury, muscle injury and weakness.
4. Sleep related – decreased ability to perform with accuracy and precision.
5. Mood disorders, depression and anxiety – diminished ability to execute performance.

5.2 RESOURCES

A. 988: The 24/7 Lifeline for Emotional, Mental, or Substance Misuse Support. Immediate help is available in New Mexico. For 24/7 access to call or text 988.

B. NMAA mental health hotline: 1-855-662-7474 or 1-855-NMCRISIS.

C. Reasons to call or text:

1. Worried about your safety or someone you know.
2. Having a hard time managing strong emotions.
3. Feeling hopeless, confused, angry or lonely.
4. Worried about alcohol or drug use (substance use).
5. Need information or referrals for local community services.
6. Have something on your mind that you want to talk over with someone outside of a current situation.

D. Other resources:

- http://www.lessons4living.com/stress_test.htm
- <https://www.helpguide.org/articles/stress/stress-management.htm>
- <https://www.verywellmind.com/stress-effects-on-health-4157210>
- <https://helpguide.org/articles/depression/teenagers-guide-to-depression.htm>
- <https://www.mayoclinic.org/diseases-conditions/suicide/symptoms-causes/syc-20378048>

SECTION VI PARENT EXPECTATIONS

6.1 PARENT INVOLVEMENT

A. Expectations of Parents

1. Support the NMAA “Compete with Class” initiative.
2. All parents will attend the program(s) pre-season and/or pre-travel meetings.
3. Understand and support the philosophy and objectives of the coach/teacher.
4. Understand and support the expectations the coach/teacher has of the student.

B. Direct Communication with a Coach/Teacher

1. Concerns should go to the head coach/teacher following this process:
 - a. Schedule a meeting with the coach/teacher during the school day to meet at the school site.
 - b. If a time cannot be set up, contact the Athletic/Activities Coordinator at the school to facilitate a meeting.
 - c. If progress is not reached, set up an appointment with the Principal and Athletic/Activities Coordinator at the school.
2. **Do not attempt to speak to a coach/teacher before or after a practice, game, performance, or any competitive event.**
3. Issues not to discuss with Coach/Teacher
 - a. Parents shall not mandate classroom instruction or curriculum or schedules outside the classroom. These areas are controlled by the Las Cruces School Board, as prescribed by the New Mexico Public Education department and other organizations.
 - b. Other examples:
 1. Playing time
 2. Squad selection
 3. Matters concerning other team members
 4. Sports philosophy
 5. Play calling
 6. Music/script selections
 7. Practice and rehearsal times

C. Expectations for Spectator Behavior

1. Comply with the rules and regulations of the NMAA and LCPS.
2. **LCPS administrators, at their discretion, have the right to remove any spectator(s) who display inappropriate behavior.**

- a. Any parent/guardian who is ejected from an event will be required to complete the NFHS courses: 1) Sportsmanship, and 2) Positive Parenting Within School Programs.
- b. The parent/guardian must sit out a minimum of one event as a spectator after the completion of the courses.
- c. Depending on the severity of the infraction, parent/guardian may be removed for the remainder of the season, or all school events. LCPS Security will make contact in this case.

3. Positive Role Modeling

- a. Show respect to the opponents.
- b. Demonstrate and model edifying behaviors to all students.
- c. Help all teams and spectators develop integrity through the intensity of the competition.
- d. Allow all students to participate to the best of their ability, without interference.
- e. Please do not attempt to re-live your life through their competitive participation.

4. Student and fan participation in an activities event is an extension of the classroom.

- a. Help the school administration conduct fair and equitable competition by adhering to the rules and respecting authority.
- b. Respect the decisions of officials and judges regardless of whether or not you agree with their calls.
- c. Do not to criticize the competitors.
- d. Do not harass students, players, coaches, teachers, officials, administrators, or other spectators.
- e. Be aware of the capabilities and limitations of the competitors.
- f. Do not verbally berate others.

6.2 PARENT VOLUNTEERS

Las Cruces Public Schools welcomes and encourages all parents, and community members of Las Cruces to volunteer in our schools. In order to protect our students; volunteers must comply with the [LCPS Policy IJOC: School Volunteers and Regulation](#). Paperwork can be found on the LCPS Human Resources webpage: www.lcps.net.

Travel for district approved volunteers is at the discretion of the coach/advisor, in conjunction with the LCPS Activities, Fine Arts, and Athletics Offices.

6.3 BOOSTER CLUBS

All booster clubs and fundraising must follow [Policy KJA](#) and [Regulation KJA](#).



Policy I Series

https://www.lcps.net/page/policies#j_series



Policy K Series

https://www.lcps.net/page/policies#k_series



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