

2026-2027 Rapid City Area Schools High School Activities Handbook

Central High School

433 Mt. Rushmore Road

Telephone: 394-4023 Fax: 355-3041

Principal: Terry Lundeen

Activities Director: Jordan Bauer

Stevens High School

4215 Raider Road

Telephone: 394-4051 Fax: 394-1820

Principal: Jocelyn Hafner

Activities Director: Nick Karn

Rapid City Area Schools

High School Activities Handbook

Table of Contents

<u>Notice of Non-Discrimination</u>	4
<u>Introduction</u>	4
<u>Participants and Parents</u>	4
<u>Statement of Philosophy/Objectives</u>	5
<u>Statement of Philosophy</u>	
<u>Objectives of the Activities Program</u>	
<u>Sportsmanship Guidelines</u>	5-6
<u>Membership and Affiliations</u>	6
<u>South Dakota High School Activities Association</u>	
<u>Student/Participant Preseason Responsibilities</u>	6-7
<u>Preseason Responsibilities</u>	
<u>Return to Learn, Return to Competition, Practice or Training Guidelines for Concussed and Injured Student Activity Participants</u>	7
<u>Guidelines for Concussed and Injured Student Activity Participants</u>	
<u>Eligibility Rules and Guidelines</u>	7-8
<u>Academic Eligibility</u>	
<u>Alternative Instruction Students</u>	
<u>Transfer Students</u>	
<u>Training Rules</u>	9-10
<u>Extracurricular Activity Training Rules</u>	
<u>Student Attendance/School Suspensions/Practice Guidelines</u>	11
<u>Student Attendance</u>	
<u>School Suspensions</u>	
<u>Sunday/Wednesday Practices</u>	
<u>SDHSAA Behavior Policies</u>	11-13
<u>Racial Harassment, Violence, and Taunting</u>	
<u>Student Code of Ethics and Responsibilities</u>	
<u>Equipment Check Out</u>	
<u>Student/Coach Ejection Procedures</u>	
<u>Parent/Coach Responsibilities and Grievance Procedure</u>	14*15
<u>Parent/Coach/Advisor Communication</u>	
<u>Public and Student Grievance Procedure</u>	
<u>Activities Travel Policies</u>	15
<u>Riding to and From a School Activity</u>	
<u>Team Selection, Tryouts and Participation</u>	15-16
<u>Philosophy</u>	
<u>Cutting Policies</u>	
<u>Squad Selection Appeal Process</u>	
<u>Rapid city area Schools Petition Process</u>	
<u>Dual Activity Participation</u>	
<u>Petition for Middle School Athlete</u>	17
<u>Team Selection Procedure by Activity</u>	18-32
<u>Boys-Girls Basketball</u>	19-20
<u>Cheerleading</u>	21-24
<u>All State Chorus/All State Band/All State Orchestra</u>	25
<u>Dance</u>	26
<u>Boys and Girls Golf</u>	27
<u>Oral Interpretation</u>	27
<u>Girls Volleyball</u>	28-29
<u>Soccer</u>	30-31
<u>Softball</u>	32-33

<u>Esports</u>	34-35
<u>Lettering and Awards</u>	36
<u>Lettering</u>	
<u>Athletic Awards</u>	
<u>Activity Awards</u>	
<u>Club Sport Lettering Agreements</u>	36-41
<u>Club Baseball</u>	37
<u>Club Legion Baseball</u>	38
<u>Club Hockey</u>	38-39
<u>Club Lacrosse</u>	39-40
<u>Club Swimming</u>	40-41
<u>Figure Skating</u>	41-42
<u>Rodeo</u>	42
<u>Robotics</u>	42-43
<u>Trapshooting Club</u>	43-44
<u>Qualifications and Requirements</u>	44
<u>Administration</u>	
<u>Performance</u>	
<u>Academic</u>	

Notice of Non-Discrimination

The Rapid City Area School District 51-4 does not discriminate based on race, color, national origin, sex, disability, or age, sexual orientation, disability, or veterans in its programs, activities, or conditions of employment. This Notice of Non-Discrimination is provided pursuant to federal laws and regulations, including those implementing Title VI, Title VIII, Title IX, the Americans with Disabilities Act (ADA), Section 504 of The Rehabilitation Act of 1973, and the Age Discrimination Act.

Questions, complaints, or requests for additional information regarding the laws may be forwarded to the designated compliance coordinator: Director of Human Resources located at the Rapid City Education Center, or phone (605)394-4014.

The District's anti-discrimination, anti-harassment, and anti-retaliation policies and grievance procedures may be accessed electronically at this District Code: [AC-Discrimination and Harassment Policy and Procedure](#) or in hard-copy format at the District's Human Resources Office.

For further information about anti-discrimination laws and regulations, or to file a complaint of discrimination with the Office for Civil Rights (OCR) in the U.S. Department of Education, please contact OCR at Lyndon Baines Johnson Department of Education Bldg., 400 Maryland Avenue, SW, Washington, DC 20202-1100, Telephone 800-421-3481 (voice), or dial 7-1-1 for the telecommunication relay service (TRS) for deaf, hard of hearing or those who have a speech disability, or 202-453-6012 (fax), or OCR@ed.gov (email).

Introduction

The students in the Rapid City Area School District are the beneficiaries of a variety of student activities under the leadership of experienced, skilled and dedicated advisors (i.e. coaches, directors). The sections of this book are not only directed at athletics, but for all activities that are offered by the district.

Participants and Parents

The primary purpose of education is to develop successful adults. While academic pursuits are essential in providing the necessary foundation, a variety of learning experiences enhance the probability of adult success. In fact, research indicates that successful participation in student activities is a valid predictor of adult success in career and community.

The Positive Relationship between activity participation and adult success may be related to several factors:

- Activity participants are generally highly motivated due to special interests and talents.
- Activities are characterized by close relationships between participants and their advisors.
- Student Activities offer relevant and authentic learning experiences.
- Activity participation is positively correlated with developmental goals such as higher self-esteem, improved academic ability and grades, increased social and political activism, lower delinquency rates, higher education aspirations and increased feelings of control.
- Activities are fun!

The Rapid City Area School District strives to satisfy the needs of all students by offering a balanced program of Student Activities:

- Academic and interest clubs and organizations
- Arts
- Athletics

We strongly encourage every student to become fully involved by participating and/or supporting student activities. Get involved, find your niche!

Philosophy and Objectives

Statement of Philosophy

RCAS shall provide a variety of activities, the purpose of which may be both educational and recreational. It is recognized that well organized and implemented programs can have a positive influence on the morale of the student body and serves as an important vehicle for good school and community relations. Programs should be always conducted with the best interests of the participants as the primary consideration.

Programs shall encourage participation by as many students as possible. Student participation may be limited by individual abilities and/or interests, the nature of activity and/or team concepts, but not by any criteria explicitly prohibited by federal and state discriminatory statutes. Tryouts exist in some activities with the tryout procedure clearly outlined and identified.

Since activities are based on participation and competition it is imperative that the will to succeed to be a basic concept which must permeate the entire program. Sub-varsity levels are built on a foundation based on establishing and improving skill development, participation, and creating a competitive environment. At the varsity level the objective is competition and striving to win.

The varsity head coach/advisor is the coordinator for his/her activity. If he/she is to have this responsibility, he/she must likewise have the opportunity to provide positive input for total program development. The head coach/advisor is responsible for developing program objectives in cooperation with the activities director. Program development will be reviewed at the conclusion of a season by the head coach/advisor and activities director. The varsity head coach/advisor will be consulted as to who will make up the coaching/advising staff at the high school each year.

Objectives of the Activities Program

The program of student activities will assist each student in:

- Developing recreational interests and skills.
- Developing positive habits that will contribute to a healthy lifestyle.
- Developing leadership and collaborative skills.
- Developing a work ethic.
- Developing a positive attitude and increased motivation toward school.
- Improve communication skills.
- Developing a repertoire of marketable skills, problem solving, decision-making, goal setting, time management, etc.
- Improve self-esteem.

Sportsmanship Guidelines

As adults, teachers, coaches, students, and parents/guardians we have the responsibility to ensure that the lessons learned from participation in activities are positive ones. Through competition, young people should be taught the values of trustworthiness, respect, responsibility, fairness, caring, selflessness, and citizenship.

RCAS expects coaches, teachers, students, spectators, and parents/guardians to follow-sportsmanship codes of conduct pages to improve the character of student athletes, fans and programs. RCAS is a member of the South Dakota High School Activities Association who have adopted the rules under which our contests are conducted. A strong commitment to excellence, fair play, and sportsmanship are all vital to our activity's success. We encourage you to cheer for your favorite team during competition. At the same time, please demonstrate the respect you would like to be shown as visitors on their campus. Unruly, threatening, or obscene behavior will not be condoned at our contests.

Sportsmanship Codes of Conduct

1. Always show Respect for the Opponent

- The opponents should be treated as guests, greeted cordially on arrival; given the best accommodations, and accorded the tolerance, honesty, and generosity that all human beings deserve. Good sportsmanship is the golden rule in action.

2. Show Respect for the Officials

- The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
- 3. Know, Understand, and Appreciate the Rules of the Contest**
 - Familiarity with the current rules of the game and recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
 - 4. Always maintain Self-Control**
 - A prerequisite of good sportsmanship requires one to understand his/her own bias or prejudice and to have the ability to recognize that rational behavior is more important than the desire to win. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship is concerned with the behavior of all involved in the game.
 - 5. Recognize and Appreciate Skill in Performance Regardless of Affiliation**
 - Applause for an opponent's good performance in a demonstration of generosity and goodwill that should not be looked upon as treason. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team members is one of the most highly commendable gestures of good sportsmanship. With the fundamentals of sportsmanship as the points of departure, specific responsibilities and expect modes of behavior can be defined.
 - 6. Let the players play, let the coaches coach, let the officials call the game, and the fans cheer!**

Membership and Affiliations

South Dakota High School Activities Association

The State of South Dakota (SDCL 13-36-4) authorizes schools to delegate control, supervision and regulations of any and all high school interscholastic activities to a high school activities association. South Dakota school districts jointly and cooperatively, created and developed a voluntary nonprofit association for the advancement of interscholastic activities. The purpose of the South Dakota High School Activities Association (SDHSAA) is to direct and coordinate interscholastic activities that are conducted by member high schools. The SDHSAA sanctions and regulates activity programs for athletics, music, publications, speech and student council through a Board of Directors and an executive staff. Each article of the constitution and bylaw, rule and regulation of the SDHSAA, however, was ratified by member schools.

When a high school elects to become a member school, it adopts the SDHSAA rules as its own rules. The activities directors are the Rapid City School District's official representatives to the SDHSAA. The activities directors are responsible for administering the Rapid City Area School District activities program, following RCAS Board of Education policies, and additionally, following the rules and regulations of the SDHSAA. While maintaining membership in the SDHSAA, the district will conduct all SDHSAA activities in accordance with the rules and regulations of the SDHSAA.

Student Participant Preseason Responsibilities

Preseason Responsibilities

It is the responsibility of the activity participant and the parent to make sure that the following is completed before the student participates in athletics for the Rapid City Area Schools. (This includes club sports.)

1. Student participant parents must complete the Parent Consent Form online via the Bound registration portal. This form includes vital information, such as medical consent, insurance carrier, activity transportation approval, medical history and emergency contacts if needed, and any other SDHSAA required forms. If these forms are not completed by the end of the first week of practice, the student will not be allowed to tryout/compete/practice.
2. Student athletes must have an annual physical examination completed before the beginning of the activity, (including summer and off-season workouts). A copy of the exam must be on file in the high school activities office. The physical must be completed annually and must be dated from the current year. If a student does not have a physical, he/she will not be allowed to tryout/compete/practice.
3. Students and parents must read the concussion awareness form and sign off online via the Skyward family access portal. If the form is not signed off, the student will not be allowed to participate in any interscholastic competition.
4. The Students and at least one (1) parent are highly encouraged to ~~must~~ attend a ~~Preseason~~ their activity program meeting to be informed of rules and regulations that govern the activities program. The student and parent will be

responsible to read the Rapid City Area Schools Activities Handbook and agree through completion of the parent consent form to comply with all rules and policies contained therein.

Return to Learn, Return to Competition, Practice or Training Guidelines for Concussed and Injured Student Activity Participants.

Guidelines for Concussed and Injured Student Activity Participants.

- In sports deemed high-risk, all athletes must be baseline tested, using Impact (or other prescribed concussion assessment tool), every 2 years. If a student is diagnosed with a concussion, they will be re-baseline tested prior to participation in their first sport of the athletic year.
- If an athlete sustains a concussion as deemed by medical staff, they will be removed from activity immediately and will not be able to return that day.
- In order to return to activity, the athlete will need to be symptom free, have a normalized Impact score and be seen by a medical doctor who will provide written documentation that they are allowed to follow the prescribed return to play protocol which will be monitored by medical staff. If the athlete exhibits symptoms they will be withheld from activity until symptoms subside. ~ (Black Hills Concussion Recovery Team)

The **SDHSAA Return to Learn, Return to Competition, Practice, or Training form** must be signed by all parties, AND successful completion of the concussion assessment must be verified by the athletic trainer. If the form is not signed, verified, and on file, the student will not be allowed to participate in any interscholastic competitions, practice, or training.

SDHSAA Sports Medicine Advisory Guidelines

For SDHSAA Sports Medicine guidelines for Head, Health, Heart, and Heat guidelines and limitations please visit: <https://www.sdhsaa.com/health-safety/>

Eligibility Rules and Guidelines

Academic Eligibility

Activity programs are an integral part of the school curriculum and come under the authority of the principal. Activity participation should not detract from academic achievement.

Academic eligibility period means the period of time during which a student may participate in interscholastic athletics and activities. Academic eligibility periods are determined by the date of issuance of report cards reflecting grades earned during the:

1. First Semester
2. Second Semester

Academic ineligibility is the consequence that occurs when a student fails to meet academic eligibility standards at the end of an academic eligibility period. This is the period of time during which a student is ineligible to participate in interscholastic athletic contests, or activities, contests or non-graded performances.

Interscholastic athletics are school approved, individual or team interscholastic athletic contests between two or more schools under the rules and regulations of the South Dakota High School Activities Association.

Activities are school approved non-interscholastic athletic activities for which a student does not receive a letter grade, and which normally occur outside of the regular instructional day. Activities such as Band, Chorus, and Orchestra where the student does receive a letter grade are included to the extent that the co-curricular activity practices, performs or participates under the rules of the South Dakota High School Activities Association.

For students to be eligible for activities at Rapid City Area Schools, the following criteria must be followed. This applies to students in Grades 9-12 or middle school students involved in high school programs:

South Dakota High School Activity Association Academic Eligibility Rule:

1. Preceding Semester/Trimester: The student, unless they are entering high school for the first time, shall have successfully earned a Minimum of two (2) units of credit or minimum of four (4) classes (with the exception/exclusion of Grad Time) which are used in the issuance of a diploma, for the preceding or for the most recent semester/trimester of attendance in any accredited high school. For the purposes of this subsection, enrollment and attendance in school or participation in one or more contests shall constitute a semester/trimester in determining eligibility. NOTE: Failure to earn two (2) units of credit or minimum of four (4) classes (with the exception/exclusion of Grad Time) the previous semester/trimester causes the student to become ineligible the entire following semester/trimester. NOTE: Only credits accepted by the school for graduation may be used in determining whether a student successfully earned two (2) units of credit. Source: Minutes of the January 10-11, 2001 Board of Directors Meeting.
2. Current Semester: The student shall (a) be enrolled in an accredited high school and attend courses for which a minimum of two (2) units of credit or minimum of four (4) classes (with the exception/exclusion of Grad Time) may be earned towards the issuance of a diploma, (b) be receiving alternative instruction as set forth in SDCL § 13-27-3 or (c) any student in grades ten, eleven, or twelve may apply to an institution of higher education or a postsecondary vocational education institution as a special student in a course or courses offered at the institution of higher education or postsecondary vocational education institution. Correspondence/college courses approved in advance by the high school principal for which credits earned are used in the issuance of a high school diploma may count towards the two (2) units of credit or minimum of four (4) classes (with the exception/exclusion of Grad Time) eligibility requirement. (Refer to SDCL § 13-28-37)
3. A student's grades which are dependent upon completion of a project such as a vocational education project after the close of the academic school year shall be determined by the grade averages of record assuming satisfactory completion of the project.
4. Credit recovery: Students who have been declared ineligible because of academic deficiencies from the previous semester/trimester may earn scholastic/academic eligibility by taking an academic course(s) via the options Revised 7/18 By-Laws - 15 approved by the SD Department of Education. Examples include, but not limited to, on-line courses, in-district credit recovery courses, alternative education settings, digital courses, etc. The principal must monitor the successful completion of the course(s) and reinstate eligibility only after the successful completion of 2 units of credit as per Chapter I, Part IV, Section I, Subsection D., page 14 of the Bylaws.
5. Additional SDHSAA general eligibility: <https://www.sdhsaa.com/Portals/0/PDFs/Handbook/Athletics/16-Eligibility.pdf>

Alternative Instruction Students

Home School Students residing in Rapid City Area School District boundaries may participate in all co-curricular and interscholastic programs offered through the schools. Homeschoolers will verify through their parent or agent that they have met the conditions listed in Board Policy IGD by a letter to the respective activities director that they have satisfied the requirements prescribed in Board Policy IGD prior to the beginning of the activity. Homeschool students must participate in SDHSAA and Club Sports at the high school in the attendance area for which they reside.

Completion of the SDHSAA Alternative Instruction Eligibility Checklist will be required.

Transfer Students

Students transferring within the district, from an outside South Dakota district, or from out-of-state shall follow RCAS and SDHSAA transfer guidelines. Contact the administration of the school for direction on RCAS and SDHSAA student transfer compliance.

SDHSAA eligibility and transfer student guidelines and additional guidelines for athletics. Part IV – Student eligibility for fine arts and athletic participation, chapter 11 – bylaws for athletics, part I, further eligibility requirements for athletic contests.

Link: <https://www.sdhsaa.com/Handbook/ATH-ConstitutionByLaws.pdf>

Training Rules

Extra-Curricular Activity Training Rules

Student participation in extra-curricular activities is a privilege, not a right. Students who choose to participate in extra-curricular activities represent their school and community.

These extra-curricular activity training rules will be enforced the entire year, which includes the summer months, regardless of whether or not the student is participating in an extra-curricular activity, a student shall not use or consume, have in possession, buy, sell, or give away: alcohol, drug or tobacco which includes smokeless tobacco, vaping, and any associated paraphernalia. RCAS training rules also apply to behavior infractions outlined within RCAS handbooks.

Rapid City Areas Schools can assist students who seek help for chemical dependency. Students will not be penalized if they voluntarily enter a treatment program prior to having an identified violation and abstain from further use. If, while in the program, they violate these school activity rules, the student will be administered consequences per the activities handbook and discipline matrices.

According to state law, any person adjudicated, convicted, or the subject of an informal adjustment or court approved diversion program, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana as defined in chapter 22-42 is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education and Cultural Affairs for one year. The one-year suspension may be reduced to thirty calendar days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor. For more details, please see South Dakota Codified Law 13-32-9.

1. For purposes of administering the training rule policy activities violations are administered through a percentage of season formula as described below: First Violation
After confirmation of the first violation, the student shall lose eligibility and will be suspended for up to 20% of the entire season of interscholastic competitions or performances. Suspension can be reduced to 10% at the discretion of administration, with completed assigned community service. Weeks of practice that are absent of interscholastic competition/performance cannot be counted.
 - a. Following suspension for the first violation it is mandatory that before being readmitted to activities following the suspension, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.
2. Second Violation
After confirmation of the second violation, the student shall lose eligibility and will be suspended for up to 40% of the entire season of interscholastic competitions or performances. Suspension can be reduced to 20% at the discretion of administration, with completed assigned community service. Weeks of practice that are absent of interscholastic competitions or performances cannot be counted.
 - a. It is mandatory that before being readmitted to activities following suspension for the second violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.
3. Third Violation
After confirmation of the third or subsequent violations, the student shall lose eligibility for one full calendar year from the date of the violation.
 - a. Following loss of eligibility for the third violation, it is mandatory for the student to show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist before being readmitted to activities.

In the instance of the first and second violations, if the full number of competitions or performances are not met due to the timeline elapsed within a season, the remaining percentage of the suspension will be extended to the next activity the student participates in, even if that activity is the next school year. To count toward the minimum number of events, the student must participate in the entire activity season, beginning with the first day of practice and may not drop out or quit

the activity to avoid suspension. The failure of a student completing the entire activity season shall result in the student being required to again serve the same suspension in the next activity they participate in. In addition, a suspension is only in effect during the South Dakota High School Activities Association's activity year, which begins on the first day of its first sanctioned events and concludes on the last day of its last sanctioned events.

The percentage for violations will be calculated by dividing by the number of regular season games or performances scheduled for the activity. All percentage points over 1 will be rounded down (i.e. 2.9 games will equal 2 games). The suspension will occur when competition begins, not when practice begins. The attendance at practice will be at the discretion of the advisor, coach, or director. Parent/guardians and the students will be notified, and a record will be kept of pertinent facts, actions and contracts. Communication with the participant, his/her parent/guardian, coach or advisor and the activities director will be required before any future participation by the individual.

1. Additional Training Rules Information:

- a. Violations and penalties apply during the off-season or during each activity in which the student participates.
- b. Rules are in effect for the entire school year. (to include any RCAS school sanctioned, sponsored, or club activity for the entire calendar year).
- c. Violations are cumulative throughout the entire school year whether they occur during the season of participation or the off-season. Violations will reset July 1 of every year.
- d. Consequences for a violation will carry over into the next school year if the consequences have not been fulfilled within the school year. If the violation occurs during the off-season, the suspension will be invoked at the beginning of the next activity season in which the student shall participate or the next school year. Example: first violation occurs during the off-season in the spring. The suspension will be enforced during the first activity season the student shall participate in beginning the next school year. If the season does not allow the activity participant to successfully complete the suspension, the suspension will carry over to the next activity season in which the student participates and competes. The total events missed will be based on the entire season in which the infraction occurred. For the suspension to be fulfilled, the participant must complete the activity season in which the suspension is being carried out as a contributing participant in good standing.
- e. Practice and conditioning weeks in which no contests are scheduled cannot be counted as penalty weeks.
- f. It would be up to the discretion of the advisor, coach, or director as to whether the individual would continue to practice during the suspension.
- g. It is not a violation if the student is present where alcohol, tobacco or any controlled substance is being used.

2. Behavior Infractions: Students may also be declared ineligible to participate in activities when a student's actions, conduct or standards of behavior create a negative image detrimental to the school or its programs. Any incident that is a Class 4 or above according to the RCAS Discipline Matrix will be considered a Training Rule Violation. Students that post electronic communication that is harmful to students and/or staff could face activity consequences and school consequences. The penalties for behavior infractions would be the same as the training rules violations listed above. In addition, a student may face additional consequences as per the discipline matrix. Administration will address any offense not specifically listed and reserves the right to alter any disciplinary action based on extenuating circumstances.

- a. Conduct at Activity Events – Student handbook

3. Felony Rule

- a. Any student charged and/or convicted of a felony shall, upon the confirmation of felony charges, become ineligible for all further participation in extra-curricular activities until the student has been acquitted or paid his/her debt to society and the courts consider the sentence served (including but not limited to probation, community service, etc.).

4. Steps to be taken prior to assessing penalty:

- a. The problem and intended penalty must be reviewed with the Principal and Activities Director.
- b. The Activities Director or the advisor, coach, or director must contact the parents and discuss the problem
- c. In the event that the student or parents believe the student's rights have been violated, the right of appeal is available.

Student Attendance/School Suspensions/Practice Guidelines

Student Activity Participation Attendance Expectations

Students participating in extracurricular activities are expected to attend school to participate in practices, performances, competitions, and activities.

Practice Participation

A student who is absent from any portion of the school day may attend practice but may not actively participate in practice that day unless the absence was:

- for a documented medical appointment,
- verified funeral attendance, or
- a school-sponsored activity.

Attendance at practice does not guarantee participation status or playing time, which remains at the discretion of the coach/director/advisor.

Game/Event Participation

A student who is absent from any portion of the school day may not participate in a game, competition, performance, or extracurricular event that same day unless the absence was:

- for a documented medical appointment,
- verified funeral attendance, or
- a school-sponsored activity.

Student Suspension from School

A student receiving a disciplinary suspension from school (in school suspension) can practice; however, cannot compete or participate in any extracurricular activities during the day(s) of the suspension. A student receiving an out-of-school suspension is not allowed to practice, compete, participate, or attend any extracurricular activities during the out-of-school suspension.

Sunday/Wednesday Evening Practices

Practices on Wednesday evening and on Sunday shall be avoided if at all possible. The following should be the procedure when practicing (including non-mandatory in-season workouts) on Wednesday evening and Sunday.

1. Wednesday Evening
High School:
 - a. All practices should be completed and student out of the school building by 6:00 p.m. on Wednesday evenings.
2. Sunday Practices
 - a. Practices will not occur in school facilities on Sunday morning or on Sunday evening.
 - b. Practices may occur on Sunday afternoon in or on school facilities if at least one (1) of the following conditions are met:
 1. The practice may only occur if there is a scheduled or rescheduled event on the next day (Monday).
 2. The practice may occur if the team is currently involved in State level competition (i.e. Football Playoffs, District/Regional Tournaments, etc.).

Open Gyms

- A. Open Gyms are defined as activities wherein a gymnasium, playing field or other school/public facility is made available for all RCAS students for recreational purposes.
- B. Attendance at such an event must be voluntary and open.

Students may only attend open gyms at the high school in which they are enrolled in.

SDHSAA Behavior Policies

Racial Harassment and Violence, in SDHSAA Sponsored Athletic and Fine Arts Activities- Participants and Spectators

1. General Statement of Policy
 - a. The South Dakota High School Activities Association believes that all individuals should be treated with respect and dignity. Students should be able to participate in SDHSAA sponsored activities in an environment that is free from racial slurs, racial harassment and racial discrimination. It shall be a violation of this policy for a participant in or spectator of SDHSAA activities to engage in racial harassment or racial violence.
2. Definitions
 - a. Racial Harassment: Racial harassment consists of conduct related to an individual's race when the conduct:
 1. has the purpose or effect of creating an intimidating, hostile or offensive environment; or
 2. has the purpose or effect of emotionally or unreasonably interfering with an individual's performance.
 3. Is intended to bait, anger, embarrass, ridicule, or demean others in a manner that calls attention to or is intended to be demeaning to a specific race.
 - b. Racial Violence: Racial violence, as determined by the school district, is a physical act of aggression or assault upon another because of, or in a manner reasonably related to race.
 - c. Taunting: Taunting includes any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean others. Confirmed acts of racial violence shall be referred to law enforcement
3. Violations Regarding Racial Harassment
 - a. Spectator Violation: Any spectator violating the Racial Harassment portion of this policy shall be immediately removed from the facility by contest administration and/or contest officials. The spectator shall be subject to the conditions specified within the SDHSAA Student/Coach Spectator Ejection policy of the SDHSAA Athletic Handbook.
 - b. Student-Athlete/Coach- Any student-athlete or Coach violating the Racial Harassment portion of this policy shall be immediately ejected from the contest by the contest officials via the rules of that activity under flagrant misconduct. Student-Athletes and Coaches shall be subject to the conditions specified within the Student/Coach/Spectator Ejections policy of the SDHSAA Athletic Handbook.
 - c. A report of any ejection made of a spectator, student-athlete, or coach as a result of Racial Harassment must be submitted to the SDHSAA office.
 - d. Member schools with coaches, players, students or spectators who have repeated (two or more) violations of this policy will be requested to report to the SDHSAA Board of Directors with plans of how to eliminate incidences of these issues within their activity programs.
 - e. Incidents that occur and are not handled according to policy should be referred to the SDHSAA for investigation.

SDHSAA Taunting Policy

1. General The South Dakota High School Activities Association believes that all individuals should be treated with respect and dignity and disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. It shall be a violation of this policy for a participant in or spectator of SDHSAA activities to engage in taunting.
2. Taunting Definition and Violations
 - a. Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others. This includes, but is not limited to profanity, negative chants, trash talk, name calling, or personal attacks. These actions are unacceptable and shall be immediately addressed by school/tournament administration and/or contest officials with consequences up to and including removal from the facility (spectators) or unsportsmanlike conduct/flagrant misconduct (players/coaches). Taunting that is racial in nature (in a manner that calls attention to or is intended to be demeaning to a specific race) would fall under the SDHSAA Racial Harassment policy.

SDHSAA Student Code of Ethics and Responsibilities

The member schools of the South Dakota High School Activities Association believe that participation in interscholastic activities is a privilege, which is accompanied by responsibility.

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.

- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and the laws of my community, state and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

Equipment Check Out

A student participant is required to return his/her uniform and equipment at the end of the season. A student who fails to return school equipment at the end of the season assumes financial responsibility for the equipment. The student will be required to pay for any repairs needed, due to negligence, when the equipment was in the students' control. In addition, the student agrees to pay for, or replace with comparable equipment, any items lost or stolen while in his/her care.

SDHSAA Student/Coach Ejection Procedures

SDHSAA By-Laws state "Any student or coach ejected from an interscholastic contest by game officials will be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition."

In the sport of football only, any player ejected/disqualified for specifically violating the provisions of "Illegal Personal Contact" as outlined in Rule 9-4-3 of the NFHS Football Rules:

- (a) Shall be disqualified only for the remainder of the current game if the foul occurs in the first half of a game, or,
- (b) Shall be disqualified from the remainder of the current game, as well as the first half of the next varsity contest, if the foul occurs in the second half of the game.

If there is an ejection the following procedure must be followed:

1. The local administration (where the student is enrolled or coach is employed) must file a written report, using the appropriate form, notifying the SDHSAA of the ejection.
2. The SDHSAA Office will contact the official involved with the ejection and ask for a written report.
3. A copy of the Official's report will be forwarded to the school's activities director for their review.

A student may appeal his/her ejection to the SDHSAA if it can be verified that his/her actions did not contribute to the disqualification. This applies only to the student athlete who was wrongfully ejected due to recording of an incorrect number by the officials. A basketball coach may appeal the penalty only when he/she is disqualified for indirect technical fouls.

If there is an appeal the following procedure must be followed:

1. The student must make the appeal to the SDHSAA, not the coach/activities director on the student's behalf.
2. If the appeal is granted, the SDHSAA must file a written report explaining their decisions why the appeal was granted.

Parent Coach Responsibilities and Grievance Procedure

Parent/Coach/Advisor Communication

Parenting and coaching are both extremely difficult vocations. Mutual understanding and respect contributes to the acceptance of the action of both parties for the greater benefit of the student. Parents need to understand the expectations of specific programs. Parents Can Expect Your Child's Coach to Communicate:

1. Philosophy
2. Expectations of your child as well as all squad members
3. Risk Management procedures
4. Student conduct responsibilities and consequences

As your child becomes involved in student activities, he/she will expect some very rewarding moments and have the opportunity to learn some of life's lessons. There may be times when your child and/or you may be disappointed. The coach has the knowledge of and experience in the activity, but you know the child. At times a positive dialogue is beneficial. Coaches expect parents to communicate.

1. Concerns directly to them
2. Advance notification of conflicting schedules
3. Specific concerns regarding coaching philosophy or expectations
4. About treatment of the child, mentally or physically
5. About ways that a child can improve performance
6. Concerns about the child's behavior or attitude

Coaches are professionals who are involved in highly competitive, interscholastic activities. They are expected to make team decisions based upon what they believe is best for all participants. Certain issues must be left to the discretion of the coach. Some topics are not appropriate to discuss with the coach:

1. Playing Time
2. Team Strategy
3. Play Calling
4. Other Students

Hopefully, your child will feel free to communicate with his/her coach/advisor. Interaction between parent and coach is also encouraged. If a parent desires a conference with a coach, the following procedure should be used:

1. Contact the coach/advisor to arrange an appointment. If the coach is not at school, the coach should supply contact information to the students where he/she can be reached.
2. If the coach/advisor is unavailable, please leave a message with the activities office.
3. Please do not confront a coach before or after a contest or practice. These times can be emotional for both parents and coaches. In addition, these situations can be difficult for students to observe and understand. Meetings of this nature do not promote resolution. Please allow 24 hours to address any concern.

On occasion, a parent-coach meeting does not provide satisfactory resolution. If that is the case, the parent is welcome to schedule a meeting with the activities director by contacting the activities director at your school. If a complaint concerning a coach/advisor is made, the activities director will attempt to bring the parent and coach/advisor together for the purpose of resolution.

Public and Student Grievance Procedure

The Board of Education recognizes the rights of individuals and groups to present constructive complaints and/or ideas concerning school personnel, the curriculum, instructional materials or concerning school services and school facilities. Therefore, anyone having a complaint may file a public complaint (see policy KL).

For unlawful discrimination or harassment complaints, please see District Policy AC "Discrimination and Harassment Policy and Procedure" and District Policy KL "Public Complaint Policy and Procedure".

The policies, process, timelines, and forms may be obtained at every school, at the City/School Administration Center from a district official, or the RCAS website.

In the interest of handling all complaints and/or ideas fairly, expeditiously and at the lowest level, the Board has established the following guidelines:

1. Whenever a complaint or idea is offered directly to the Board as a whole or to an individual board member, the individual or group involved will be advised to take their concern to the appropriate school staff member. This could be a coach, an advisor, the activities director, a principal or the superintendent. The superintendent should try to be, to all intents and purposes, the ultimate authority in the complaint/idea procedure. The superintendent should always immediately be made aware of any complaint/idea being offered. The superintendent should also refer the party to the appropriate level person.
2. The individual or group will be advised of the proper channeling of complaints and ideas, which is as follows:
 - a. Coach/Advisor
 - b. Activities Director
 - c. Principal
 - d. Assistant Superintendent
 - e. Superintendent
 - f. Board of Education

Activities Travel Policies

Riding to and From School Activities

The School District will be responsible for transporting students, participants, coaches, managers, statisticians, and volunteer assistants approved by the Board of Education to and from athletic and activity events outside of Rapid City limits.

Students are to ride to/from a game or contest in school vehicles. With permission of the activities director and approval of the parent and coach/advisor, it would be possible to travel to a game or contest in a non-school vehicle. All parties must have the Travel Release Form signed prior to departure. The travel release form allows a student to ride home only with their own parent or legal guardian. Extenuating circumstances must be handled at least 3 days prior to the event. *The provisions of this policy are not intended to address situations in which the district has made the decision to cancel activity-based travel/participation.*

Team Selection, Tryouts and Participation

Philosophy

In accordance with RCAS's philosophy of activities and the desire to see as many students as possible participate in the activities program while at Rapid City Area Schools. We encourage coaches/advisors to keep as many students as they can without unbalancing the integrity of their activity. Time, space, facilities, equipment, and other factors will place limitation on the most effective squad size for any particular activity.

Cutting Policies

1. Choosing the members of activity squads is the sole responsibility of the coaches/advisors and outside evaluator(s) (in volleyball, soccer, competitive cheer, competitive dance, basketball, and softball) of those squads. An outside evaluator is hired by the district to provide a non-biased perspective. The evaluator cannot be affiliated with the athletic squad's school.
2. Sub-varsity level coaches shall take into consideration the policies established by the head coach in their program when selecting final team rosters.
3. Prior to try outs, the coach/advisors shall provide the following information to all candidates and parents for the team:
 - a. Extent of the try-out period
 - b. Criteria used to select the team
 - c. Practice commitment if they make the team
 - d. Game commitment
4. When a squad cut becomes a necessity, the process will include the following:
 - a. Ensure that a consistent selection process exists in the High School programs for all student activities to include objective criteria rating instrument utilization. The rating sheet must be the basis for any cuts that are made. Each participant must have individual skills/abilities rated and recorded, resulting in an overall try-out score. These rating sheets will be used to provide feedback to the participant and parents if requested.
 - b. Ensure there is no pre-selection of participants.

- c. Ensure that participation in Summer Camps/Activities is not included in the criteria utilized for selection. Provide extended periods of “try-outs” for students involved in the selection process. The try-outs should be no less three, two-hour sessions.
- d. Ensure that consistent teams of evaluators exist on each campus within various and that the selection process is clearly communicated to all participants and parent/guardians.
- e. At the conclusion of tryouts, provide final selection process utilized for all activities as well as a review of participants selected for participation to the activities director.

Squad Selection Appeal Process

The parent/guardian and the student activity participant may request a meeting with the activities director and the coach if the parent/guardian and the student activity participant disagree with the decision of the coach. The meeting with the activities director and coach must be held within seven working days of the final tryout. The decision of the activities director may be appealed using the formal public complaint process.

Rapid City Area Schools Petition Process

1. Middle school athletes may be petitioned if selected during the tryout process.
2. The following criteria will be taken into consideration whenever a senior high head coach petitions for a 7th or 8th Grade student:
 - a. Each individual case considered on its own merits.
 - b. The petition process will be coach initiated.
 - c. The physical and emotional maturity of the individual will be considered.
 - d. When a student is given approval to compete in a high school program by the building principals, he/she becomes subject to the eligibility requirements of the high school to which he/she is petitioned.
 - e. Coaches shall only petition middle school athletes from their high school’s respective feeder schools.
 - f. Middle school student athletes participating in an SDHSAA sanctioned or club sport must have an updated annual physical on file at their participating high school.
 - g. Student must be in good standing in the following areas, grades, attendance, and behavior.
 - h. If petitioned, participants shall be able to start the season with the high school students. They will not be required to wait until the conclusion of the middle school season.
 - i. For those high sports that have a squad selection process, middle school students must participate in this process.
3. If the petition is successful, the student will compete on the senior high school level according to the following:
 - j. The student’s day will end at the regularly scheduled middle school day.
 - k. Transportation from the middle school to the high school site will be the responsibility of the student, parent, and/or guardian.
 - l. If a 7th/8th grade student competes interscholastically at the high school level in a particular activity, he/she will not be allowed to move back to the middle school level of competition in that activity with the exception of 7th/8th grade students who are petitioned for a specific formal tryout period. These students will be allowed to move back to the middle school if they do not make the team.
 - m. If a student has been petitioned to the high school level as a 7th grader, he/she are not guaranteed a varsity position as an 8th grader.

Dual Activity Participation

A student/participant may participate in two activities during the same season provided that the student, coach(s)/advisor(s), parent/guardian provide an agreed upon schedule to the activities director prior to the beginning of the season. The student is responsible to communicate with the coach/advisor of both programs prior to the beginning of the season.

Petition for Middle School Athlete

Signing this petition acknowledges all conditions have been met for this opportunity for the potential educational benefit for the student. After this petition has been completed, the high school coach shall contact the student and the student's parents. Students who are petitioned in this manner will follow all the requirements listed in the middle school petition process. Coaches shall only petition middle school athletes from their high school's respective feeder schools.

Sport: _____ Date: _____

Student	School	Grade	High School Athletic Director or Principal	High School Head Coach	Middle School Principal	Middle School Building Activities Coordinator	Middle School Athletic Director

Revised: April 8, 2022

Team Selection Procedure by Activity

The information on the following pages represents the squad selection procedure by activity. Due to the large number of participants and other outlining factors, squad or group selection procedures must occur and are outlined for the following activities:

1. Basketball
2. Competitive Cheerleading/Sideline Cheer
3. All State Chorus
4. All State Band
5. All State Orchestra
6. All-State Jazz Band
7. All-State Show Choir
8. Competitive Dance
9. Golf
10. Oral Interpretation
11. Volleyball
12. Soccer
13. Softball
14. Other competitive activities (drama, FFA, debate, knowledge bowl, HOSA)

Athletic Evaluation Form: Boys/Girls Basketball

Rapid City Area Schools

Evaluator # _____ Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluator's scores and place the totals on the Scoring Summary Sheet.

RATING SCALE:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a rare quality found only in a small percentage of the athletes . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a high degree of proficiency in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as meeting expected standards and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete at times fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level require some improvement in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete consistently falls short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try out exercises, drills, plays or activities established by the coaching staff. Points earned up to 70.

Skill Areas: Student Names:	Scoring Ability	Ball Handling	Passing	Cutting/ footwork	Re-bounding	Individual Defense	Team Defense	Total Criteria #1 (70 points possible)	Criteria #2 Coach's factor (Check if additional form is needed)
1.									
2.									
3.									
4.									
5.									

Criteria 2: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 above. Those circumstances are as follows:

2A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. (Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)

2B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, forward, guard, etc.).

2C: History: This situation will only apply if a student athlete was a member of a team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

If the coach selects a player based upon Factor 2, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 2.

Justification and Explanation:

Cheerleading

Philosophy

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Rapid City Area Schools. We encourage coaches to keep as many students as they can without unbalancing the integrity of the sport. Obviously, time, space, facilities, equipment, and other factors will place limitation on the most effective squad size for any particular sport.

Requirements for Cheer

Prior to try outs, the coach/advisors shall provide the following information to all candidates and parents for the team:

- Cheerleaders shall maintain grades as required by the SDHSAA and the Rapid City Area Schools.
- Cheerleaders shall abide by all training rules and regulations written for extracurricular students.
- Cheerleaders must pass an athletic physical.
- Cheerleaders must sign a medical release form provided by the Rapid City Area Schools.
- Cheerleaders will be judged on positive image, performance of jumps, cheers, gymnastic and dancing abilities.
- Extent of the try-out period.
- Criteria used to select the team.
- Number selected.
- Practice commitment if they make the team.
- Game/ Meet commitment.

Selection of Cheerleaders

Cheerleaders shall be selected by the cheerleading coaches, athletic director/building administration, and other qualified judges. The athlete evaluation form requires the evaluator to analyze and rate the athlete's performance of jumps, dance, stunt and tumbling abilities. Cheerleaders will also be asked to perform cheers and chants where the athletes will be evaluated on crisp motions, voice control, and consistent speed of cheer, and facial expressions.

Apparel/Accessories for Cheer Tryouts

- Hair must be worn in a manner that is appropriate for the activity.
- Hair devices and accessories must be secure.
- Fingernails, including artificial nails, must be kept short, near the end of the finger.
- Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical- alert medal must be taped and may be visible.
- Cheerleaders must wear athletic shoes.
- When standing at attention, apparel must cover the midriff.

Squad Reduction

When a squad cut is necessary, the process will include the following:

- Ensure that a consistent selection process exists in the High School programs for student activities to include objective criteria rating instrument utilization. The rating sheet must be the basis for any cuts that are made. Each participant must have individual skills/abilities rated and recorded, resulting in an overall try out score. These rating sheets will be used to provide feedback to the participant and parents if requested.
- Ensure that there is no pre-selection of participants.
- Ensure that participation in Summer Camps/Activities is not included in the criteria utilized for selection. Provide extended periods of "try-outs" for students involved in the selection.
- Ensure that consistent teams of evaluators exist on each campus within various grade levels (9th sophomore, Junior, Varsity) and that the selection process is clearly communicated to all participants.

- Provide for Activities Director approval of the final selection process utilized for all activities as well as a review of participants selected for participation. The activities director is ultimately responsible for the selection process. The activities director must sign off on participant selection and cuts. Signing will indicate approval and awareness of the process and the results.
- The parent/guardian and the student activity participant may request an informal meeting with the activities director if the parent/guardian and the student activity participant disagree with the decision of the coach. The decision of the activities director may be appealed using the form public complaint process.

Judges Score Sheet

	JUMPS	STANDING TUMBLING	RUNNING TUMBLING
1	Single Jump	Forward Roll Backward Roll	Cartwheel
2	2 Connected Jumps	Cartwheel Roundoff Back Walkover Front Walkover	Roundoff
3	3 Connected Jumps (Same Jump)	Back Handspring	RO Backhand Front Handspring Side Aerial
4	3 Connected Jumps (One Repeated)	Back Tuck Jump with Back Handspring	RO Back Hand Tuck RO Tuck Front Tuck Front Aerial
5	3 Different Connected Jumps	Back Hand Tuck Sequence Jump with Back Tuck	RO BH Layout RO BH Full Front Layout

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	CHEER	DANCE	TOTAL
Execution: ____/5	Execution: ____/5	Execution: ____/5	Motions: ____/4	Motions: ____/4	_____/50 points
Difficulty: ____/5	Difficulty: ____/5	Difficulty: ____/5	Accuracy: ____/2	Accuracy: ____/2	
Total: 10 points	Total: 10 points	Total: 10 points	Facials: ____/2	Facials: ____/2	
			Voice: ____/2	Rhythm: ____/2	
			Total: 10 points	Total: 10 Points	

Jumps Category Explanation:

- Height - Jumps at waist high; straight back
- Legs - Legs remain straight throughout the whole jump sequence; knows the exact position of the legs
- Toes - Toes pointed, not flexed throughout the jump sequence
- Landing - Snaps legs together to land with both feet together and in control of the jump (should see this technique in both jumps)

- Expression - Sincere smiles; does not look around to others for help; good contact; confidence

Cheer Category Explanation

- Motions- Correctly executed, sharp, precise movements
- Facials- Sincere smiles; does not look around to others for help; good eye contact; confident
- Rhythm- Good timing, and control of movement
- Accuracy- Knows the correct sequence and speed of the cheer
- Voice- Loud, audible voice projection

Dance Point Category Explanation

- Motions- Correctly executed, sharp, precise movements
- Facials- Sincere smiles; does not look around to others for help; good eye contact; confident
- Rhythm- Good timing, and control of movement
- Accuracy- Knows the correct sequence and speed of the dance

Tumbling Point Category Explanation

- Cartwheel is a sideways rotary movement performed by bringing the hands to the ground while the body inverts and the legs travel over the body, coming down to a standing position.
- Round off is similar to a cartwheel except the gymnast lands with two feet placed together on the ground instead of one foot at a time, facing the direction they arrived from. This is achieved by twisting the hands and shoulders as the hands are placed on the ground. The two hands are generally placed down one after the other, so that the first hand is twisted by 90 degrees and the second hand by almost 180 degrees from the direction of travel. This creates a handstand position facing the opposite direction the gymnast started in, which they then snap their hips down quickly to create backwards momentum.
- Front Handspring is an acrobatic move in which a person executes a complete revolution of the body by lunging headfirst from an upright position into a handstand and then pushing off (i.e., "springing") from the floor with the hands so as to leap back to an upright position.
- Back Handspring is a tumbling move where a cheerleader takes off from one or two feet, jumps backward onto their hands and lands on their feet. This skill can be done as a step-out skill or the cheerleader may land on two feet.
- Round-off back Handspring is when a cheerleader combines of a round-off with a back handspring.
- Round of Back Handspring tuck/ flip is when a cheerleader combines of a round-off with a back flip/tuck.

All-State Chorus/All State Band/All State Orchestra

All-State Chorus is a state-wide event sponsored by the South Dakota High School Activities Association. The number of students who may participate is determined by a quota system created by the SDHSAA. Each of our high schools has been allowed five quartets. A quartet consists of four singers with one soprano, one alto, one tenor and one bass. Every student selected must meet the eligibility rules established by the SDHSAA. Also, those students selected must be prepared for a spot check by the MENC Choral Committee where quartets are selected by random and must demonstrate that they can sing any of the concert selections from memory and can maintain parts independently. Students attending All-State Chorus are also required to follow rules of conduct in hotels, travel, etc.

Students enrolled in any choir at Central or Stevens High School and who meet the Rapid City Area Schools eligibility requirements are eligible to audition for the South Dakota All-State Chorus. Preparation for the audition begins with distribution of selected audition pieces. These pieces are rehearsed in group settings in class or before or after school. Students in some ensembles are required to audition as a class assignment. An audition date is scheduled on the yearly fine arts calendar. Each student sings with a quartet on the selected pieces and is individually scored by the choral director on the criteria listed below. Quartets may be videotaped for reference. The director may choose to consult with the other professionals as well.

The following criteria are the focus of audition material. Each skill will be scored by the directors to make their decision:

1. Part Independence: Accuracy while singing with one voice on a part
2. Tone Quality: Clarity, resonance, consistency in range
3. Intonation: Accuracy to the written pitch and to the ensemble
4. Rhythmic Accuracy: Correctness of note values, cutoffs, releases
5. Diction: Clear consonants and well-shaped vowels, all languages
6. Musicianship: Phrasing, dynamics, articulation, expression, style
7. Balance and Blend: Equality in parts and consonance in tone
8. State presence: Posture, appearance, memorization
9. Good standing in the choir: attendance, attitude, co-operation
10. Involvement in choir activities: willingness to give of self to group, seniority.

All-State Band

The South Dakota High School Activities Association selects All State Band Participants.

All-State Chorus/Orchestra

The South Dakota High School Activities Association selects All State Chorus and Orchestra Participants.

All-State Jazz Band

The South Dakota High School Activities Association selects All State Band and Orchestra Participants.

All-State Show Choir

The South Dakota High School Activities Association selects All State Band and Orchestra Participants.

Dance

A dance team member shall possess enthusiasm, school spirit, and leadership. She shall be honest, energetic and dedicated to promoting a positive image of the Rapid City Area Schools. All dance team members must pass an athletic physical. Members must maintain passing grades established by the South Dakota High School Activities Association.

Participation is open to all interested girls. The final decision for performing will be at the discretion of the administration and the advisor.

Tryouts are held in the spring. The advisor may elect to have fall tryouts if beneficial to the membership. Judges will include a minimum of the advisors from both high schools, cheerleading advisors from the high school, and at least two other qualified people from the community. It is up to the discretion of the advisor to choose qualified judges. Every member **must** tryout every year. There are typically two to three practices before the actual tryout. Girls will be judged in groups of two to four on kicks, splits, rhythm, jumps, potential ability, appearance, facial expressions, citizenship (attitude) and adaptation (learning 8-16 counts of new routine). Girls **MUST** wear appropriate aerobic wear and shoes for tryouts (no sweats). White shirts and red (CHS) or blue (SHS) shorts are best to wear.

Judging – Dance Team

1 – Poor 2 – Fair 3 – Good 4 – Very Good 5 - Excellent											
#	Dance	Rhythm	Stiffness	Kicks	Splits	Toe Touch	Leap	Turn	Smile	Attitude	Overall Performance
1											
2											
3											
4											
5											

All practices are mandatory. If you miss a practice, you must make up the material you missed **BEFORE** the next practice. Generally, the team will meet two to three times a week to learn and perfect routines. A monthly schedule will be prepared and given to each team member; however, changes can be made to the schedule. Typically, practices are held in the mornings (6-8 a.m.) or evenings (6-8 p.m.) plus Saturdays (7-8 a.m.). Plan to practice an average of six hours per week. Appropriate dancewear is required at all practices.

All members **must** be willing to commit the required time to practice. The member must attend 80% of the practices of that routine, demonstrate to the coach that she knows the routine, and attend the last two mandatory practices before any performance. The parent/guardian must clear any absence with the advisor prior to the missed practice (either by phone or in person). Sickness and medical excuses are the only acceptable reasons for missing practice. Dance members will be expected to follow the training rule guidelines as set for all athletes. Violation of duties stated in the constitution will lead to suspension or removal.

Boys and Girls Golf -

The golf team will be selected by taking the minimum of the **top fifteen players** (RCAS 7th-12th grade) that display the following abilities:

- Golf Etiquette
- Swing Mechanics
- Course Awareness
- Speed of Play

The selection process will be based on two, eighteen-hole scores which will be completed during the first week of practice. Athletes will furnish their own clubs, balls, and bags for the selection rounds.

*If more than fifteen athletes try out for the team, the same selection process will take place. Final team selection number will be determined by administration, coaches, and course professional. A player in grade 7th or 8th grade can be petitioned to join the team provided he or she meets the petition process outlined in the activities handbook. He or she will be required to abide by the try out regulations as set forth.

Golf Selection Process (36 holes)

All players will furnish their own equipment (clubs, balls, and bags), and must compete in the 36-hole tryout competition if weather permits and participation numbers warrant a tryout.

Tryout competition may be held at any of the following courses:

- Meadowbrook Golf Course
- Hart Ranch Golf Course
- Red Rock Golf Course
- Executive Golf Course
- Elks Golf Course

Oral Interpretation

The student who has been the most successful in their event in prior meets will be the representative at State for each high school.

If there is an event in which no student has competed prior to State, any student will be eligible to compete in the event.

If more than one student would like to compete in an event such as the one above, then a panel of three judges (parents, teachers, etc.) will judge the student's performance and one competitor will be chosen.

Athletic Evaluation Form: Girls Volleyball

Rapid City Area Schools

Evaluator # _____ Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluators scores and place the totals on the Scoring Summary Sheet.

Rating Scale:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a <u>rare quality found only in a small percentage of the athletes</u> . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a <u>high degree of proficiency</u> in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as <u>meeting expected standards</u> and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete <u>at times</u> fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level <u>require some improvement</u> in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete consistently falls short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try-out exercises, drills, plays or activities established by the coaching staff.

Skill Areas:	Serve/Receive	Setting	Hitting	Serve	Defense	Blocking	Skills used in Team Play	Total Criteria #1 (70 possible)	Criteria #2 Coach's factor (check if additional form is needed)
Student Names:									
1.									
2.									
3.									
4.									
5.									

Criteria 2: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 above. Those circumstances are as follows:

2A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. (Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)

2B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, forward, guard, etc.).

2C: History: This situation will only apply if a student athlete was a member of a team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

If the coach selects a player based upon Factor 2, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 2.

Justification and Explanation:

Athletic Evaluation Form: Soccer

Rapid City Area Schools

Evaluator # _____ Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluators' scores and place the totals on the Scoring Summary Sheet.

Rating Scale:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a rare quality found only in a small percentage of the athletes . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a high degree of proficiency in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as meeting expected standards and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete at times fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level require some improvement in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete consistently falls short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try-out exercises, drills, plays or activities established by the coaching staff.

Skill Areas: Student Names:	Dribbling	Passing	Shooting	IND Defense	Team Defense	Footwork	Speed	Total Criteria #1 (70 possible)	Criteria #2 Coach's factor (Check if additional form is needed)
1.									
2.									
3.									
4.									
5.									
6.									

Criteria 2: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 above. Those circumstances are as follows:

2A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. (Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)

2B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, forward, guard, etc.).

2C: History: This situation will only apply if a student athlete was a member of a team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

If the coach selects a player based upon Factor 2, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 2.

Justification and Explanation:

Athletic Evaluation Form: Girls Softball

Rapid City Area Schools

Evaluator # _____ Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluators scores and place the totals on the Scoring Summary Sheet.

Rating Scale:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a <u>rare quality found only in a small percentage of the athletes</u> . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a <u>high degree of proficiency</u> in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as <u>meeting expected standards</u> and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete <u>at times</u> fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level <u>require some improvement</u> in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete consistently falls short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try-out exercises, drills, plays or activities established by the coaching staff.

Skill Areas: Student Names:	<u>Throwing</u> -Arm Strength -Accuracy	<u>Batting</u> -Bunting -Hitting	<u>Fielding</u> Infield + (catcher)	<u>Fielding</u> Outfield	Pitching	Base Running	Skills used in Team Play	Total Criteria #1 (70 possible)	Criteria #2 Coach's factor (Check if additional form is needed)
1.									
2.									
3.									
4.									
5.									
6.									

Criteria 2: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 above. Those circumstances are as follows:

2A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. (Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)

2B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, forward, guard, etc.).

2C: History: This situation will only apply if a student athlete was a member of a team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

If the coach selects a player based upon Factor 2, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 2.

Justification and Explanation:

Athletic Evaluation Form: Esports – Game: _____

Rapid City Area Schools

Evaluator # _____

Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluator's scores and place the totals on the Scoring Summary Sheet.

RATING SCALE:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a rare quality found only in a small percentage of the athletes . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a high degree of proficiency in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as meeting expected standards and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete at times fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level require some improvement in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete consistently falls short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try out exercises, drills, plays or activities established by the coaching staff. Points earned up to 70.

Skill Areas:	Scoring Ability	Strategic Thinking	Self-Management	Individual Offense	Team Offense/Adaptation	Individual Defense	Team Defense/Problem Solving	Total Criteria #1 (70 points possible)	Criteria #2 Coach's factor (Check if additional form is needed)
Student Names:									
1.									
2.									
3.									
4.									
5.									

If the coach selects a player based upon Factor 2, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 2.

Justification and Explanation:

Criteria 2: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 above. Those circumstances are as follows:

2A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. (Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)

2B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, forward, guard, etc.).

2C: History: This situation will only apply if a student athlete was a member of a team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

Lettering and Awards

School Sponsored Activity Lettering Requirements

Lettering

1. All awards will be recommended by the head coaches/advisor to the activities director. Participants earn letters based on criteria set forth by respective coach/advisor.
2. Coaches/advisors may letter deserving student/participants who have not fulfilled their requirements but deserve to Letter. Only varsity level student can earn an athletic letter.
3. Dismissal from or quitting an activity forfeits receiving a letter and all other honors or recognition.

Athletic Awards

Athletes must complete the season in “good standing” in order to be eligible for any award or to earn special awards. If either hardship case or special situations arise that warrant consideration of whether or not an athlete should or should not receive an award, the head coach and/or staff will make a recommendation to the activities director for a final decision.

Each athlete will receive a varsity letter when they first meet the requirements to letter in any Varsity Sport. Corresponding letter will be represented by the student receiving a pin, which reflects the activity in which he/she lettered. The student may only receive this pin at the end of season awards banquet.

Athletic Awards that a student is eligible for at the Rapid City Area Schools

1. Participation Award—Award given to a participant who has not met the criteria for lettering but completed the season in good standing.
2. Varsity Letter—as determined by the coaching staff.
3. Program Specific Awards—Program Specific awards for an activity can be given by the head coach with consultation with the activities director.
4. Gold Letter Award—Plaque given to student who has participated in three different activities for all four high school years. Those seasons are defined as for Boys: Fall (Football, Golf or Cross Country, Soccer), Winter (Basketball, Wrestling, Club Swimming, Club Hockey, Club Figure Skating), Spring (Track, Tennis, Club Baseball, Club Trapshooting, Club Lacrosse, Club Rodeo). Girls: Fall (Cross Country, Tennis, Volleyball, Soccer, Competitive Cheer, Competitive Dance), Winter (Basketball, Club Swimming, Gymnastics, Wrestling, Club Hockey), Spring (Track, Softball or Golf, Club Trapshooting, Club Lacrosse, Club Rodeo, Club Figure Skating)
5. White Letter A student can receive a white letter if he/she letters in 3 activities in one year. Club sports that have a letter agreement with the district can be considered.

Activity Awards

Activity Letter-Activity letters may be awarded to students who participate in non-athletic activities. The criteria for receiving an activity letter will be determined by the advisor and submitted to the activities director. Those non-athletic activities in which a student can earn an activity letter are as follows: Drama, Knowledge Bowl, Speech & Debate, Choir, Band, Orchestra, Performance Dance, FFA, Student Council, Club Robotics, HOSA, Yearbook, and Sideline Cheer. Recipients will receive a certificate and an activity letter for first time recipients.

Club Sport Lettering Agreements

The Board of Education has entered into Lettering Agreements with outside sports organizations and associations with the sole intent to provide students enrolled in the Rapid City Area School District participating in said club sports with the opportunity to earn a letter. The Club Sport Lettering Agreement provides the outside organizations with two objectives: 1) The opportunity for the Club Sport team to use the High School Name and 2) The opportunity for the student participants to letter. Club Sport teams and participants are expected to follow all rules and regulations as outlined in the Rapid City Area School District Activities Handbook.

The Rapid City Area School District is NOT responsible for the funding or hiring of coaches for Club Sports Teams. Any questions or concerns regarding any facet of the club sport team should be directed to that club sport's governing body, not the high school's or the Rapid City Area School District.

The Club Sport teams currently recognized by the Rapid City Area School District's Board of Education include the following: Baseball, Hockey, Lacrosse, Rodeo, Robotics, Figure Skating, Trapshooting, and Swimming.

The Lettering Agreements for the recognized club sports are represented on the following pages:

High School Baseball

1. High school baseball will be offered as a club sport at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Baseball".
2. Participation will be limited to the students in grades 9-12. Only students who are enrolled in Rapid City Public Schools will be allowed to participate in club baseball. Participants will play for the club team representing the high school in which they are enrolled. Middle school participants (RCAS enrolled) will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations, academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Baseball to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the baseball organization. Club Baseball shall be conducted under sanction of the South Dakota High School Baseball Association and shall operate in compliance with the Association's Administrative Manual, current year. The current year administrative manual of the South Dakota High School Baseball Association must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.
4. Club Baseball will follow all School Board approved policies as outlined in the Rapid City Area Schools High School Activities Handbook for the current year.
5. The baseball season will be conducted and scheduled in conjunction with the South Dakota High School Baseball Association calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Student absences for travel to/from baseball games will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team manager in advance.
8. Participants may earn a letter which is to be funded by Club Baseball. To be eligible for a letter, the student/athlete shall comply with the following criteria:
 - a. Must have participated in a minimum of 33% of the regular season varsity innings (pitchers participation requirements will be that they are in the regular season starting rotation or, as a relief pitcher, participate in at least 25% of the varsity games) **or**
 - b. Must be a member of the district or regional team as named by the South Dakota High School Baseball Association **or**
 - c. Must be a senior and have been a member of the team for three years (except two years during the second season of each Club Baseball program).

Under any of these criteria, the athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.

9. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days' notice if the above provisions have not been met.

Post 320 and Post 22 Legion Baseball

1. High school baseball will be offered as a club sport at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Baseball".
2. Participation will be limited to the students in grades 9-12. Middle school participants (RCAS enrolled) will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations, academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Baseball to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the baseball organization. Club Baseball shall be conducted under sanction of the South Dakota American Legion Baseball Association and shall operate in compliance with the Association's Administrative Manual, current year. The current year administrative manual of the American Legion Baseball Association must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.
4. Club Baseball will follow all School Board approved policies as outlined in the Rapid City Area Schools High School Activities Handbook for the current year.
5. The baseball season will be conducted and scheduled in conjunction with the American Legion Baseball Calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Student absences for travel to/from baseball games will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team manager in advance.
8. Participants may earn a letter which is to be funded by Club Baseball. To be eligible for a letter, the student/athlete shall comply with the following criteria:
 - a. Must have participated in a minimum of 33% of the regular season varsity innings (pitchers participation requirements will be that they are in the regular season starting rotation or, as a relief pitcher, participate in at least 25% of the varsity games) or
 - b. Must be a member of the district or regional team as named by the South Dakota High School Baseball Association or
 - c. Must be a senior and have been a member of the team for three years (except two years during the second season of each Club Baseball program).

Under any of these criteria, the athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.

9. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days' notice if the above provisions have not been met.

Club Hockey

1. Rushmore Hockey Association will offer high school hockey as a club sport for students at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Hockey".
2. Participation will be limited to the students in grades 9-12. Only students who are currently enrolled in Rapid City Public Schools will be allowed to participate in club hockey for lettering purposes only. Middle school participants (RCAS enrolled) will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations,

academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Hockey to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the hockey organization. Club Hockey shall be conducted under sanction of the South Dakota Amateur Hockey Association and shall operate in compliance with the Association's Administrative Manual, current year. The current year administrative manual of the South Dakota Amateur Hockey Association must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.

4. Club Hockey will follow all School Board approved policies as outlined in the Rapid City Area Schools High School Activities Handbook for the current year.
5. The hockey season will be conducted and scheduled in conjunction with the South Dakota Amateur Hockey Association's calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Student absences for travel to/from hockey games will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team manager in advance.
8. Participants may earn a letter, which is to be funded by Club Hockey. To be eligible for a letter, the student/athlete must have participated in a minimum of 33% of the regular season varsity periods (goalies participation requirements will be that they are in the regular season starting rotation or, as a backup goalie, participate in at least 25% of the varsity games).

Under any of these criteria, the athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.

10. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days' notice if the above provisions have not been met.

Club Black Hills Lacrosse Association

1. Black Hills Lacrosse Association will offer high school lacrosse as a club sport for male and female students at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Lacrosse".
2. Participation will be limited to the students in grades 9-12. Only students who are currently enrolled in Rapid City Public Schools will be allowed to participate in club lacrosse for lettering purposes only. Middle school participants (RCAS enrolled) will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations, academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Lacrosse to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the Black Hills Lacrosse Association organization. Club Lacrosse shall be conducted under sanction of US Lacrosse and shall operate in compliance with the US Lacrosse Code of Conduct and Code of Ethics available here: <http://www.uslacrosse.org/about-uslacrosse/policies.aspx>

All lacrosse clubs must meet requirements and be registered members of US Lacrosse. Requirements can be found here: <http://www.uslacrosse.org/membership.aspx>

Valid US Lacrosse registration number and certificate of insurance must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.

4. Club Lacrosse will follow all School Board approved policies as outlined in the Rapid City Area Schools High School Activities Handbook for the current year.
5. The competitive lacrosse season will be conducted and scheduled in conjunction with the US Lacrosse calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Student absences for travel to/from lacrosse games will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team manager in advance.
8. Participants may earn a letter, which is to be funded by Club Lacrosse. To be eligible for a letter, the student/athlete must have participated in a minimum of 50% of the regular season game schedule. The athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.
9. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar day notice if the above provisions have not been met.

Boys and Girls Swimming

1. High school swimming is not offered by the Rapid City Area School District (hereinafter "District") but is available in our community as a club sport.
2. The Sponsors of the high school swim teams (hereinafter "Club Sport Sponsor") may use the names "Stevens" and "Central" high schools and the associated mascots for two of their teams only upon compliance with this Agreement.
3. Participation in high school club swimming will be determined by the Club Sport Sponsor. The Club Sport Sponsor will be solely responsible for preparing and adopting requirements such as residency, enrollment, academic performance and the like. The Club Sport Sponsor may decide, in their sole discretion, to follow the South Dakota High School Activities Association requirements in the extracurricular rules and regulations of the District. The club sponsors may submit a list of prospective swim team participants to the District for review and the respective Activities' Directors shall identify any names on the list that do not meet the eligibility requirements for District activities. Notwithstanding This Review, The Club Sport Sponsor Shall Determine in Its Sole Discretion Whether Any Individual May Participate in The Club Sport.
4. Any participants in the club sport who also participate in District activities will be subject to the same rules and regulations for District participation as any other student. Discipline imposed by the Club Sport Sponsor will not replace or affect the District penalty for its students.
5. Student absences for travel to/from swim meets will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team manager in advance.
6. The District may withdraw its permission for use of its school names and mascots for any violation of this Agreement or violation by the Club Sport Sponsor of District fundraising policies.
7. Club Sport Sponsor may request use of District facilities on the same basis as any community group. Club teams may not store their equipment on District property.
8. All expenses of operating the club sport including but not limited to transportation, referees, coaches, supplies, and awards are the responsibility of the Club Sport Sponsor.
9. The Club Sport Sponsor shall provide and maintain a Certificate of Insurance to the District naming the District as an additional named insured in an amount of at least \$1,000,000 prior to any use of the District's facilities including Team names and mascots.
10. The Club Sport Sponsor may not use District facilities nor District names and mascots after March.
11. Excessive numbers of competitive events may result in a determination by the District that Club Sport student participants will not be eligible to participate in District's extra-curricular activities.
12. The District may award high school letters for participation in club team swimming. No more than four (4) levels of letter awards will be given. No letter will be given to any student who has already achieved that particular level of award or higher. The Club Sport Sponsor will submit a list of proposed award winners to the respective Activities' Directors within one week after conclusion of the season. This list shall identify the proposed recipients' participation with respect to lettering criteria established by the District Determination of what level award, if any, is to be granted and which student shall receive an award is within the sole

discretion of the District. Letters may only be awarded to students enrolled in the District. The expense of letters and any ceremony to award letters will be solely that of Club Sport Sponsor.

13. The Club Sport Sponsor will not be allowed to use District facilities including names of schools mascots unless all coaches have successfully completed a course in the Care and Prevention of Injuries, First Aid, and meet risk management guidelines.
14. The Club Sport Sponsor may request funding from District Booster Clubs on the same basis as any other outside group.
15. The School Board hereby finds that participation in club team sports under this Agreement is a State Youth Program of educational value thus students absent to participate in club swimming will be treated as present pursuant to SDCL 13-27-6.1 provided that a request for absence from actual attendance is received at least three (3) days prior to the anticipated absence.
16. Any discussion regarding implementation of this Agreement may occur only between the District Activities Director and an official designated representative of the Club Sport Sponsor.
17. This Agreement is effective upon approval by the Rapid City School Board and signature by the Club Sport Sponsor. The School Board may cancel this Agreement at any time without prior notice of cancellation. The Club Sport may cancel this Agreement upon ten (10) days written notice; however, the obligations of the Club Sport Sponsor regarding liability undertaken pursuant to this Agreement will continue notwithstanding termination of this Agreement by either party.

Boys and Girls Figure Skating

1. High school figure skating is not offered by the Rapid City Area School District (hereinafter "District" but is available in our community as a club sport.
2. Participation in high school club figure skating will be determined by the Club Sport Sponsor. The Club Sport Sponsor will be solely responsible for preparing and adopting requirements such as residency, enrollment, academic performance and the like.
3. Any participants in the club sport who also participate in District activities will be subject to the same rules and regulations for District participation as any other student. Discipline imposed by the Club Sport Sponsor will not replace or affect the District penalty for its students.
4. Student absences for travel to/from figure skating competitions/testing will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team representative.
5. The District may withdraw its permission for use of its school names and mascots for any violation of this Agreement or violation by the Club Sport Sponsor of District Fundraising policies.
6. Club Sport Sponsor may request use of District facilities on the same basis as any community group. Club teams may not store their equipment on District property.
7. All expenses of operating the club sport including but not limited to transportation, judges, coaches, supplies, and awards are the responsibility of the Club Sport Sponsor.
8. The Club Sport Sponsor shall provide and maintain a Certificate of Insurance to the District naming the District as an additional name insured in the amount of at least \$1,000,000 prior to any use of the District's facilities including Team names and mascots.
9. The Club Sport Sponsor may not use District facilities nor District names and mascots outside of lettering season (January-April).
10. Excessive numbers of competitive events may result in a determination by the District that Club Sport student participants will not be eligible to participate in District's extra-curricular activities.
11. The District may award high school letters for participation in club figure skating. No more than four levels of letter awards will be given. However, higher levels may be recorded. No letter will be given to any student who has already achieved that particular level of award or higher. The Club Sport Sponsor will submit a list of proposed award winners to the respective Activities Directors within one week after conclusion of the season. This list shall identify the proposed recipients' participation with respect to lettering criteria established by the District Determination of what level award, if any, is to be granted and which student shall receive an award is within the sole discretion of the District. Letters may only be awarded to students enrolled in the District. The expense of letters and any ceremony to award letters will be solely that of the Club Sport Sponsor.

12. The Club Sport Sponsor will ensure all coaches have up-to-date United States Figure Skating credentials on safety and SD CL Concussion training or an equivalent course.
13. The School Board hereby finds that participation in club team sports under this Agreement is a State Youth Program of educational value thus students absent to participate in club figure skating will be treated as present pursuant to SDCL 13-27-6.1 provided that a request for absence from actual attendance is received at least three days prior to the anticipated absence.
14. Any discussion regarding implementation of this Agreement may occur only between the District Activities Director and an official designated representative of the Club Sport Sponsor.
15. This agreement is effective upon approval by the Rapid City School Board and signature by the Club Sport Sponsor. The School Board may cancel this agreement at any time without prior notice of cancellation. The Club Sport may cancel this Agreement upon ten days written notice; however, the obligations of the Club Sport Sponsor regarding liability undertaken pursuant to this Agreement will continue notwithstanding termination of this Agreement by either party.

Boys and Girls Rodeo Club

1. High school rodeo is not offered by the Rapid City Area School District (hereinafter "District") but is available in our surrounding communities as a club sport through the South Dakota High School Rodeo Association (hereinafter "SDHSRA").
2. Participation in the Rapid City Area Rodeo Team will be determined by the Advisor (hereinafter "Club Advisor"). Students enrolled in schools outside of Rapid City can join, but only students who are currently enrolled in Rapid City Public Schools will be allowed to receive a letter from their respective school. The Club Advisor may submit a list of prospective rodeo participants to the District for review and the respective Activities' Directors shall identify any names on the list that do not meet the eligibility requirements for District activities. Notwithstanding this review, the Club Advisor shall determine in its sole discretion whether any individual may participate in the club.
3. The Rodeo Club will follow all School Board approved policies as outlined in the Rapid City Area Schools High School Activities Handbook for the current year.
4. Participants must also meet requirements through the SDHSRA.
5. The Club Advisor may request use of the District facilities on the same basis as any community group.
6. All expenses of operating the club including but not limited to transportation, coaches, supplies, and awards are the responsibility of the Club Advisor.
7. The District may award high school letters for participation in rodeo club. No more than four (4) levels of letter awards will be given. No letter will be given to any student who has already achieved that level of award or higher. The Club Advisor will submit a list of proposed award winners to the respective Athletic Director after the conclusion of the season. This list shall identify the proposed recipients' participation with respect to lettering criteria established by the District Determination of what level awarded, if any, is to be granted and which student shall receive an award is within the sole discretion of the District. Letters may only be awarded to students enrolled in the District. The expense of letters and any ceremony to award letters will be solely that of the Rodeo Club.
8. The Club Advisor may request funding from District Booster Clubs on the same basis as any other outside group.
9. Student absences for travel to/from rodeos will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance by the Club Advisor in advance.
10. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days' notice if the above provisions have not been met.

Robotics lettering

1. High school robotics will be offered as a club sport at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Rapid Acceleration."

2. Participation will be limited to the students in grades 9-12. Only students who are registered with or enrolled in Rapid City Public Schools will be allowed to participate in club robotics.
3. Rapid Acceleration will follow all School Board approved policies as outlined in the Rapid City Area Schools High School Activities Handbook for the current year (including, attendance, eligibility, training rules, etc).
4. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
5. Student absences for travel to/from robotics tournaments will be considered as an activities absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team manager in advance.
6. To be eligible for a letter, the student/athlete shall comply with the following criteria:
 - a. Students must attend all practice sessions unless excused by an adviser.
 - b. Students must actively contribute to tournament preparation including design and research of the robot game, real world problem and chairsmans.
 - c. Contribute or be a part of outreach activities.

A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days' notice if the above provisions have not been met.

Trapshooting Club

1. High school trap shooting is not offered by the Rapid City Area School District (hereinafter "District") but is available in our community as a club sport.
2. Participation in high school club trap shooting will be determined by the Club Sport Sponsor. The Club Sport Sponsor will be solely responsible for preparing and adopting requirements such as residency, enrollment, academic performance and the like.
3. Any participants in the club sport who also participate in District activities will be subject to the same rules and regulations for District participation as any other student. Discipline imposed by the Club Sport Sponsor will not replace or affect the District penalty for its students.
4. Student absences for travel to/from trap shooting competitions will be considered as an athletic absence and will not be counted against the student for scheduling purposes. A list of excused participants shall be submitted to the attendance office by the head coach or team representative.
5. The District may withdraw its permission for use of its school names and mascots for any violation of this Agreement or violation by the Club Sport Sponsor of District Fundraising policies.
6. Club Sport Sponsor may request use of District facilities on the same basis as any community group. Club teams may not store their equipment on District property.
7. All expenses of operating the club sport including but not limited to transportation, judges, coaches, supplies, and awards are the responsibility of the Club Sport Sponsor.
8. The Club Sport Sponsor shall provide and maintain a Certificate of Insurance to the District naming the District as an additional name insured in the amount of at least \$1,000,000 prior to any use of the District's facilities including Team names and mascots.
9. The Club Sport Sponsor may not use District facilities nor District names and mascots outside of lettering season (January-April).
10. Excessive numbers of competitive events may result in a determination by the District that Club Sport student participants will not be eligible to participate in District's extra-curricular activities.
11. The District may award high school letters for participation in trap shooting. No more than four levels of letter awards will be given. However, higher levels may be recorded. No letter will be given to any student who has already achieved that particular level of award or higher. The Club Sport Sponsor will submit a list of proposed award winners to the respective Activities Directors within one week after conclusion of the season. This list shall identify the proposed recipients' participation with respect to lettering criteria established by the District Determination of what level award, if any, is to be granted and which student shall receive an award is within the sole discretion of the District. Letters may only be awarded to students enrolled in the District. The expense of letters and any ceremony to award letters will be solely that of the Club Sport Sponsor.

12. The Club Sport Sponsor will ensure all coaches have up-to-date Coach Leadership and Safety Certification provided by South Dakota State High School Clay Target League.
13. The School Board hereby finds that participation in club team sports under this Agreement is a State Youth Program of educational value thus students absent to participate in club trap shooting will be treated as present pursuant to SDCL 13-27-6.1 provided that a request for absence from actual attendance is received at least three days prior to the anticipated absence.
14. Any discussion regarding implementation of this Agreement may occur only between the District Activities Director and an official designated representative of the Club Sport Sponsor.
15. This agreement is effective upon approval by the Rapid City School Board and signature by the Club Sport Sponsor. The School Board may cancel this agreement at any time without prior notice of cancellation. The Club Sport may cancel this Agreement upon ten days written notice; however, the obligations of the Club Sport Sponsor regarding liability undertaken pursuant to this Agreement will continue notwithstanding termination of this Agreement by either party.

Qualification and Requirements for Lettering:

To be eligible for a varsity letter, the shooting sport student athlete must meet the following criteria:

ADMINISTRATION:

1. Athlete must be a student of RCAS in grades 7-12. Home schooled athletes in this school district are also eligible.
2. Athlete must abide by RCAS, SDHSAA and State High School Clay Target League activity requirements.
3. Athlete must adhere to all school district rules, policies and requirements concerning student activities including, but not limited to, attendance, conduct, scholastic standing and other eligibility.

PERFORMANCE:

1. Athlete must average 20 points or more per round in competition play at the end of the season.
2. Athlete must not miss any competition weeks during the season unless due to injury or illness.
3. Athlete may participate in the State Tournament. OR
4. Athlete has provided exceptional service to the team through leadership or service. These letters will be determined by the coaching staff.
5. Seniors who have been an active club member for at least 3 years.

ACADEMIC:

1. Athlete must be in accordance with the Rapid City Area Schools District policy.

If a student athlete fails to adhere to the qualification and requirements for Lettering, the athlete forfeits the right to letter for that season.