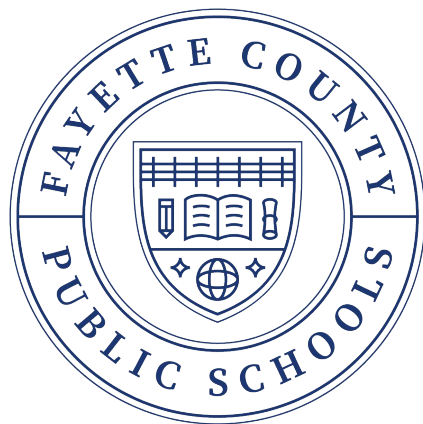


# **HIGH SCHOOL ATHLETIC HANDBOOK**

**FAYETTE COUNTY PUBLIC SCHOOLS**

**450 Park Place**

**Lexington, KY 40511**



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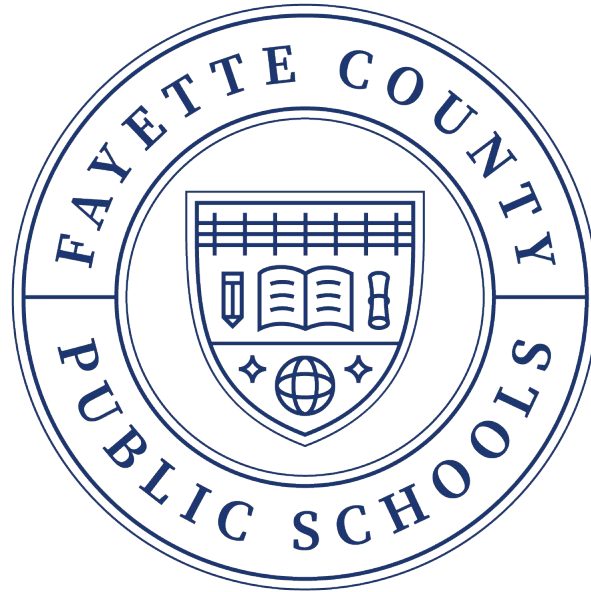
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# FAYETTE COUNTY PUBLIC SCHOOLS



Demetrus Liggins, Superintendent of Schools

Robbie Sayre, Director of Athletics

## **ACKNOWLEDGMENTS**

Appreciation is expressed to the following for their contributions to the revision and reorganization of these guidelines:

### **Athletic Directors & School Representatives:**

Robbie Sayre, FCPS Director of Athletics

Abby Jackson, Bryan Station High School

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Dallas Kingsolver, Lafayette High School

Jason Howell, Paul Laurence Dunbar High School

Page Portman, Tates Creek High School

Jeremy Dulaney, Frederick Douglass High School

The Kentucky High School Athletic Association (KHSAA) Handbook has also been a valuable resource. Relevant sections of the KHSAA Handbook have been reproduced to make this guide more useful to coaches and administrators.

## **ATHLETIC PARTICIPATION GUIDELINES**

It shall be the philosophy of the Fayette County Public Schools' Athletic Departments that athletes shall enjoy as many sport seasons as the student-athletes and their parents wish them to participate in without influence from any coach to specialize in one sport. All coaches should encourage participation in other sports. In order to embrace this philosophy, our coaches agree that:

- Once the season has started no athlete which is dropped from one squad for disciplinary reasons, or who “quits”, shall be eligible to compete in another sport. No athlete may play (or try-out for) another sport until the previous one has been completed and all school equipment is returned.
- Students may participate on teams during the same season if it is acceptable to both coaches and it does not interfere with school work.

## **THE MISSION OF FCPS ATHLETICS**

Fayette County Public Schools is committed to student-athlete success and competitive excellence by creating an inclusive environment through developing and retaining quality people. Providing a great fan experience, inspiring community engagement and serving as a source of pride for Lexington.

Fayette County Public Schools Athletic Directors shall implement all guidelines of the Fayette County School Board, School SBDM, Kentucky High School Athletic Association (KHSAA) and Federal Laws to ensure fairness, safety and equity for all students participating at any level of athletics in Fayette County Public Schools.

## CORE VALUES

Below are the core values of FCPS Athletics. They guide our actions, our decision-making, and how we conduct ourselves.

**Student-Athlete Experience**—we provide an environment that promotes personal, academic, athletic and social development.

**Integrity**—we are honest, respectful and accountable.

**Excellence**—we maximize our efforts and talents to ensure FCPS student success.

**Respect**—we value the importance of diversity, fairness, goodwill and sportsmanship.

**Equity**—we strive to provide all students with support, opportunity and access to participate.

**School Pride**—we support an atmosphere that embraces school spirit, honors tradition and develops our students.

**Community and School Engagement**—we are dedicated to integrating our activities and volunteerism into school life and the community.



# **SECTION I**

# **HIGH SCHOOL ATHLETICS**

# **HIGH SCHOOL ATHLETIC PROGRAMS OFFERED IN FAYETTE CO PUBLIC SCHOOLS**

## **FALL SPORTS**

- Cheerleading
- Cross Country, Boys/Girls
- Dance
- Football
- Golf, Boys/Girls
- Soccer, Boys/Girls
- Volleyball, Boys/Girls

## **WINTER SPORTS**

- Archery, Boys/Girls
- Basketball, Boys/Girls
- Bowling, Boys/Girls
- Cheerleading
- Dance
- Swimming/Diving,  
Boys/Girls
- Wrestling

## **SPRING SPORTS**

- Baseball
- Bass Fishing, Boys/Girls
- Dance
- Lacrosse, Boys/Girls
- Softball
- Tennis, Boys/Girls
- Track and Field,  
Boys/Girls

All sports can be organized on varsity, junior varsity and freshmen team levels.

## **Scheduling Policies and Guidelines for High Schools**

All schedules of athletic events must be approved by the athletic director of the high school. The athletic schedule shall fulfill all conference, district, or regional requirements as set forth by the KHSAA.

No regular season games may be scheduled on a date that would require loss of school time for travel or play, unless approved by FCPS Director of Athletics or principal.

When possible, games should be scheduled to avoid affecting semester ending exams.

**Travel for Games – [See Fayette County Public Schools Board Policies \(09.36\) and Procedures](#)**

**Travel Forms – See Appendix B**

### **Admission Prices for Athletic Contests**

<b>Event</b>	<b>Admission Price Adult/Student</b>
Varsity Contest	\$5.00
JV/Freshman Stand Alone Contest	\$3.00
Children five (5) and under	No charge

Gold Cards, KHSAA passes, trainer passes, administrator passes, and 10<sup>th</sup> and 11<sup>th</sup> Region referee passes and complimentary athletic passes (see website for details)

## **Admission Prices for Special Athletic Events**

Children five and under no charge

Schools discretion:

- Including, but not limited to, bowl games, classics, tournaments, invitational competitions and varsity double headers.
- Pre-sale costs of student tickets.
- Multiple event discounts.

## **Employment of Game Officials**

Officials who are employed by Fayette County Public Schools to officiate a regular scheduled contest shall be properly licensed by the KHSAA.

The Commissioner of the KHSAA has established bureaus to assign officials. Fayette County Public Schools shall employ officials assigned by the bureaus of the KHSAA.

The athletic director, head coach or principal of the school shall promptly notify assigned officials whenever a contest is postponed or canceled.

Fayette County Public Schools will follow the guidelines and fee schedules set by the KHSAA for contest officials. Refer to the [KHSAA Officials Division Guidebook](#) for additional information.

KHSAA Bylaw 25 and the National Federation Rules and Requirements for Coaches. Please refer to the current [KHSAA Handbook](#).

## **Eligibility Requirements**

[Complete list of KHSAA athletic requirements.](#)

[Fayette County Public Schools athletic policy.](#)

In some instances, an eligibility requirement may exceed that of the KHSAA.

Eligibility requirements are revised periodically. Current by-laws may be found in the [KHSAA Handbook](#)

Home Schooled Student/Home Bound/Home Hospital. [KHSAA By-law 4, KAR 7:120](#)

Rezoning Implementation Plan (See Appendix J)

Fayette County Academic Grade Requirement – see [Fayette County Public Schools Student Code of Conduct Handbook](#)

### **Student Accident Insurance Requirement**

All students, regardless of family coverage, are required to purchase the \$25 athletic insurance policy. This fee is a once-time-a-year fee regardless of the number of sports a student plays.

### **Middle School Athletic Eligibility Regulations for High School Athletic Participation**

Students have a chance to play for their high school of residence, determined by the Fayette County School Board of Education. Middle school students may play for their middle school teams as well as the high school team.

Middle school students' participation on a high school varsity team does not affect the eligibility of any middle school student. A student's eligibility is established once a student enters the ninth grade and participates on a varsity athletic team.

All students, regardless of family coverage, are required to purchase the \$25 athletic insurance policy. This fee is a once-time-a-year fee regardless of the number of sports a student plays.

### **District-Approved Regulations for Middle School Students Participation on a High School Team.**

[KHSAA Bylaw 4, Enrollment Requirements](#) – sets the rules governing all schools in Kentucky regarding below grade nine participation (7<sup>th</sup> and 8<sup>th</sup> grade students only).

The Fayette County Public School District Policy regarding participation of students below the ninth grade in high school programs is:

- Middle school students may participate on the high school in their school of residence area only as defined by the Fayette County Board of Education.
- Middle school students must be approved by the Director of Athletics prior to any participation on the high school level.
- Application forms are available through the athletic director at your high school of residence. The Director of Athletics will notify the school once approval is granted.
- Middle school students, regardless of whether they have applied and received admission to a high school based on a program, still may only play for their high school of residence, determined by the Fayette County School Board of Education.

## Student Transfer Rules

Students entering ninth grade are eligible for sports at whatever school they attend, but after ninth grade, any varsity athlete who is granted a transfer to another FCPS high school will be ineligible for athletics for one calendar year from the date of enrollment. This rule is reflective to [KHSAA Transfer Rule—Bylaw 6](#).

Unless:

- There has been a Bona Fide\* change in residence into the specified (new) attendance area.
- Students are transferred according to Board of Education Ruling/Decision (aka. redistricting, removal from current placement).
- Divorce—Please see [KHSAA bylaw 6, section 2, letter €](#) for clarification
- Change in Sole Custody—Please see [KHSAA bylaw 6, section 2, letter \(f\)](#) for clarification.
- Change in Joint Custody—please see [KHSAA bylaw 6k, section 2, letter \(g\)](#) for clarification.
- Death—Please see [KHSAA bylaw 6, section 2, letter \(h\)](#) for clarification.

If the student played in a varsity contest, he or she must also be cleared under the KHSAA Transfer Rule – Bylaw 6 [KHSAA bylaws 7 and 8 Transfer Rules](#).

***All intra-district transfers must be approved by FCPS Director of Athletics prior to any participation. Transfer forms are available through each schools' athletic director or online under District Athletic Webpage.***

\*<sup>(1)</sup> A bona fide change of residence means the uninterrupted moving of the permanent residence of the entire family unit of the student as

composed when the student was eligible at the sending school (including one or both parents if at that residence) from one school district or defined school attendance area into another school district or defined school attendance area prior to a change in enrollment of the student.

\*(2) To be considered bona fide, the change must remain uninterrupted for the entire period during which the student would have been ineligible if the exception was not applied.

\*(3) A student who becomes emancipated does not have a bona fide change of residence by virtue of his or her emancipation and change of residence for purposes of satisfying this exception.

\*(4) Determinations of whether a student shall be granted a waiver pursuant to this exception shall be based on the circumstances existing as of the date of enrollment at the new school.

### **Conduct of Participants/Helpers in Athletic Events**

A student under suspension from the school shall not be permitted to participate in practice sessions or athletic events during the suspension period. See Fayette County Public Schools Student Code of Conduct Handbook.

Any student, contest official or other official school representative who is under penalty or discipline or whose conduct is such as to reflect discredit upon the school or the KHSAA is not eligible. See [KHSAA's Bylaw 15: Practice of Sportsmanship](#).

### **Athletic Seasons**

The beginning and ending of the athletic season for each sport is set forth in the specific provisions for each sport by KHSAA Bylaw 23: Limitation of Seasons. There are not authorized extended athletic seasons outside of these guidelines, including organization of summer



leagues or teams.

Contests shall be scheduled so that there are not four (4) consecutive days of competition on any Monday through Thursday period while school is in session.

For all interpretations and regulations concerning the ending of the school year, including restrictions on coaching involvement, the end of the school year shall be defined as the earlier of the last day of school or May 31.

### **KHSAA Bylaw 24: Summer Sports and Sports/Activities**

#### Summer Dead Period

- Students may not receive coaching or training from school personnel (either salaried or non-salaried) and school facilities, uniforms, nicknames, transportation or equipment shall not be used each year in any KHSAA sanctioned sport or cheerleading squad during the period beginning the day of June 25 through July 9, all inclusive. School funds may not be expended in support of Inter-Scholastic athletics in any KHSAA sanctioned sport during this period. These restrictions shall not apply to postseason wrap-up activities, celebrations and recognition events relating to a spring sports team at a school which participate in KHSAA state championship play in that particular sport during that particular year.

## **KHSAA Bylaw 23: Out of Season Conditioning Programs**

A coach could aid in the skill building for an out of season conditioning program of running, weight lifting, or sport specific skills.

The conditioning program must be open to all student athletes, male and female. All students participating in the conditioning program are covered by the districts liability insurance.

An employee must be present to provide DIRECT SUPERVISION of student athlete participants in the conditioning program. The school insurance is in effect when the conditioning program is an approved school activity and when a coach is present to provide direct supervision of a student athletic participants.

Any out-of-season conditioning program is voluntary for the student athletes and shall not be a prerequisite for participation in any sport.

Out-of-season conditioning programs are not to interfere with the student athlete's participation in regular in-season sport.

If practice is held off campus, it must be approved by the athletic director. A FCPS employee must be present for athletes to be covered by insurance.

### **Facilities for Practice and Games**

Facilities used for practices and games should be checked daily for safety hazards by the coaching staff of school staff member as assigned by the principal.

The Department of Physical Support Services shall provide the maintenance of facilities including mowing and seeding.

## **KHSAA Bylaw 23: Scrimmage Rule**

## **KHSAA Bylaw 23: Limitation of Seasons – Sport Specific Rules**

## **Practice Sessions**

No practice sessions are permitted in any Fayette County Public High School on the following holidays: Thanksgiving Day, Christmas Day and New Year's Day. Any exception for practice must have prior approval of the building principals, athletic director and the Director of Athletics.

Practice sessions shall not be permitted in any Fayette County Public High School on days when the school is closed because of inclement weather or other emergency conditions. If conditions improve and are considered safe, the Superintendent may grant permission to practice.

Practices or contests should take place no more than six days of the week. The schedule should be monitored by the school athletic director.

No player shall be penalized for missing practice during a holiday, inclement weather, emergency conditions, or Sundays if he/she has a valid reason and has cleared his/her absence with the coach for the sport involved.

Practice sessions are defined as a period of time spent instructing, trying out and/or preparing for the competitive athletic event. The practice session shall include:

- Structured, organized practice activities.
- The direct supervision of a coach.
- Length of time for practice sessions shall not exceed two (2) hours, excluding the time required for dressing and showering.

Heat Index Precautions – see Appendices C, D and E

## **Cancellations of Games**

When schools are closed because of inclement weather or other emergency conditions, the District Director of Athletics, in consultation with the Middle and High School Chiefs, and Chief Operating Officer will make a determination as soon as possible if athletic contest(s) scheduled for that day will be played.

When inclement weather or other emergency conditions exist and school is not in session, weekends and/or holidays, the principal and district Director of Athletics with approval of the superintendent, will make a determination as to athletic competition depending on current conditions.

When school is in session and inclement weather or other emergency conditions occur during the school day, the principal and District Director of Athletics with approval of the superintendent shall make a determination as to athletic competition with school dismissal.

### **KHSAA Bylaw 10: Awards Policies**

#### **Sportsmanship – See Appendix K**

#### **Safety and First Aid Procedures**

School Administrators and coaches shall strive to see that athletics provide a safe, healthy experience for participants and helpers and shall take appropriate measures to minimize the number and degree of seriousness of athletic injuries. The following safety procedures are essential:

- A team shall consist of the number of players that the coaching staff can properly supervise.
- Always stress safety.
- Require players to warm up thoroughly before participating and

cool down thoroughly after participating.

- Stress safety in teaching techniques and elements of play.
- Analyze injuries to determine their causes and attempt to formulate ways to prevent such injuries in the future.
- Discourage the use of tactics and techniques that lead to injuries.
- Structure and plan practice sessions carefully and see that they are neither too long nor too short.
- Provide adequate personal protective equipment (PPE). Careful attention shall be given to proper fitting and adjustment of equipment.
- Equipment shall be properly maintained and not altered in any way.
- Players and coaches shall be thoroughly knowledgeable of the rules of game.
- Stress that athletes should always inform the coach of any injury.
- The coach is responsible for creating an atmosphere that motivates fair play, self-control, consideration for others, and proper conduct in all situations.
- Emergency numbers shall be available for immediate use.
- Participants or helpers who have had injuries should be checked very carefully before being allowed to further participate, practice, or play. Athletes with injuries who have been treated by a physician must have the physician's permission before being permitted to participate, practice, or play.
- The coach shall be knowledgeable for the medical services capabilities of the host school at away games.
- An emergency action plan must be developed by the coach and the athletic trainer for each sport. This plan must be followed in case of an emergency. If an athlete is transported by ambulance, a Fayette County Public Schools staff member must accompany the student athlete to the hospital.

## **First Aid Procedures for Athletics**

The Student Accident Information Form shall be completed on all athletically connected injuries. One (1) copy shall be kept on file in the school and the other copies shall be sent to the Division of Risk Management and Safety.

All injuries shall be inspected thoroughly, and if there is the slightest question in regard to the degree of injury, always treat the injury as serious.

Precautions shall be taken for excessive heat during practice and games. This is particularly important for summer or hot weather activities. Coaches shall be aware of and take measures to prevent heat exhaustion, heat stroke, and other related heat injuries.

First aid treatment and care shall be administered, whenever possible, by properly trained personnel.

## **Communication Procedures for Injury**

Have access to a working phone with the following numbers:

- Ambulance/rescue squad
- Parents/guardians
- Team physician/family physician
- School administrator
- Athletic trainer

## **Procedures/Medical Evacuation Plan for Serious Injury**

Survey the accident scene.

Remain calm.

Check for the following:

- Breathing
- Bleeding
- Choking
- Send for help
- Call for ambulance or rescue squad (9-1-1)
- Report injury to administration.
- Administration shall call parents.
- Render First Aid
- Keep injured calm and immobile until medical help arrives.
- Try to make injured as comfortable as possible.
- Administer first aid to injury within the boundaries of your knowledge and capabilities.
- Treat for shock

### **Insurance Coverage for Athletic Participants**

Students must pay \$25 for athletic insurance.

The student athletic insurance covers, on a blanket basis, all players, managers, statisticians, cheerleaders and helpers in any capacity while trying out for and/or participating in any of the interscholastic athletic programs listed at the beginning of Section 1 of these guidelines, and while participating in out-of-season conditioning programs and summer activities, as long as such programs and activities are under the supervision of a Fayette County Public School employee. The insurance also covers travel directly to and from practice, competition, and out-of-season conditioning programs and summer activities, provided such group is at the time under supervision of the proper adult authority.

Student athletic insurance is required for all participants for several reasons. The two most important reasons are:

- To guarantee that all participants have insurance coverage.
- To provide for coverage of claims which the primary insurance company does not pay.

Many of the main benefits, policy limits, terms, conditions, and exclusions relating to the student athletic insurance are described in a summary located on the Risk Management and Safety page on the District's website. A copy of the student athletic insurance claim form may also be found on the Risk Management and Safety page.

Procedure for filing a claim:

- Pickup claim form from the school trainer, on Fayette County Public Schools website, Athletic Director, or Principal's office.
- Have a school official complete and sign the school's portion of the claim form.
- Parent or guardian must complete "Parents" portion of the form. Please be sure to sign authorization.
- Mail completed form, itemized medical bills and evidence of other insurance payments or denials to the student athletic insurance company at the address listed on the student athletic insurance claim form.

The Student Accident Information Form should be completed for ALL serious injuries as determined by the Coach, Trainer and/or Athletic Director. The Coach should note on the form that this was a KHSAA event.

The student athletic insurance is "excess insurance". This means amounts which might otherwise be payable under the student athletic insurance will be reduced by the total amount of medical care benefits available under other insurance plans. Before a claim is filed with the



student athletic insurance company, a claim should first be filed with the student's or athlete's personal or group insurance company. Copies of itemized medical bills and evidence of other insurance payments or denials should then be included with the student athletic insurance claim form when it is sent to the student athletic insurance company.

Do not delay in filing claims. The student athletic insurance provides coverage only if the first expense is incurred within 26 weeks after the accident and other expenses are incurred within one (1) year after the accident.

### **Procedures for Athletic Complaints**

Written complaint submitted to head coach. Conference between complainant and head coach to occur.

If the complainant is not satisfied, he or she shall be advised of his or her next steps in the process.

While the above complaint process may be appropriate for general athletic matters, nothing prohibits an individual from reporting allegations of misconduct directly to the principals.

### **Responsibilities of Athletic Coaches, School Athletic Directors**

Responsibilities of the head coach. See Appendix I

Responsibilities of the assistant coach. See Appendix J.

Responsibilities of the high school athletic director and assistance director discretionary position. See Appendix K and L.

No volunteer coaches are allowed to be a member of the coaching staff.

**Facility Usage – See [Fayette County's Use of District Facilities](#)**

# **SECTION II**

## **SPECIFIC PROVISIONS FOR HIGH SCHOOL SPORTS**

## **Archery – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Archery](#)
- Each Fayette County Public High School will participate in a yearly city tournament. The city tournament will comprise only the six (6) Fayette County Public High Schools. The tournament will be run in a tournament format and the number of places awarded will be by a vote of consensus from the six (6) Fayette County coaches.

## **Baseball**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Baseball](#)
- Each Fayette County Public High School varsity team must play at least one (1) regular season games each year with every other Fayette County Public High School.

## **Basketball – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Basketball](#)
- See Basketball/Football Contestant on Other Teams, Postseason and All-Star Games (Bylaw 9)
- Each Fayette County Public High School varsity team must play at least one (1) regular season games each year with every other Fayette County Public High School.

## **Bass Fishing – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Bass Fishing](#)
- Each Fayette County Public High School will participate in a yearly city tournament. The city tournament will only comprise the six (6) Fayette County Public High Schools. The tournament will be run in a tournament format and the number of places awarded will be by a vote of consensus from the six (6) Fayette

County coaches.

## **Bowling – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Bowling](#)
- Each Fayette County Public High School will participate in a yearly city tournament. The city tournament will only comprise the six (6) Fayette County Public High Schools. The tournament will be run in a tournament format and the number of places awarded will be by a vote of consensus from the six (6) Fayette County coaches.

## **Cheerleading**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Cheerleading](#)
- No more than twenty (20) cheerleaders will be allowed on the sideline during Fayette County Public High School basketball games. During pre-game introductions and time-outs, all squad members may be on the floor.

## **Cross Country – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Cross Country](#)
- Each Fayette County Public High School will participate in a yearly city meet. The city meet will only comprise the six (6) Fayette County Public High Schools. The match will be run in a tournament format and the number of places awarded will be by vote of consensus from the six (6) Fayette County coaches.

## **Dance**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)

## **Esports**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)

## **Football**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [Specific Football Equipment Timeline](#)
- Each Fayette County Public High School varsity team must play at least one (1) regular season game each year with every other Fayette County Public High School.

## **Golf – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Golf](#)
- Each Fayette County Public High School will participate in a yearly city match. The city match will only be comprised of the six (6) Fayette County Public High Schools. The match will be run in a tournament format and the number of places awarded will be by a vote of consensus from the six (6) Fayette County coaches.

## **Lacrosse – Boys and Girls**

- See [KHSAA Rules and limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Lacrosse](#)
- Each Fayette County Public High School varsity team must play at least one (1) regular season game each year with every other Fayette County Public High School.

## **Soccer – Boys and Girls**

- See [KHSAA Rules and limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Soccer](#)
- Each Fayette County Public High School varsity team must play at least one (1) regular season game each year with every other

Fayette County Public High School.

## **Softball**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Softball](#)
- Each Fayette County Public High School varsity team must play at least two (2) regular season games each year with every other Fayette County Public High School (home and home)

## **Swimming/Diving – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Swimming/Diving](#)
- Each Fayette County Public High School will participate in a yearly city meet. The city meet will only be comprised of the six (6) Fayette County Public High Schools. All, and only sanctioned KHSAA State Champion events, will be scored to determine points toward Fayette County Public School Championships. The number of places awarded will be by a vote of consensus from the six (6) Fayette County High School coaches.

## **Tennis – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Tennis](#)
- Each Fayette County Public High School will participate in a yearly city match. The city match will only be comprised of the six (6) Fayette County Public High Schools.

## **Track – Boys and Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Track](#)
- Each Fayette County Public High School will participate in a yearly city meet. The city meet will only be comprised of the six

(6) Fayette County Public High Schools. All, and only sanctioned KHSAA State Champion events, will be scored to determine points toward Fayette County Public School Championships. The number of places awarded will be by a vote of consensus from the six (6) Fayette County High School coaches.

### **Volleyball – Girls**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Volleyball](#)
- Each Fayette County Public High School varsity team must play at least one (1) regular season game each year with every other Fayette County Public High School.

### **Wrestling**

- See [KHSAA Rules and Limitation of Seasons \(Bylaw 23\)](#)
- See [KHSAA Competition Rules for Wrestling](#)
- Each Fayette County Public High School will participate in a yearly city match. The city match will only be comprised of the six (6) Fayette County High Schools. The match will be run in a tournament format and the number of places awarded will be by a vote of consensus from the six (6) Fayette County coaches.

# **SECTION III**

# **APPENDICES**



Appendix A: FCPS Travel Forms:

- Extended Field Trip Form:  
[https://www.fcps.net/cms/lib/KY01807169/Centricity/Domain/3962/extended\\_fieltrip.pdf](https://www.fcps.net/cms/lib/KY01807169/Centricity/Domain/3962/extended_fieltrip.pdf)
- Parent Permission for Extra-Curricular Student Transportation  
<https://www.fcps.net/cms/lib/KY01807169/Centricity/Shared/forms%20for%20families/transportation.pdf>
- Chaperone Form  
<https://www.fcps.net/cms/lib/KY01807169/Centricity/Shared/forms%20for%20families/chaperone.pdf>

Appendix B: KMA/KHSAA Heat Illness & Injury Recommendations:

- [https://khsaa.org/common\\_documents/handbook/policies/policies-heatillnesspolicy.pdf](https://khsaa.org/common_documents/handbook/policies/policies-heatillnesspolicy.pdf)

Appendix C: Heat Index Calculations & Chart:

- <https://khsaa.org/sportsmedicine/heat/heatindexchartcolor.pdf>

Appendix D: KMA's Recommendations for Cooling Methods Due to Heat Related Illness:

- [https://khsaa.org/common\\_documents/handbook/policies/policies-heatillnesspolicy.pdf](https://khsaa.org/common_documents/handbook/policies/policies-heatillnesspolicy.pdf)

Appendix E: FCPS Coaches Code of Ethics:

- <https://drive.google.com/file/d/1TCjTrRxmdnf4sOA59rFmpMaHXIZKSxJ4/view?usp=sharing>

Appendix F: FCPS Maximum Number of Coaches Allowed per Sport

- <https://docs.google.com/spreadsheets/d/1IA3iNxHlgw3FbSCzu5iM8ZpmqP1PgBhb/edit?usp=sharing&oid=105324349156566383876&rtpof=true&sd=true>

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Appendix G: FCPS Sportsmanship Expectations:

- <https://docs.google.com/document/d/1kPka3nGgTPe8XEjugnybuttB7G3bE9CC4FtmymEAJyU/edit?usp=sharing>

Appendix H: Football Helmet Requirements:

- <https://nocsae.org/wp-content/uploads/2018/05/NOCSAE-101-infographic-v9.pdf>

Appendix I: Coaches Evaluation Form:

- [https://drive.google.com/file/d/1sq-u0hWF\\_47-Dcxtbw8xs26Lj7O3t4TK/view?usp=sharing](https://drive.google.com/file/d/1sq-u0hWF_47-Dcxtbw8xs26Lj7O3t4TK/view?usp=sharing)

Appendix J: Address Verification:

- <https://drive.google.com/file/d/1ZOlJguYUaDZqkMGz-PKtDzQBxfKdK6Jc/view?usp=sharing>

Appendix K: Sports Physical and Parent Permission Forms:

- High School: <https://khsaa.org/forms/ge04complete.pdf>
- Middle School: <https://khsaa.org/forms/ms01complete.pdf>