

## Armour Training Rules

### Proposal

Training rules are in effect for all students the first day practice is allowed by the SDHSAA, and remain in effect for all students until the State Track Meet is finished.

#### Athletes

##### 1<sup>st</sup> Offense

suspended for 3 weeks or next 3 contests, whichever is longer

##### 2<sup>nd</sup> Offense

suspended for 6 weeks or next 6 contests, whichever is longer  
loss of letter

##### 3<sup>rd</sup> Offense

suspended for the subsequent 12 months

#### Fine Art Participants

##### 1<sup>st</sup> Offense

ineligible to participate in the next SDHSAA sanctioned fine art event.

- ie. One-Act Play, All-State Chorus, Region Music Contest, Oral Interp  
Does not include local events (Spring concert, pep band, school play)

##### 2<sup>nd</sup> Offense

ineligible to participate in the next two SDHSAA sanctioned events

##### 3<sup>rd</sup> Offense

ineligible to participate for the subsequent 12 months

#### Participants in both athletics and fine arts

The timelines outlined above for athletes will be implemented.

Students would be ineligible for any SDHSAA sanctioned fine art events during the time of their athletic suspension.

Any student suspended from school for any reason will not be allowed to participate in any school activity until they have attend a full day of school following the suspension.

There are no training rules in effect over the summer months.

However, suspensions will carry over from one school year to the next.

All students are subject to training rules even if they are not currently involved in an activity.

Suspensions will start for such students at the start of the first season in which they choose to participate.

Students are required to participate in practice while ineligible. They are not allowed to dress for contests.

Students must complete the season for their weeks/contests to count as missed participation to meet the requirements to become eligible.

- ie. A student who is ineligible for 3 weeks cannot come out for track for 3 weeks and then subsequently quit that sport so that they can play in the first football game of the season. They either need to remain out for track or not dress for the first 3 football games to regain their eligibility.