

WASHINGTON HIGH SCHOOL *WHITE SWEATER AWARD*

The White Sweater Award is the most prestigious award given to a student athlete at Washington High School. The winner of this award has demonstrated a high level of commitment to high school athletics by their ability to earn varsity letters in a variety of sports. A White Sweater Award recipient must earn 8 varsity letters during grades 10, 11, and 12.

CALIFORNIA INTERSCHOLASTIC FEDERATION “*PURSUING VICTORY WITH HONOR*”

CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Charactersm”). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS:

1. *Trustworthiness* – be worthy of trust in all I do.
Integrity – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it’s unpopular or personally costly.
Honesty – live and compete honorably; don’t lie, cheat, steal or engage in any other dishonest or unsportsman-like conduct.
Reliability – fulfill commitments; do what I say I will do: be on time to practices and games.
Loyalty – be loyal to my school and team; put the team above personal glory.

RESPECT:

2. *Respect* – treat all people with respect all the time and require the same of other student athletes.
3. *Class* – live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. *Disrespectful Conduct* – don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or *racial* nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* – treat contest officials with respect; don’t complain about or argue with official calls or decisions during or after and athletic event.

RESPONSIBILITY:

6. *Importance of Education* – be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. *Role-Modeling* – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit

good character and conduct yourself as a positive role model. *Suspension or termination of the participation privilege is within the sole discretion of the school administration.*

8. *Self-Control* – exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle* – safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. *Integrity of the Game* – protect the integrity of the game; don't gamble. Play the game according to the rules.
11. *Be Fair* – live up to high standards of fair play; be open-minded; always be willing to listen and learn.
12. *Concern for Others* – demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. *Teammates* – help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP:

14. *Play by the Rules* – maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of Rules* – honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

NORTH COAST SECTION EJECTION POLICY

The following rules and minimum penalties are applicable to all players and will apply to all contests; non-league, league, invitational tournaments/events, post-season including league, section or state playoffs.

1. ***Ejection of a player from a contest for unsportsman-like or dangerous conduct.***
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.)
2. ***Illegal participation in the next contest by a player ejected in a previous contest.***
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. ***Second ejection of a player for unsportsman-like or dangerous conduct from a contest during one season.***
Penalty: The player shall be ineligible for the remainder of the season.
4. ***When one or more players leave the bench to begin or participate in an altercation.***
Penalty: The player(s) shall be ejected from the contest in question and become ineligible for the next contest (non-league, league, invitational tournament, post-season playoff {league, section or state},etc.)

CALIFORNIA INTERSCHOLASTIC FEDERATION STEROID POLICY

Both the participating student-athlete and the parent/legal guardian hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the *Fremont Unified School District* policy regarding the use of illegal drugs will be enforced for any violations of these rules.