

**GREATER NEW BEDFORD  
VOC-TECH  
HIGH SCHOOL**



**ATHLETIC HANDBOOK  
2021-2022**



## FOREWORD

As a member of the Massachusetts Interscholastic Athletic Association (MIAA), Greater New Bedford Voc-Tech High School considers participation in athletics as an extension of the classroom and promotes the 5 Pillars of educational athletics. At Greater New Bedford, athletes are students first. Although Greater New Bedford coaches are interested in winning, the important educational concepts of wellness, sportsmanship, leadership, community service and coaches' education are recognized as well. The coaches will take both an interest in the students' personal and academic progress during the season and off-season as well to insure that they are on the right track for success.

Interscholastic athletics is only one of the many avenues at Greater New Bedford where complementary life lessons are provided. These help to meet the needs of the diverse population that makes up the Greater New Bedford Voc-Tech High School community.

The purpose of this handbook is to act as a guide to student-athletes, coaches, and parents/guardians in order that each may understand the accepted procedures and policies of the Greater New Bedford Voc-Tech Athletic Department in conjunction with the Massachusetts Interscholastic Athletic Association. Described are the procedures which should bring about a more efficient operation of the interscholastic athletic program and the best environment for our student-athletes to participate in. Participation and involvement in the athletic program should help to promote a feeling of school spirit and pride.

Each coach and student-athlete is required to read this handbook and acknowledge its receipt before participating in a sport. Student-athletes are required to review this handbook with their parents/guardians before each sport season.

Ryan P. Methia, Athletic Director/Coordinator of Physical Education & Health



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## **PHILOSOPHY**

The Athletic Program at Greater New Bedford Voc- Tech High School is an integral part of the education process. We are committed to the total physical, social, emotional and mental development of all student-athletes. GNBVT expects our competitive athletic programs to build character and skills within our student-athletes that ensure they have the social and emotional competencies that will enable them to be self-aware, have social and relationship skills, to self-manage, and to make responsible decisions. Our athletic programs occupy a position at GNB Voc-Tech comparable to that of the other extracurricular activities.

GNBVT's athletic programs also encourage all student-athletes to take pride in themselves, their teams, their school and community. In order to do this our student athletes need to set individual and team goals, manage their time balancing all areas of their lives, embrace diversity, win and lose with class, and to learn the physical and technical skills demanded by their sports.

## **GENERAL OBJECTIVES**

1. Encourage participation in athletic contests on the part of as many student-athletes as possible.
2. Promote the observance of good sportsmanship, ethical conduct, and fair play in all athletic contests.
3. Maintain essential standards of eligibility.
4. Promote an atmosphere that will enable student-athletes to realize their athletic potential.
5. Encourage self-discipline, high standards, team spirit, and individual responsibility.
6. Promote and foster character development.
7. Realize that academics are the primary concern of each student-athlete.

## **STUDENT-ATHLETE'S RESPONSIBILITIES**

1. Exhibit the proper ideals of sportsmanship, ethical conduct, and fair play.
2. Avoid actions that might degrade the school, the sport, or the athlete.
3. Participate in activities that will result in positive citizenship within the community and avoid actions within the community that will result in negative views towards the GNBVT Athletic Department.
4. Demonstrate courtesy to visiting teams, coaches, and officials.
5. Respect the integrity and judgment of sports officials.
6. Establish an amiable relationship between visitors and hosts.
7. Achieve a thorough understanding and acceptance of the rules and the standards in the Athletic Handbook
8. Encourage leadership, use of initiative, and good judgment by all players on the team.
9. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual.
10. Remember that an athletic contest is only a game and there are more important results than wins and losses.
11. Meet the expectations set by administration in regards to attendance, discipline and academics. Students not meeting these expectations may be excluded from participation, at the discretion of the Superintendent-Director or designee.

## **GNBVT INTERSCHOLSTIC OFFERINGS**

### **Fall Season**

**Cheerleading:** Varsity

**Cross-Country Track**

**Football:** Freshmen, JV & Varsity

**Golf:** Varsity

**Girls' Soccer:** JV & Varsity

**Boys' Soccer:** Freshmen, JV & Varsity

**Girls' Volleyball:** Freshmen, JV & Varsity

### **Winter Season**

**Girls' Basketball:** Freshmen, JV & Varsity

**Boys' Basketball:** Freshmen, JV & Varsity

**Cheerleading:** Varsity

**Hockey:** JV & Varsity

**Indoor Track**

### **Spring Season**

**Baseball:** Freshmen, JV & Varsity

**Girls' Lacrosse:** JV & Varsity

**Boys' Lacrosse:** JV & Varsity

**Outdoor Track**

**Softball:** Freshmen, JV & Varsity

**Boys' Volleyball:** JV & Varsity

## **PROGRAM DESCRIPTION & TRY-OUT POLICIES**

The GNBVT Athletic Department consists of freshmen, junior varsity and varsity level teams (depending on the program.) At the freshmen and JV levels, participation and skill development are stressed as younger athletes learn the rules of the sports and are introduced to a wide variety of competition levels. Playing time at these levels is based upon practice attendance, work ethic, attitude, commitment to the team, and athletic skill. Varsity athletes work to develop their skills and knowledge to the highest degree, while competition level and expectations are raised. Varsity teams also allow talented athletes the chance to excel and prepare for future collegiate competition and to compete for League, Sectional, and State Championships.

Tryouts for programs are open to all students providing they meet the standards of academic eligibility, school citizenship and basic physical/health qualifications. Participation in athletics is granted to students who meet and maintain these standards.

It is important to remember participation in athletics is a privilege and that student's try-out voluntarily and, for some teams, risk not being selected to the team. During the try out period, coaches will provide clear explanation and set criteria about their expectations. Coaches have the

responsibility and final decision in fulling their team's roster. Students not selected from one team are encouraged to join another team if there is space available and no cuts have been made.

## **GNBVT ATHLETIC GUIDELINES & REQUIREMENTS**

### **ACADEMIC/CAREER TECHNICAL REQUIREMENTS**

All students at GNB Voc-Tech are expected to pass all of their courses. Academic eligibility is then determined at the end of each of the three marking periods based on the following criteria:

In order to be eligible to participate in athletics, a student must not be failing more than 6 credits in a trimester. For questions regarding eligibility, contact the athletic director.

If a student athlete fails to meet these criteria in any trimester, the student-athlete will not be eligible until he/she receives their next report card.

GNBVT uses the official date that report cards are printed. All grade changes after that point will be held until report cards are distributed to all students. Once reports are distributed to all students any student-athlete not meeting the above criteria is then officially ineligible under accordance of MIAA rule 58.

For the Fall Season academic eligibility is determined by the 3rd trimester report card. Students that fail more than 6 academic credits in the 3rd trimester are ineligible for the following Fall Season regardless if credits were recovered during summer school.

Academically ineligible student-athletes may not participate in any team practice or contests and must forfeit all end of season awards.

### **ABSENCE/DISMISSAL/TARDINESS**

Students who are absent from school may not participate in any school activity that afternoon or evening. Any student who is absent from school is ineligible to play in a game that day or to participate in after-school or evening activities (practices) on that same day. Students must attend school for a minimum of three periods in a day in order to be eligible to participate in after-school or evening activities on that same day. There may be extenuating circumstances that are exceptions to the above rule; however, only the Principal and/or his designee may decide when this rule may not apply. The Principal and Athletic Director have the authority to investigate possible situation in which this rule is being abused.

Any time owed to the Attendance Office for absences and/or tardiness need to be served immediately and takes priority over any athletic commitment.

The Principal and/or his designee will make a determination on situations involving excessive unexcused dismissals in regards to this policy.

## **CITIZENSHIP EXPECTATION SUSPENSIONS**

GNBVT is committed to offering an athletic program to our student-athletes that not only improves their physical and emotional states but also builds character traits that will help them throughout life. To this point GNBVT takes any suspension of a student-athlete very serious. Our student-athletes represent our school in a very public and open forum. To ensure our student-athletes will represent our school well on and off the playing field the district is committed to ensuring the behavior of our student-athletes in their academic and career technical areas will reflect the expectations and culture we work to set on a daily basis. Any student-athlete that is in-school suspended or out-of-school suspended will face the following penalties.

1st Suspension under 2 periods = Written Warning (to be signed and returned by parent/guardian)

2nd Suspension under 2 periods = 1 game suspension

3rd Suspension (and on) under 2 periods = 2 game suspension

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1st Suspension 3 - 6 periods = 1 game suspension

2nd Suspension (and on) 3 - 6 periods = 2 game suspension

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1st Full Day Suspension = 2 game suspension

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\*Suspensions resulting from procedural infractions (i.e. return of forms, TB shots, uniform issues) will to be subject to half the penalties listed above\*

\*\*All individual suspensions 2 days & over will be reviewed by the Athletic Director for final determination\*\*

\*\*\*GNBVT will follow MIAA Rule 62 as a minimum in situations dealing with Chemical Health Situations\*\*\*

\*\*\*\*Sports with less than the standard 18 game schedule will be subject to half the penalties listed above\*\*\*\*

## **INJURY & STATUS WITH TEAM**

In certain situations at the desecration of the Head Coach and Athletic Director a student-athlete who was injured before or during try-outs may be granted a spot on the team and allowed to participate once cleared if they meet this criteria:

1. Was a member of the team the previous season
2. Remains in good standing with team
3. Has completed all rehab assignments with our athletic trainer
4. Has been to all practices and games.
5. Completes try-out

## **YEARLY & SEASONAL PARENT/GUARDIAN MEETINGS**

Prior to the start of the Fall Season the Athletic Director will hold a yearly parent/guardian meeting for all sports. All parent/guardian are encouraged to attend. All prevalent information will be discussed and available at this meeting. Each sport will hold individual team meetings before the team's first contest to discuss sport/team specific information.

## **LOCKER ROOM AND EQUIPMENT**

The student-athlete is responsible not only for the general care and upkeep of his/her locker or cage area but also for the care and return of any uniforms and/or equipment issued to him/her. Student-athletes will either be provided with a team cage area or individual lockers and locks to secure his/her belongings. Student-athletes must pay to replace any items damaged or not returned. They must meet any financial expectations related to equipment and uniforms before signing up for another sport or graduate.

## **REGISTRATION**

All student-athletes are required to register for athletics through our online registration process, which is available at [www.gnbvt.edu](http://www.gnbvt.edu), and then click on athletics, and then click on online registration. Each family should follow the provided instructions and submit the registration in a timely manner, which is posted on the website. Registration will be closed one week prior to the start of try-outs to allow for processing. Late registration will open until the first Monday of try-outs. All student-athletes that register late will miss the first day of try-outs until their information is processed. No late registrations will be accepted after the first Monday of try-outs. In addition, the MIAA requires all participants have a yearly physical examination prior to the start of the first tryout date. Physical examinations are valid for 13 months from the date of the exam. Physical forms can be submitted through the online registration process or can be mailed to the school using the following address:

Athletics  
Greater New Bedford Voc-Tech High School  
1121 Ashley Blvd, New Bedford, MA  
02745.

All examinations must be filed with the student-athlete's records by the athletic trainer before any student-athlete is allowed to participate in a try-out, practice or game.

## **CONCUSSION EDUCATION**

Massachusetts Law 105 CMR201 provides “standardized procedures for persons involved in the prevention, training, management and return to activity decisions regarding students who incur head injuries while involved in extracurricular athletic activities, including but not limited to interscholastic sports, in order to protect their health and safety.”

All athletes, their parents/guardians, coaching staff and personnel will have to participate in a Concussion Education program which will be provided by the district for each school year. Unless this requirement is met, athletes will not be allowed to participate. The concussion training is inclusive with our online registration process.

## **INSURANCE**

A rider to the school’s basic insurance plan covers all GNB Voc-Tech student-athletes participating in the interscholastic athletic program. This policy is non-duplicating, which means that if you have any type of personal insurance coverage, our insurance carrier will only pay what your insurance carrier does not and that will only be for what they determine to be reasonable and customary charges for treatment. The carrier will determine the limits for these charges. If you have any questions regarding these limits, we ask that you contact the insurance carrier directly. If your son or daughter is injured, no matter how slightly, he or she should report it to his or her coach and the Certified Athletic Trainer so that an accident form can be filled out. This accident form will start a paperwork trail, which may include a copy being sent home to the parents/guardians and a copy sent directly to the insurance carrier. A completed school athletic insurance form is necessary for payment or partial payment of any athletic related medical bill. It is the responsibility of the parents/guardians to obtain the necessary forms from the front office and send these forms to the appropriate medical personnel. If an athlete is taken ill by an athletic related injury after leaving practice or a game and must be taken for medical assistance, he or she should report this fact to the coach or trainer immediately upon return to school. Written documentation as to treatment and limitations to activity must be presented before an athlete may return to play. After returning, the Certified Athletic Trainer will make decisions about whether the athlete will play, with direction from the medical director. Any athlete returning without clearance will be considered ineligible.

## **EMERGENCY AMBULANCE PROCEDURES**

The following procedures shall be followed, without exception, in requesting ambulance services for high school students.

- In all life-threatening medical and trauma emergencies, the New Bedford Fire Department ambulance will transport to St. Luke’s Hospital (St Anne’s Hospital, Charlton Memorial Hospital, Tobey Hospital, etc.) per their point of entry plan. This procedure is consistent and in agreement with the Commonwealth of Massachusetts Regulations regarding ambulance service for life-threatening medical and trauma emergencies. There shall be no exceptions!
- In all other emergencies (non-life-threatening), the ambulance shall be dispatched according to the patient’s or the patient’s parents/ guardians requested destination.

## **DUTIES OF THE CAPTAIN**

***\*\*Designation of Captains is made the Head Coach's desecration and is not mandatory\*\****

1. Set the proper example for all to follow both in and out of the athletic program.
2. Assist the coach as required.
3. Encourage team members to live up to the Athletic Code.
4. Serve as spokesperson for the team.
5. Keep the team informed of practices.
6. Conduct practice duties under the supervision of the coach.
7. If the student-athlete does not live up to the expectations of their captainship the Head Coach and Athletic Director have the right to take away their captain status.

## **LETTER AWARDS, BANQUETS, AND CHAMPIONSHIPS**

1. A letter, certificate, and insert are awarded to all student-athletes who earn their first letter in any sport.
2. A student-athlete who earns a letter in a second sport receives the insert emblematic of that sport.
3. A student-athlete who earns a second, third, or fourth letter in the same sport receives an insert emblematic of that sport for each subsequent letter earned after the first.
4. Certificates are presented to all student-athletes at the conclusion of each sport season.
5. Each member of a South Coast Conference championship team receives special recognition determined by each individual head coach. In addition, a championship banner or year flag is ordered to be hung in the gymnasium.
6. For a state championship, a special committee will be formed to decide upon an appropriate award.
7. An awards night (if time allows) is held at the end of each sport season for all student-athletes who finished the season in good standing. Certificates, letters, inserts, and trophy awards are presented at this banquet.

## **LETTER AWARD REQUIREMENTS**

To earn a letter in any sport, all student-athletes must comply with the following:

### **GENERAL**

1. Uphold all rules and regulations set forth in this Handbook
2. Remain a member in good standing for the entire season
3. Good attendance and show commitment to the team as demonstrated by a positive attitude and effort.
4. Regardless of playing time, if student-athlete is on a varsity roster for the entire season they have earned their varsity letter.

## **SPORT SPECIFIC**

### **\*in regards to “floating” student-athletes**

Baseball: Must participate in a minimum of 50% of the varsity schedule.

Basketball: Must participate in a minimum of 50% of the varsity schedule.

Cheerleading: Must participate in a minimum of 80% of the varsity schedule.

Cross Country: Must finish in the top seven positions for GNB Voc-Tech runners in a minimum of 50% of the varsity schedule.

Football: Must participate in a minimum of 50% of the varsity schedule.

Golf: Must participate in at least 1 match playing positions 1 through 6 and / or participate in a minimum of 4 matches playing positions 7 & 8.

Ice Hockey: Must participate in a minimum of 50% of the varsity schedule.

Lacrosse: Must participate in a minimum of 50% of the varsity schedule.

Soccer: Must participate in a minimum of 50% of the varsity schedule.

Softball: Must participate in a minimum of 50% of the varsity schedule.

Spring Track: Must earn a minimum of 15 points during the course of the season. In a dual meet, a first place finish is worth 5 points, second place is worth 3 points, and third place is worth 1 point.

Volleyball: Must participate in a minimum of 50% of the varsity schedule.

Winter Track: Must earn a minimum of 10 points during the course of the season. In a dual meet, a first place finish is worth 5 points, second place is worth 3 points, and third place is worth 1 point.

## **EXCEPTIONS**

1. A senior who makes a varsity squad and is injured while practicing and/or playing and cannot finish the season will earn a letter.
2. Student-athletes at any grade level can earn a varsity letter if they serve a varsity squad in the capacity of a team manager or statistician. The varsity coach will decide whether a letter will be issued in each case.
3. At the coach’s discretion, an underclassman that serves in the capacity of captain and has faithfully fulfilled his/her duties may receive a letter.
4. Special cases not specifically covered here will be discussed with the Athletic Director to determine whether or not a letter is to be awarded.

## **CODE OF CONDUCT FOR STUDENT-ATHLETES AT GNB VOC-TECH**

In addition to the rules established by the MIAA, GNB Voc-Tech also has in place a set of rules designed to strengthen its athletic program and build character within our student-athletes. These rules are to be considered policy for all individuals that are part of our athletic program. Additionally, each Head Coach submits a team code-of-conduct that is specific to their teams and sports. Each player is required to return the code-of-conduct signed by parent/guardian before they are allowed to compete.

School rules, which apply to the general student body, always apply to the student- athletes. The Student Handbook and any other school rules are automatically part of this Code of Conduct.

Violation of any rules encompassed in this Code or the code issued by the coaches is to be reported to the Athletic Director within 24 hours of the infraction. A written report must be filed on the

following school day. In all cases of discipline, an athlete may have his/her case reviewed. This may be done in the following manner:

1. The student-athlete and / or parent /guardian have two (2) school days after disciplining action to request a meeting with the Athletic Director.
2. If not satisfied, the student–athlete and /or parent/guardian may ask to meet with the Principal, Athletic Director, and coach within five (5) school days after step one has been followed.
3. If a satisfactory disposition of the incident has not been reached after step one and two, then the parent may contact the Superintendent-Director for possible further action. The decision of the Superintendent-Director is final.

### **MISSING PRACTICE**

A team can function effectively only when all participants are present. Any player who skips practice is hurting himself and the team. A player should make every effort to notify the coach of any practice he or she may miss. Punctuality is considered as an important factor in evaluating the development of the program. Any player reporting late to practice or missing practice will be informed of the effects his or her behavior has on the team and on him or herself. Repeated offense without an acceptable excuse could result in suspension or dismissal from the team per teams' code-of-conduct.

In relation to athletic and extra-curricular participation, the school and Athletic Department supports certain absences as excused, as long as a written request is submitted. These include, but are not limited to:

- School sponsored trips that are considered extensions of the classroom
- Documented college visits
- Family emergency situations and funerals
- Pre-planned appointments

### **PHYSICAL EDUCATION CLASSES**

If a student-athlete has a medical issue that is keeping them out of participating in physical education class they will not be physically cleared to participate in athletics.

### **LEAVING A TEAM**

Athletes have a responsibility toward the coach, team and school. Any athlete who quits a team after the selection of the squad has been announced will not be permitted to participate on another team during that same season. The coach will notify the Athletic Director when an athlete leaves a team after the start of the season. In the event that a student-athlete is cut during tryouts for a sport, that student-athlete will be permitted to join another sport, provided that team does not have a full roster and no student is displaced by the additional student-athlete. Any questions concerning this rule should be directed to the Athletic Director.

## **TRANSPORTATION**

For team unity, safety and liability reasons, athletes are encouraged to travel to and from contests on the vehicle provided by the school.

### **Requirements for a student-athlete to travel home from a practice or game not on school provided transportation:**

1. Only the student-athlete's parent/guardian will be allowed to take student-athlete home.
2. Parent/Guardian must file out appropriate form with Athletic Director.
3. The parent/guardian must meet coach face-to-face and inform Head Coach.
4. The Head Coach is the only coach allowed to permit student-athlete to not travel on bus.
5. The parent/guardian must be willing to assume all liability for the student's travel.

If the occasion warrants, the student may drive himself/herself with written permission from the parents. This could include situations where students are on Co-op and or at other school related activities. The student-athlete and parent/guardian need to contact the Athletic Director for appropriate form. Permission of the Athletic Director is also required.

Parents of student-athletes that practice/play games at off-site locations have the option to grant their permission to have their student-athlete walk home from the off-site location without going back to GNBVT. Please speak with athletic director for appropriate permission form.

## **DRESS AND BUS DECORUM**

At all away games, athletes are official representatives of their school and community. Accordingly, their dress should be in accordance with the established policy of the head coach. The coach is responsible for all behavior on team buses. To help coaches, it is recommended that the team captain(s) assume some responsibility for behavior on the bus.

## **ROLE OF THE COACH**

GNBVT acknowledges the substantial amount of time coaches and teammates spend with each other. We know how important the relationships that develop between teammates and between coaches and an athlete can be. We see our coaches as teachers, mentors, and role models. In addition to teaching the skills and strategies of athletics, coaches must model and encourage positive citizenship, integrity, commitment, and strong work ethic. While keeping the entire team in mind, one of a coach's top priorities must be to assist in the healthy physical, social and emotional development of each student-athlete. Also a coach must create a climate which allows student-athlete maximize their potential.

## **ATHLETE/COACH RELATIONSHIP**

Participation in athletics should be an enjoyable experience for all parties involved; student-athlete, coach and parent. There is no doubt that participation tends to be emotionally charged and dealing constructively with these emotions can be an excellent learning experience. In most cases, athletic competition is extremely positive and complements the educational experience enjoyed by students at GNBVT. Occasionally conflicts between coaches and student-athletes arise. These conflicts must be addressed and resolved immediately so that the many beliefs of athletic involvement may continue to contribute to the total development of GNBVT students.

## **COMMUNICATION POLICY**

Athletic involvement is highly emotional and time consuming. Because of this, conflicts and issues between student-athletes and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately and as directly as possible so that it can be resolved promptly.

**STEP1: Personal Student-Athlete to Coach Contact:** The student-athlete should discuss the issue with his/her coach as soon as possible.

**STEP 2: Parent to Coach Contact:** if the student-athlete does not feel the issue was resolved they are suggested to have their parent/guardian contact the coach to address the issues. For the contact to be productive, it is suggested that athletes and/or parents avoid contacting a coach at the following times:

- During an active practice session
- During a game
- During a time when other student-athletes are present
- When there is not sufficient time to allow for a complete discussion

**STEP 3: Student-Athlete/Parent to Athletic Director Contact:** If a satisfactory resolution is not reached prior student-athlete and/or parent should contact the Athletic Director. The coach will be informed that contact has reached the Athletic Director and they will be part of the resolution. While there will be no guarantee that all parties will agree with all resolutions, findings, a thorough, respectful discussion of different viewpoints can lead to a productive relationship and clearer understandings in the future.

**STEP 4: Student-Athlete/Parent to Administration Contact:** If there is still not a satisfactory resolution, the student-athlete and parent should contact the Academic Principal.

## **SELECTION OF TEAMS**

Choosing the members of athletic teams is the sole responsibility of the coaches of those teams. However, their actions must be governed according to the limits as determined by the Athletic Department, and they must choose their team members in conformity with the philosophy of the athletic program.

## **OVERLAPPING**

No student may compete simultaneously on two (2) different teams during the same sport season.

## **PRACTICE SESSIONS**

Practice sessions should not conflict with the school day. All practice sessions are cancelled in the event of an emergency school closing. All non-school day practice sessions must be cleared through the Athletic Director.

GNBVT does not sponsor or organize in any way out-of-season “captain’s practice”. GNBVT follows all MIAA rules and guidelines in regards to seasonal timelines.

### **SUPERVISION OF ATHLETES**

A member of the coaching staff must supervise athletes at all times. This includes locker rooms, corridors, classrooms, fields, and buses before, during, and after both practices and games. It is the responsibility of the coach or his/ her designee to see that team members, upon being excused from practice and games, quickly shower and leave the locker room. Faucets are to be checked, equipment picked up and stored, lights put out, and doors and windows secured. Coaches should leave only after his/her team has left the locker room and school. Each coach should inform parent/guardians of the length of practice and the end or arrival time for/from games. During games, only authorized personnel are permitted in the locker room.

### **EMERGENICIES**

During the school year, GNB Voc-Tech has a certified athletic trainer on duty. The athletic trainer is located in the athletic trainer's office in the Z. Walter Janiak Field House. The athletic trainer should be summoned immediately when there is an injury. Remember, the injured athlete takes priority over all else.

### **IN CASE OF AN EMERGENCY**

1. Send someone and/or call for the athletic trainer.
2. Keep the student-athlete still, comfortable, and reassured.
3. Do not move an injured athlete.
4. Notify the other coach and request help. Upon return from an away game, contact parent/guardian and the Athletic Director.
5. Fill out an injury form.
6. During off-site practices and games (Brooklawn Park, Hetland Memorial Skating Rink, or Morton Ave. Field), in the event of a serious injury to a student athlete, call 911.

At the start of each athletic season, each head coach will be given a medical kit and emergency cards for attending to injured athletes. These items should remain with the head coach during all practices and games.

### **THUNDERSTORMS**

The South Coast Conference has agreed to stop all outdoor activities at the first sign of lighting and will only resume play when the storm has passed. The Athletic Director or his/her designee is responsible for determining when the play will resume.

### **FIELD HOUSE RULES**

1. Dispose of all trash in appropriate and responsible way.
2. Only in-season athletes, participants in weight training or intramurals, or students attending games as fans are allowed in the Field House. All practices held in the field house are closed to non-athletes. All exceptions must be cleared by the Athletic Director.
3. Athletes who have finished practice and/or games should make arrangements to leave the Field House as soon as possible especially if other practices, games or activities are following. In the case when an athlete must wait for their turn to practice or are waiting

after a game or practice for the late bus, athletes must wait in the Field House Foyer. Athletes and students are not allowed to participate in pick-up games or any unsupervised activities without the Athletic Director's permission. Any athlete or student interrupting a practice session or game will be asked to leave. Refusal will result in disciplinary action.

4. Student-athletes waiting for practice to begin must wait in lock room or in the main foyer of Field House while other practices are in session.
5. No cleats or spikes should be worn inside the Field House.
6. Athletes should put on cleats and/or spikes outside. In case of inclement weather, they may be put on in the foyer.
7. Athletes should clean and remove their spikes or cleats before entering the Field House. In case of inclement weather, cleats should be cleaned outside and removed in the foyer.
8. Vending Machines located in the foyer or outside the training room are open from 1:30 P.M. - 10:00 P.M. All trash must be placed in proper receptacles both inside as well as outside the Field House. Gatorade products are intended for use by athletes before/after games and practices.
9. Teams leaving for away games before the school day is over should stay either in their cage area or in the main foyer so as to not disturb Physical Education classes in progress. Student-athletes are not allowed to enter the Field House.
10. Locker Room/Cage Areas: These are to be kept clean and neat. Any clothes found on the floor will be either thrown away or cleaned and put in the borrowed clothes bin. Camera and video phones are prohibited.
11. Phones: Phones in the coaches' office, trainer office, or the equipment managers' office are not for use by students. Video/cell phones may not be used in school, in restrooms, in the fieldhouse or in the locker rooms.

## ADMINISTRATION OF THE INTERSCHOLASTIC ATHLETIC PROGRAM IN ACCORDANCE WITH THE MIAA

### ***I. Superintendent-Director***

- A. Ultimately responsible for all phases of the program.
- B. Delegates his power of administration of the interscholastic athletic program through the Principal to the Athletic Director.

### ***II. Principal***

- A. Responsible for all activities affecting students in the building.
- B. Closely involved with the operation of the athletic program.
- C. Coordinates the athletic program with other school activities.
- D. Appoints coaches

### ***III. Athletic Director***

- A. Directs the operation of the athletic program.
  - 1. Responsible for all schedules.
  - 2. Responsible for transportation.
  - 3. Responsible for obtaining officials for games.
- B. Recommends candidates for coaching positions to the Principal.
- C. Evaluates the athletic program and the staff.
- D. Participates in budget preparation for the athletic program.
- E. Responsible for making recommendations regarding scheduling, maintaining and upgrading of all athletic facilities.
- F. Approves Coach's Code of Conduct.

### ***IV. Coaches***

- A. Represent the school in interscholastic activities.
- B. Conduct their work within the framework of the goals of the school system, the policies and procedures of the Athletic Department, and the regulations of the MIAA.
- C. Enforce eligibility rules in academic classes, vocational-technical programs, and sports.
- D. Exhibit exemplary behavior at all times.
- E. Submit Coach's Code of Conduct (sport specific team rules) for student-athletes for approval by the Athletic Director.
- F. Enforce the school and Coach's Code of Conduct for student-athletes.
- G. Entirely responsible for the supervision of student-athletes in their charge.
- H. Submit end-of-season reports to the Athletic Director.
- I. Attend all meetings scheduled by the South Coast Conference and / or the Athletic Director.
- J. Inform student-athletes of the following:
  - 1. Benefits of participating in sports.
  - 2. Risks associated with participating in sports.
  - 3. Rules for reducing risks associated with sports.

### ***V. Athletic Trainer***

- A. Oversees athletic healthcare of student-athletes.
- B. Communicates to coaches, Athletic Director, and parents about the status of any injured athlete.
- C. Administers all necessary first aid and emergency care as required.
- D. Assists coaches and Athletic Director with athlete's participation clearance.

1. Obtain medical clearance.
  2. Update emergency medical information.
- E.** Responsible for documentation of:
1. Daily injury report
  2. School accident form
  3. SWAY testing
- F.** Adheres to MIAA Sport Medicine rules and regulations.
- G.** Follows the established code of ethics of the National Athletic Trainers' Association (NATA) and attends all required meetings as requested by Athletic Director.
- H.** Educates student athletes, coaches, and parents of the following:
1. Proper injury management.
  2. Risks associated with athletic participation.
  3. Rehabilitation of injuries Exhibits exemplary behavior at all times.
- I.** Exhibits exemplary behavior at all times.
- J.** **Per school policy, the certified athletic trainer has the final decision regarding return to play protocol, under the direction of the medical director.**

### **RULES AND REGULATIONS**

All rules and regulations governing secondary school students, interscholastic athletic contests, and practices are established by the Massachusetts Interscholastic Athletic Association (referred to in this Athletic Handbook as the MIAA). All coaches and personnel concerned with the administration of the athletic program must be thoroughly familiar with these regulations. Coaches are responsible for properly administering all rules governing their particular sport.

### **MIAA RULES OF ELIGIBILITY**

In order to be eligible to represent a secondary school, which is a member of this Association in athletic contests, contestants must conform to all the rules in this section. In the case of a game postponed or resulting in a tie, the eligibility of participants does not hold over until the game is actually played; the student-athletes who participate in any contest must be eligible under the rules on the date when the game is actually played. No special privileges such as extra examinations, delayed marks, makeup opportunities or other favors not granted to every other student in the school are to be granted to the student-athletes.

### **MEMBERSHIP IN SCHOOL**

A student-athlete must have been a member of some secondary school for a minimum of two months (exclusive of the summer vacation) and have been issued a report card preceding the contest, unless entering from elementary or junior high school during the same school year. A student's attendance at school does not start when he/she registers, but rather when he/she begins attending school sessions. When a student-athlete drops out of school and then decides to return to the same school, he/she cannot be eligible for athletics until a report card has been issued and until the expiration of a minimum of two calendar months from the date of his/her return to the same school, and until the requirements of the Rules of Eligibility are fully met.

## **TRANSFERS**

A student-athlete who transfers from any school to an MIAA member high school is ineligible to participate in any interscholastic athletic contests at any level for a period of one year in all sports in which that student participated at the varsity level during the one year period immediately preceding the transfer (except as exempted on the next page). For the purpose of this rule, no transfer will be deemed to have taken place if a student-athlete returns to his/her former school on or before the eleventh school day from the date of the last attendance there. Varsity participation is defined as any appearance, as a competitor, in a varsity inter-school contest other than a scrimmage. For a transfer student-athlete to be eligible in a specific sport within the year of his/her transfer, the sending school Principal, Athletic Director, and head varsity coach(s) of the sport(s) in which the student-athlete desires to participate must certify by signature that the student-athlete did not participate at the varsity level during the year prior to the actual transfer. If it is later determined that the sending school falsely or erroneously certified eligibility, then the sending school will be subject, at a minimum, to a letter of censure, copies of which will be mailed to the School Committee, Superintendent, Principal, Athletic Director, and reported in the MIAA Newsletter. The MIAA certification form must be dated and filed at the receiving school, before the student is declared eligible (as to the transfer rule only) by the receiving School Principal. All other eligibility requirements must also be satisfied before the student-athlete is permitted to participate. Foreign exchange students are not eligible until Form 100 (A) is properly executed. A student-athlete who transfers after the start of the practice season is ineligible in all sports during that sport season.

Exemptions to the transfer rule—Eligible immediately provided that all other eligibility requirements are met:

1. Change of residence of a student-athlete's parents: A student-athletes transfer is necessitated by a change of residence of his/her parent(s) to the area served by the school to which he/she transfers. (This exception does not apply to a change in custody, guardianship, or to a student's change in residence from one parent to another.)
2. Junior high school transfer: A student-athlete who enters the 9th grade of a 4-year school and who has not been enrolled previously in the 9th grade.
3. Elementary / Junior High / Middle School graduate: A student-athlete who has completed that last grade available previously attended.
4. Closed school: If a school no longer exists, a student-athlete in attendance may be eligible at the school of his/her choice immediately after the closing of the school which he/she had been attending

## **PARTICIPATION**

A student-athlete is eligible for interscholastic competition for no more than 12 consecutive athletic seasons beyond 8th grade. In no case may a student- athlete be eligible to participate in more than four of the three annual athletic seasons. In special cases where a student-athlete has been absent because of an accident or illness which prevented school attendance, the MIAA's Executive Director or his/her designee shall have the authority to extend the student- athlete's eligibility upon presentation of a doctor's certificate and a letter from the Principal attesting to the inability of the student-athlete's absence because of an accident or illness. In instances where an

extended eligibility is granted, the student-athlete may be declared eligible only for the season(s) that the student-athlete's illness prevented him/her from participating.

### **PRACTICE LIMITATIONS / LOYALTY**

A bona fide member of the school team is a student who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school are precluded from missing a high school practice or competition in order to practice or compete with an out-of-school team. Any student who violates that standard is ineligible for 25% of their season; suspension starts immediately upon confirmation of the violation.

A student-athlete shall participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring) including tournament and/or championships in that season. A student-athlete officially becomes a member of his/her team for the sport season on the date of that school's first regular season contest in that sport. Penalty – If a student-athlete violates this rule, he/she will be ineligible for that season, and all contests in which he/she participated in both sports must be forfeited.

### **AGE LIMITS**

A student-athlete must be under nineteen years of age, but may compete during the remainder of the school year provided that his/her 19th birthday occurs on or after September 1 of the year. For grade 9 competitions, a player must be under 16 years of age, but may compete during the remainder of the school year provided that his/her 16th birthday occurs on or after September 1 of the year. Principals must exercise great care in determining the ages of contestants, and in all doubtful cases, must secure birth certificates from the town clerk of the student's place of birth. Student-athletes that do not fall within these age limits need to meet with the Athletic Director to determine if they qualify for the MIAA waiver process.

### **PENALTY FOR PLAYING IF INELIGIBLE**

The Principal of a school which uses a student-athlete who is later found to be ineligible, whether because of the student-athlete's own misstatements or lack of care on the part of the school authorities, shall notify in writing the Principal(s) of the opposing school(s) and the Executive Director of the MIAA, forfeiting every competition in which the ineligible player competed. Since the Principal is personally responsible for attesting to the eligibility of each contestant, and since allowing an ineligible player to participate in a contest is a serious matter, it is strongly advised that the principal give personal attention to this matter. In all contests such as cross country, golf, gymnastics, skiing, swimming, tennis, track, and wrestling, the participation of an ineligible player shall result in the forfeiture of the whole contest.

### **ATHLETE OR COACH CONTEST EXPULSION**

Any coach excluded by an official from an inter-school competition is ineligible to coach any inter-school competition in that sport until the next contest at the same level has been completed. The coach may not be present at the game site. Whenever an official from an inter-school competition excludes a coach, the official shall file a written report of the incident with the coach's Principal. The coach also shall fill out an exclusion form. Both reports should be completed and forwarded by the official and coach within 24 hours of the completion. The Principal should immediately forward copies of the official's report to the Athletic Director. If the game official fails to file his/her report, the coach is still bound by the suspension.

A student who is ruled out of a contest shall not participate in the next scheduled competition with a member school or in MIAA tournament play. The disqualified student is ineligible for any contest in that sport until the next contest at the same level has been completed. The student will not be allowed to participate until they complete the MIAA Sportsmanship course which is free of charge.

A student or coach ruled out of a contest twice in the same season shall be disqualified from further participation in that sport and in all sports during that season for a year from the date of his/her second disqualification. A student or coach who physically assaults an official shall be expelled from the game immediately and banned from further participation or coaching in all sports for one year from the date of the offense.

The game official that excludes a student under the provision of this rule should immediately inform the coach of each team and the official scorer of the violation. If the game official fails to file his/her report but notifies the coaches and the official scorer, the player is bound by the suspension. The Athletic Director in charge of the contest or his/her designee is responsible for having the official suspension forms available for game officials, and sending copies to the Principal of each school involved, the Athletic Director of each school involved and the executive director of the MIAA. The official should complete the form before leaving the site of the game.

Fighting and unsportsmanlike conduct penalties will be within the authority of an official at all times at the game site. Any student in any sport who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the game immediately and shall not participate in that sport season for one year from the date of the incident. Some of the reasons that an official may eject a student from a contest that would lead to a game expulsion are: fighting (caution should be taken to ensure that a player who is defending him/herself is not penalized if he/she is not the aggressor), flagrant unsportsmanlike conduct which is defined but not limited to violent action toward a player, official, and spectator, the use of foul or abusive language and the like.

If a coach or student is ruled out of the last contest of the season, the penalty carries over to the following year in that same sport season. However, if a team is playing in tournament competition, it is considered an extension of the sport season.

## **CHEMICAL HEALTH**

During the season of practice or play, a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; E-Cigarettes, vaporizers, Hookah products, marijuana; steroids; or any controlled substance. 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.

The minimum penalties are: From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer". 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.

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

### **MINIMUM PENALTIES:**

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the students of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

<b>1st Offense</b>	
<b># of Events / Season</b>	<b># of Events / Penalty</b>
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5
<b>2nd Offense</b>	
<b># of Events / Season</b>	<b># of Events / Penalty</b>
1-3	1
4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7
14	8
15-16	9
17-18	10
19	11
20 or over 12	
<b><u>2nd Offense w/Dependency Program</u></b>	
<b># of Events / Season</b>	<b># of Events / Penalty</b>
1-4	1
5-7	2
8-9	3
10-12	4
13-14	5
15-17	6
18-19	7
20 or over	8

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year. During practice or competition, a coach shall not use any tobacco product. Steroid Use - Anabolic androgenic steroid use at the high school level is of grave concern. Steroids are used by some athletes, and the seriousness of the problem has been well documented. A recent study indicates that over 3% of high school seniors have tried steroids in their lifetime (NIDA, 2004). High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully

discourage their use. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes.

Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most “get-rich-quick” schemes, steroid use has serious short and long term consequences.

Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids.

Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people’s minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be.

The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

### **OPIOIDS**

Opioid Addiction is becoming a national epidemic and education/information for our student-athletes and parents/guardians is very important. Each parent/guardian that attends the yearly parent meet will be given a pamphlet from the Massachusetts Department of Public Health that includes information on how to prevent abuse, dispose of unused drugs and signs of misuse. For additional support contact the athletic director.

### **MIAA TAUNTING POLICY**

Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin, or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters.

Examples of taunting include but are not limited to “trash talk,” defined as a verbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including “in the face” confrontation by one player to another and standing over/straddling a tackled or fallen player.

In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/ day of competition. In addition, the offender shall be subject to existing MIAA Expulsion Rules. Prior to the contest, a warning shall be given to both teams by game officials.

At all MIAA contest sites and tournament venues, appropriate management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators are subject to ejection.

### **FAN/SPECTATOR BEHAVIOR**

Athletic Directors of MIAA Member Schools are required to provide a safe and welcoming environment in which all student-athletes can compete. The Athletic Director is also responsible for creating and fostering a safe and welcoming environment for parents and spectators from visiting schools to watch a game.

At GNBVT site directors will be assigned to required games. They will enforce this policy at their discretion. If a site director feels a spectator is violating this policy and creating an unwelcoming environment for others they will issue one verbal warning. If the spectator continues to violate this policy they will be asked to leave the venue. MIAA Officials also have the authority to ask a site director/school official to remove a spectator at their discretion.

Examples of behavior that violates this policy include but are not limited to: Criticizing officials, opposing coaches/players, vulgar language, verbal arguing with other fans.

If a fan or spectator is asked to leave a GNBVT athletic site or GNBVT road game they will receive a formal written warning. If the same fan/spectator is asked to leave any other GNBVT athletic event they will be issued a no-trespass order lasting one year and be asked not to attend road athletic events.

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**All students, regardless of race, color, sex, religion, national origin, sexual orientation, gender identity or disability, have equal access to all athletic programs.**

## **Commonwealth of Massachusetts: Anti-Hazing Law**

### **Chapter 269: Section 17. Hazing; organizing or participating; hazing defined**

**Section 17.** Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term “hazing” as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which wilfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

### **Chapter 269: Section 18. Failure to report hazing**

**Section 18.** Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

### **Chapter 269: Section 19. Copy of Secs. 17 to 19; issuance to students and student groups, teams and organizations; report**

**Section 19.** Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution’s compliance with this section’s requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution’s recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the

duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall file, at least annually, a report with the board of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.