



**FLINT HILLS  
CHRISTIAN  
SCHOOL**

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**ATHLETIC  
HANDBOOK  
2022-2023**

## **ATHLETIC PROGRAM**

Flint Hills Christian School (FHCS) offers a full range of competitive athletics for grades 7-12. Some participation in competitive sports is permitted by 5<sup>th</sup> and/or 6<sup>th</sup> grade based on numbers. The decision on 5<sup>th</sup> and 6<sup>th</sup> grade participation will be made prior to the start of the season by the administrator and/or athletic director (AD). The coaching staff can make a recommendation for 6<sup>th</sup> grade tryouts. All tryouts must be approved by both the administrator and AD. Tryouts are not a recommended course of action but will be considered based upon the explanation of need by the coaching staff.

### **KSHSAA Approved School Definition**

1. By definition FHCS is a Kansas High School Athletic Association (KSHSAA) Approved School, not a KSHSAA Member School. KSHSAA Bylaw Article I, Membership states, "Any public or private high school accredited by the Kansas State Board of Education (KSDE), Independent Schools Association of the Southwest, or any other valid accrediting agency approved by the Executive Board, may become a member of this Association." Occasionally, there are small, private schools that do not have KSDE or other acceptable accreditation, who desire to play KSHSAA member schools. To facilitate that possibility, years ago the KSHSAA added the following to Bylaw Article I, in Section 5, "Private schools which are not eligible for full membership in the KSHSAA, and which are not under suspension from this or any other state association, may be put on an "approved school list" and members of the Association shall be permitted to compete with schools on such list. Schools on the "approved school list" shall not be eligible to participate in Association sponsored activities or tournaments or events conducted for the purpose of determining an official KSHSAA championship."
2. What schools may KSHSAA member schools play? By rule, KSHSAA member schools may only play other schools which are KSHSAA members or members of a counterpart state association. The only other schools eligible to play a member school are Kansas schools on the KSHSAA Approved School List.
3. KSHSAA approved schools required to follow the same rules? Some but not all. Approved schools must comply with many KSHSAA rules and account for this in their application each year. Approved schools may deviate from KSHSAA rules in areas such as; scholastic eligibility requirements, transfer, number of games, length of seasons etc. Remember, KSHSAA member schools must conduct their competitions in accordance with National Federation playing rules.
4. Does a game with an approved school count as one of a member school's allowed competitions? A contest with a KSHSAA approved school counts as one of the member school's allowed games for the season. The game counts as a win or loss in determining final season records for member school's post season seeding in tournaments (substate).
5. If member schools play an approved school, is their KSHSAA catastrophe insurance policy in effect? The KSHSAA catastrophe and liability insurance plan will cover the Association member school, but it does not extend coverage to FHCS or other approved schools. Member schools are advised to discuss with risk management advisors as to whether this creates concerns.

6. What about contract enforceability of contracts to play member schools? Since approved schools are not members of the KSHSAA, there is no means to force approved schools to honor game contracts.
7. Once an approved school, always an approved school? No. Schools apply for approved status annually. By August schools desiring approved status should have completed the process. If they have not, they are not eligible to compete with KSHSAA member schools. ACSI is an accepted accreditation by KSHSAA and FHCS has the option of becoming a full KSHSAA Member School, allowing our athletes to compete for State Championships. FHCS would still be authorized to maintain its independence in scheduling for “regular season competition,” and FHCS would be allowed to form or join conferences composed of both member and approved schools but post-season play would be determined by KSHSAA.
8. May middle and junior high schools play against KSHSAA Member Schools? Yes. The restriction on senior high member schools does not apply to middle and junior high schools. There is no such thing as an approved school at the middle and junior high school level.

### **Article I – Admission**

1. A family season pass may be purchased for home games. Prices for individual events are established by the AD or by the association and/or league in which the athletes are participating.
2. Poor sportsmanship or unacceptable behavior (as deemed by the administrator, game officials, AD or complaints from families in attendance) will result in spectators being removed from the event. In the situation that a spectator refuses to leave, law enforcement will be contacted.
3. All outside food and beverages (not purchased at the concession stand) will not be authorized in the FHCS Gym.

### **Article II – Practices**

1. All FHCS athletic practices will be closed. Open communication between coaches, parents, and athletes is essential so that questions or concerns may be addressed. The coach will hold a parent/athlete meeting at the beginning of the season to clarify responsibilities and expectations.
2. Athletes are expected to remain on the practice premises; coaching staff will maintain accountability of all student athletes. Students and parents must inform the coaching staff if they’ll be missing practice or if they plan on leaving practice early. Failure to notify the coach or leaving the practice premises without the coach’s consent is punishable by suspension of playing time or removal from the team; punishments are at the coach’s discretion with the approval of both the administrator and the AD. Student Athletes who openly disrespect or refuse to comply with lawful instruction and guidance from the coach may be punished with game suspension(s) or removed from the team. Suspensions and removal from the team are at the coach’s discretion and require administrator and AD approval.

3. Coaching staff will have vehicles accessible for transportation to local hospitals if necessary and medical training kits must be available with medical information and waivers at both practices and games.
4. The AD can authorize “advisor(s)” to observe practices and to report back to him/her on the progress of teams and conduct of coaches and players; providing sustained and improve recommendations to assist athletic department advancement.

## **Article II - Policies (All sports)**

1. Only team members, coaches, managers, and spirit squads will be excused from school during school hours to attend a game. (Limited exceptions will be made for the children of team coaches and sponsors).
2. Students who are under the supervision of a coach or faculty may not wander off or separate from the team at away games without permission.
3. Players are required to ride with their team both to and from a game. A student may ride home with his/her parents if permission is received from the coach or athletic director.
4. Players are not allowed to drive to or from an away game under any circumstances, unless approved by legal guardians, the administrator and AD. Athletes may drive themselves to practices or meets held in Manhattan with written permission from a legal guardian, administrator and AD.
5. Non-team members are allowed to ride with the team only if there is room on the bus. If the school has responsibility for the transportation of a student, the school will assume full responsibility for the student’s conduct until the student is released to his/her parents – legal guardians.
6. The coaches and AD will determine room assignments for away games involving an overnight stay. Team members will room with team members. Lodging expenses for athletes will be paid for by the school.
7. Every attempt will be made to set the schedule of games and tournaments prior to the beginning of each sport season; preferably before the start of the school year. All schedules should be considered tentative.
8. Athletic events at home will begin with public prayer. The AD will be required to contact all public schools that FHCS will play at home, informing them that a prayer will occur. FHCS will not cancel the prayer at the request of a school and will forfeit the game before cancelling the prayer.
9. Parents of athletes and Spirit Squad members are expected to support the team by helping with transportation, concessions, statistics, scoreboard, gate, etc. Volunteer positions that are left vacant will be filled by the rotation of selected classes as a means to fulfill community service at FHCS (Example: 1<sup>st</sup> grade families have home games on week #1, followed by 2<sup>nd</sup> grade, 3<sup>rd</sup> grade, etc...).
10. Music at practices and sporting events are subject to the approval of the AD and/or Administrator. Swear words and lyric demeaning or contrary to Christian values, family values or the United States of America will not be tolerated.
11. Travel distance will be limited to assure that students are back to school as early as possible on school nights. No games over 165 minutes of travel will be authorized on

school nights. In the situation where a game is over 60 minutes of travel on a school night, the junior high / middle school will not travel to that game for play on the same day / night. The Athletic Director should make effort to schedule games that are over 60 minutes on Friday Nights to the best of his/her capacity.

12. For those Sports that FHCS is in cooperation with another organization or school, such as Football and Soccer; scheduling, practices, transportation, payment, officiating, transportation, administrative and physical care falls solely on the school or organization that facilitates those sports. FHCS is not responsible.
13. No back-to-back Friday/Saturday games will be played except in a tournament.
14. Uniforms must be turned-in clean or they'll be handed back to the player or the player will be provided with the same dirty uniform one year later. All lost uniforms will be paid for and charged to the family at the end of the school year.
15. Due to safety concerns, respect for fair competition and holding true to biblical principles; FHCS will not allow its' athletes to compete against individuals who are deliberately not competing amongst the gender they were born. It is FHCS's belief that a transgender athlete suffering from gender dysphoria has an unfair advantage or disadvantage in competition. FHCS will forfeit if necessary. FHCS students will pursue justice and mercy for everyone; allowing an unfair advantage is not biblical.

## **Volleyball**

1. FHCS is traditionally categorized as a KSHSAA Approved School; not obligated to follow KSHSAA Member School scheduling rules and authorized to schedule practices before member schools and to play / schedule more games / matches than member school counterparts. FHCS will need to follow KSHSAA Member School policies on scheduling and practices if the school moves to a conference / league that is composed of both Approved and Member Schools in the future or becomes a Member School.
2. KSHSAA Rule 43 (HS) (Member Schools): No player or squad may participate in more than 36 points (or 40 matches) during the regular season. KSHSAA Rule 43 (MS)(Member Schools): No player or squad may participate in more than 30 points (or 34 matches) during the regular season. DUALS (2 teams playing 1 match) = 1 pt.; TRIANGULARS (3 teams playing 2 matches) = 2 pts.; QUADS (4 teams playing 3 matches) = 3 pts.; TOURNAMENTS (no more than 6 matches) = 5 pts. Players/squads are limited to 4 tournaments. NOTE 1: Participation for any portion of a match = 1 point (tournament = 5 pts.) NOTE 2: When varsity and sub-varsity teams play on the same day at the same site, participation in both sub-varsity and varsity matches counts as the same match. The same would not apply to tournaments played on the same day. HIGH SCHOOL COACHES ARE ENCOURAGED TO CHART THE POINTS OF ALL PLAYERS THROUGHOUT THE SEASON. It is suggested that all players be listed in addition to all matches at all levels.
3. The FHCS Athletic Director will never schedule fewer matches for a season than the maximum number of authorized points for high school volleyball; for academic and physical development, fewer games may be scheduled for the middle school.

## **Basketball**

1. Players are permitted to play in six (6) quarters in a day. Coaches should check the official scorebook prior to the start of the game and make sure that the official book has the correct number of quarters played in the proceeding game so as not to have 6th quarter violations. The home scorebook is the official book. The home scorebook from the previous game that day should be available for the scorekeeper to verify the number of quarters played the first game of the evening and record the number quarters a player has left to play in the official book. Officials may not allow a player to enter for a seventh (7th) quarter. A technical foul is not assessed, the player may not enter the game. If a player is already in the game when the 6th quarter violation is discovered, they are to be taken out of the game immediately. The school administration should report violations to the KSHSAA following the contest. Players are permitted to play in a maximum of two games in one day in the same tournament bracket.
2. Schools having JV and Varsity teams (or 2 other levels) in tournaments the same week may not allow players to play six (6) quarters in one day in two different tournament brackets. The six (6) quarter rule is applied only during regular season game nights – not tournaments. A player may play in two games in one day in the SAME tournament only.
3. Players are to wear their uniforms as intended and jerseys are to be tucked in and shorts worn above the hips. Players not wearing uniforms properly should not be allowed into the game and will be directed to leave the game by the officials. Players may not remove their jersey in the visual confines of the playing area, the penalty is a technical foul.
4. Game administrators are to provide a safe environment for players, coaches and officials and should be proactive in dealing with inappropriate fan behavior.
5. Head coaches are to remain in the coaching box. Misusing the coaching box will result in a technical foul. Assistant coaches must be seated at all times except during time-outs, intermission, attend to an injured player when beckoned or to spontaneously react to a play. Assistant coaches do not have the same coaching box privileges as the head coach. Only the head coach is permitted to address officials. Assistant coaches must be seated at ALL times, except during time outs or intermissions, to attend to an injured player after being beckoned, to spontaneously react to a play and then sit down.
6. Coaches and bench personnel are expected to adhere to the specific rules set forth in National Federation of State High School Associations (NFHS) Rule 10. Repeated or prolonged violations of these rules should result in a technical foul being assessed against the coach or other bench personnel by officials. More egregious conduct violations, while inside or outside the coaching box, should be properly and consistently penalized with a technical foul without warning. Examples of egregious conduct violations which should be penalized include, but are not limited to, the following:
  - Comments directed at or referring to any game official that question the integrity of an official. (Repeated references to the foul count against

each team; suggesting an official is “cheating” or “homer” a team, etc.)

- A negative response to a call/no-call including, but not limited to approaching/charging an official in a hostile, aggressive or otherwise threatening manner, emphatically removing one’s coat in a response to a call/no-call or throwing equipment or clothing. Thrashing the arms in disgust, running or jumping in disbelief, or other actions deemed to incite undesirable crowd reactions.
  - Bottom line, we are a Christian School and should conduct ourselves in a manner that glorifies the Lord. Remember PROVERBS 15
7. Games not played because of weather or illness do not count as a win or loss for either team, it is simply no game played. This applies to both regular season and tournament games.
  8. High school basketball may have a maximum of 20 games per season (tournament games are in addition to the 20 authorized). Teams are allowed **3** scheduled tournaments during the season (includes post season). If FHCS forms or joins a league and/or becomes a KSHSAA Member School; the total number of games for the “regular season” to include tournament play will (not post season tournaments) will not exceed 20 games.
  9. Middle School will not participate in more than 16 games total all season (including tournaments). The middle school may play less than 16 games due to resources constraints (example: volunteer drivers, uniforms, etc) or if it is deemed necessary by coaches, administrator or AD.
  10. If more than 13 girls or 13 boys go out for basketball, there will be varsity and junior varsity teams formed.

### **Cross Country**

1. Junior high Cross Country will have a maximum of 8 meets per season.
2. High school Cross Country may have a maximum of 10 meets per season.
3. If FHCS forms or joins a league and/or becomes a KSHSAA Member School; the Junior high will only be authorized 7 meets total. The high school will be authorized 7 season meets and will compete in league, regional and state meets (10 total)

### **Track & Field**

1. Junior high track will have a maximum of 9 meets per season.
2. High school track may have a maximum of 10 meets per season.
3. Sixth through eighth grade students shall be limited to four events per day (track and/or field). Any number of these may be relays.
4. Six through eighth grade students are limited to no more than two races of 800m or more in one day
5. If FHCS forms or joins a league and/or becomes a KSHSAA Member School; the Junior high will only be authorized 7 meets total. The high school will be authorized 7 season meets and will compete in league, regional and state meets (10 total)

## **Golf**

1. High school Golf may have a maximum of 9 tournaments per season.
2. Middle school Golf may have a maximum of 7 tournaments per season.

## **Article III - Eligibility (501-502)**

Student involvement in athletics is based on eligibility. Eligibility is based on academics, attendance at school and practices, and meeting standards set by the school board, coaches, and athletic director. This policy applies to all students in grades 6-12 who are enrolled in Flint Hills Christian School or who are home-school students participating in extra-curricular activities at FHCS.

### **Criteria: (Amended 2/8/21)**

1. The student/athlete will exhibit Godly behavior at all times. Ungodly conduct or violation of school policy will result in the student being declared ineligible for a period of time.
2. The student must attend all classes the day of a scheduled practice or contest in order to participate in any extracurricular activity that day. The exceptions are as follows:

- Approved medical or dental appointment
- School sponsored field-trip or academic related event
- Family related emergency, with administrator approval

If the student goes home due to an illness, they will not participate in any extracurricular practice or contest that day. If an event is held on Saturday, eligibility will be determined based on Friday's attendance. Students are also expected to attend school the day following an extracurricular event. Failure to maintain these guidelines can result in ineligibility and will be addressed with the student and their parents.

3. The student/athlete will dress in accordance with standards set by the school (athletic director/coach) on days of events.
4. Student athletes must follow the dress code at practices, including the length of shorts as outlined in the Flint Hills Christian School dress code.

### **Student Academic Eligibility: (501)**

We believe that extracurricular activities are a vital and important part of the Flint Hills Christian School experience. Spiritual growth and academics are the primary reason for students to attend Flint Hills Christian School. However, extracurricular participation and school activities are also extremely important in supporting the development of a well-rounded student.

1. Flint Hills Christian School will use the following criteria for determining eligibility.  
“Eligible” is defined as being in good standing academically and behaviorally. “Ineligible” is defined as having lost the opportunity to participate in activities of which a student is a member. It also includes the loss of opportunity to attend school events that extend beyond the school day and extracurricular activities such as athletics, dramas, scholar's bowl, etc.



- Each instructor will update grades a minimum of once each week. Students will have at least two full weeks at the beginning of each semester to establish grades before the first required grade report is run by the office.
- Grade reports will be printed on Friday morning or the last day of the school week. These grade reports will be used to determine eligibility/ineligibility. Eligibility will run from Sunday through the following Saturday.
- Students failing one or more classes or having a D in two or more classes will be considered ineligible. This means they are not permitted to participate in games/matches/meets during the week of ineligibility as well as performances or school events that extend beyond the school day. Students and athletes should continue to attend practice.
- The administrator and/or athletic director will determine eligibility and inform the student, parents, coaches, and teachers if a student is ineligible.
- Teachers will not give extra-credit assignments to assist students in attaining eligibility.
- Students will remain ineligible for the entire week.
- If students are on the ineligible list for consecutive weeks, participation in practice may be limited. This will be at the discretion of the coach in collaboration with the athletic director and/or teacher.
- After school study hall for make-up work or late work may be assigned and will take priority over attending practice.

**Medical Eligibility: (502) (Amended 2/8/21)**

1. All students must pass an athletic physical exam prior to the first practice of the season. No student will be allowed at practices or games until a completed physical is on file along with a concussion form.
2. In order for a student to receive extended excused absences from practices and games, a note from a physician will be required. If a physician has restricted a student's participation, a note from the physician must be received to allow participation to resume.
3. A student who leaves school due to illness may not participate in an extracurricular practice or contest on that day.

**Disciplinary Ineligibility:**

If a student/athlete receives an in-school or out-of-school suspension, he/she will not be able to participate in one game for each day of the suspension.

**Article IV – Fees (515)**

1. Sports Fees for any sport must be paid prior to the first practice of the season for that sport. Sports fees may vary from year to year. Please check with the office regarding the fee for full time FHCS students, home school students and /part time FHCS students. Parents of athletes participating in sports at Flint Hills Christian School are expected to volunteer time working concessions, gate, scorer's table or driving to and from games.
2. A gasoline fee will be collected for each away game.

## **Article V - Strong Heart Award (530)**

The Strong Heart Award is to be given annually to one sophomore, junior or senior boy and one sophomore, junior or senior girl from the high school that best exemplify, on the court or field, the Christian leadership, values, attitude, team spirit, ability and other character traits promoted by FHCS.

One sophomore, junior or senior boy and one sophomore, junior or senior girl will also be elected to receive a runner-up award in the high school. A Junior Strong Heart Award will be awarded to one 7<sup>th</sup> or 8<sup>th</sup> grade boy and one 7<sup>th</sup> or 8<sup>th</sup> girl that also exemplify these same Christian character traits in their sports endeavors. Eligible students must participate in at least one sport during the school year. Selection Process:

1. Coaches, the Athletic Director, and the Administrator will nominate student athletes for the award. To be eligible, a student must have participated in at least one sport during the year and have maintained a 3.0 cumulative GPA.
2. Junior and senior high students will vote for the nominees from their respective school levels. The awards will be presented to the athletes at the annual Honors Program in the spring.

## **Home-School Participation in Athletics**

1. Home-school athletes must meet academic requirements adhered to by full time students (see Academic 12 Eligibility). Recognizing that home-school students may be graded differently; parents will be asked to sign a statement affirming that their student(s) are progressing at a rate comparable to FHCS students. Such a statement needs to be signed and given to the Athletic Director /Principal each week of the season by 8 AM on the last day of school for the week. If there is difficulty and the student is declared ineligible the same guidelines and criteria will apply as per the FHCS student eligibility policy. Full time students will be given priority for filling team rosters. The Athletic Director and coaches will determine team sizes for each sport. Once we know how many full-time students are participating in a sport and we determine how many teams and how many positions are left unfilled, we will open registration to home- school students. A deadline will be set for receiving applications. After that date, we will prioritize applications as follows:
  - Number of years of positive involvement with Flint Hills Christian School.
  - Number of other classes currently being taken in the school.
  - Siblings currently or previously taking classes in the school.
  - First-time applicants.
2. Home-school athletes, while they are participating on an FHCS athletic team, may not practice with or play for any other teams during that season. We hold full time students to the same requirements to assure that student athletes are giving 100% of their effort to the team.
3. The athlete shall follow all regulations outlined in the FHCS Parent/Student Handbook during the season(s) in which he/she participates (dress code, conduct, etc.). Students will be disciplined in a similar manner to regular students. The athlete is required to complete a student contract prior to participation.

4. Once students are accepted on a team, all team members will have equal status.  
Playing time will be earned according to the coach's guidelines.

**Home-School Fees and Requirements** - Current fee information is available from the school office and located on the FHCS Athletics' Web Page.