

FOREWORD

This handbook is distributed for the purpose of providing a ready source of reference and information on philosophy, policies, rules and regulations of the NHIAA. It contains the Constitution, By-Laws, regulations, eligibility rules, the system of classification of schools, names of officers and committee personnel, plus additional items of information about the Association.

The basis for the existence of the NHIAA is the contribution that it makes in helping the interscholastic athletic program of member schools become an integral and important factor in the total educational development of their students. This handbook is a guide which will help to bring about the realization and understanding of this aim.

When problems or questions arise in connection with interscholastic athletic programs, school personnel should consult this handbook and the NHIAA office. The official point of contact with the NHIAA is the school Principal. No requests from anyone except the principal (and if so authorized the athletic administrator) can be recognized by the NHIAA staff. Periodically, changes may occur during the school year. These are shared with Principals and Athletic Directors, since changes will supercede the printed contents of this handbook.

PAST PRESIDENTS OF THE NHIAA, INC.

Donald Harriman, Exeter	1947, 1948	Donald Desmarais, Salem	1977
Arthur Mullvaney, Keene	1949	Paul Linehan, Kearsarge	1978
John Reed, Concord	1950, 1951	Richard Hamilton, Hampton	1979
Irvin Gordon, Marlboro	1952, 1953	James Desmarais, Plymouth	1980
Edward Sillari, Keene	1954, 1955	Richard Mezquita, Timberlane	1981
Rev. Richard Vickery, Manchester	1956	Henry LaBranche, Pelham	1982, 1983
Howard Kimball, Newport	1957, 1958	Robert Norton, Belmont	1984
Wendell Davis, Salem	1959	Dennis Pope, Merrimack	1985
Leo Landroche, Newmarket	1960	Bonnie Groves, Hampton	1986
Harry Grierson, Rochester	1961	Roy Whalen, Derry	1987
Henry Bremner, Jaffrey	1962	Gerald Daley, Dover	1988
James Jordan, Northwood	1963	Patrick Kelly, White Mountains	1989
Richard Bradley, Berlin	1964	Michael Abbott, Hinsdale	1990
David Sherburne, Sunapee	1965	George Edwards, Pembroke	1991
Ernest Herrmann, Gorham	1966	Mary Lou Cronin, Plymouth	1992, 1993
Norman Hartfield, Hillsboro	1967	Timothy Mayes, Merrimack	1994, 1995
Claude Leavitt, Hudson	1968, 1969	Bruce Labs, Woodsville	1996, 1997
Burton MacArthur, Exeter	1970	Clyde Meyerhoefer, Alvirne	1998, 1999
Edward Willis, Fall Mountain	1971	Robert Nelson, Lin-Wood	2000, 2001
Richard McCarthy, Hinsdale	1972	Carol Dozibrin, Winnacunnet	2002, 2003
Harry Hallsey, Portsmouth	1973	Donald Lafferty, Oyster River	2004
Charles Burns, Keene	1974	R. Patrick Corbin, Nashua North	2005
Tony Urban, Berlin	1975	Patricia Kennelly, Inter-Lakes	2005, 2006, 2007
Sally Eldredge, Newport	1976		

THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation was organized in 1920 and now consists of 50 member state high school associations. The Canadian Federation and 9 Canadian provinces are presently affiliated. New Hampshire was admitted in 1945.

These associations have united to secure the benefits of cooperative action which eliminates unnecessary duplication of work and which increases efficiency through the pooling and coordinating of efforts of all who are engaged in high school athletic activities.

The legislative body is the **National Council** made up of one representative from each member state association. Such representative must be an officer or a member of his/her state board of control. The Board of Directors shall be comprised of twelve (12) members elected by the National Council from the membership of the governing boards or chief executive officers of the voting member state associations. (a) One (1) representative shall be elected from each of the eight (8) sections established by the Board of Directors. (b) In addition, four (4) at-large representatives shall be elected from voting member state association governing boards, one (1) from each combination of two sections as follows: Section 1 and 4; Sections 2 and 6; Sections 3 and 7; Sections 5 and 8.

The growth in size and influence of the state high school associations and their National Federation insures some degree of teamwork on the part of 22,000 high schools and this teamwork has enabled them to formulate policies and plans for improving high school athletic conditions and to make these plans function. The National Federation probably represents the largest closely-knit organized body of athletes in the world. The opportunities for contributing to the welfare of the high school athletic program are unlimited.

The National Federation was organized primarily to secure proper adherence to the eligibility rules of the various state associations in interstate contests and meets. As the prestige of the national organization grew, a program for the sanctioning of interstate meets was developed. This later led to definite action relative to national and sectional athletic events. Meets or tournaments, which involve the schools of more than one state, are sanctioned in accordance with definite limitations in connection with the distance to be traveled, the type of sponsor, the amount of school time involved, and extent to which such events interfere with smaller meets which insure participation by greater numbers of those who need the training. The scope of the National Federation work has broadened so that all high school athletic and many non-athletic groups profit through an exchange of experiences and a pooling of interests.

The activities of the National Federation are based on the belief that strong state and national high school athletic organizations are necessary to protect the athletic interests of the high schools, to promote an ever increasing growth of a type of interscholastic athletics which is educational in both objective and method and which can be justified as an integral part of the high school curriculum, and to protect high school students from exploitation for purposes having no educational implications. To accomplish these things, it is necessary for educators to exercise teamwork on a nationwide scale.

HISTORICAL OUTLINE Of the Development of the New Hampshire Interscholastic Athletic Association

Prior to 1947 the state athletic program was administered by the New Hampshire Secondary School Principals' Association. In 1947 the New Hampshire State Athletic Association was formed. In 1948 the name was changed to the New Hampshire Interscholastic Athletic Association. The primary reason for the creation of this organization was to establish the state athletic programs as an integral part of the entire school curriculum. It was believed that athletics, properly directed and administered on a state-wide basis, has a contribution to make to the educational program of schools. The Association was incorporated in 1951. In 1953 a full-time office was established with a full-time Executive Director.

Since 1947 the NHIAA has made significant and ongoing progress in organizing, supervising and coordinating a state wide athletic program. Superintendents, principals, athletic directors, coaches, state school board association members, and State Department of Education personnel have served on the Council, the governing body of the organization. The administration of the school based interscholastic athletic program has been carried out by committees chosen from school and non-school people throughout the state.

In addition to the administration of athletics, the Association has formulated standards to insure that competition is equalized. Regulations have been adopted to meet changing times and conditions. Changes, when necessary, are implemented by constitutional or by-law amendment.

The New Hampshire Interscholastic Athletic Association is a voluntary organization operated by a continually changing committee structure and an athletic council. Committee membership is voluntary. Positions on the Council are rotated over a period of years giving the opportunity for all viewpoints to be considered.

By this process, interscholastic athletics takes its proper place in the entire educational program of the schools and makes a great contribution to the development of New Hampshire youth.

CARDINAL ATHLETIC PRINCIPLES

To be of maximum effectiveness, the athletic program will:

1. Be a well-coordinated part of the secondary school curriculum.
2. Justify the use of the tax funds and school facilities because of the educational aims achieved.
3. Be based on the spirit of amateurism.
4. Be conducted by secondary school authorities.
5. Provide opportunities for many students to participate in a wide variety of sports.
6. Eliminate professionalism and commercialism.
7. Prevent "all-star" contests or other promotional events.
8. Foster training in conduct, game ethics, and sportsmanship for participants and spectators.
9. Include a well-balanced program of intramural sports.
10. Engender a respect for local, state, and national rules and policies under which the school program is conducted.

-Adopted from the National Federation

Guidelines and Expectations In Administration of the Interscholastic Athletic Program

For the School Boards:

To provide equal and when appropriate separate athletic programs for boys and girls.

For the Superintendent:

1. To bring to the community a full realization of the value of athletics as an educational tool in training citizens.
2. To have a definite understanding with principals and athletic directors concerning the school athletic policy and expect and give mutual support in carrying out that policy.

For the Principal:

1. To be honest in certification of contestants and to base that certification on complete information concerning the student's athletic and scholastic status. Questionable cases will be referred to the NHIAA before the privilege of competition is given.
2. To give loyal support to the coach in all efforts to carry out NHIAA and local athletic policies.
3. To instruct the student body in its responsibilities in making the athletic program a valuable one.
4. To endeavor to foresee possible differences and misunderstandings between other schools and, as far as possible, settle them or provide means of settlement before they materialize.
5. To insist that any misunderstandings that arise be settled privately between official representatives of the schools involved.

For the Athletic Director:

1. To have responsibilities clearly defined in line with athletic policy of the school.
2. To include in the athletic program only those schedules, which are educationally and physically sound for the athlete.

For the Coach:

1. To make his/her work an integral part of the school educational system.
2. To master the principles of the sport which he/she is teaching and seek constantly to improve teaching and coaching skills.
3. To be loyal to school superiors in fitting the athletic program into the general program.
4. To insist upon highest possible standards of conduct, scholarship, and conditioning for members of athletic teams.
5. To enforce all local and state eligibility rules.

For the Spectator:

1. Understands and is informed of the playing rules.
2. Has an appreciation of good play, no matter who makes it.
3. Cooperates with and responds enthusiastically to the cheerleaders.
4. Shows compassion for an injured player, applauds positive play, does not heckle, jeer or distract players and always avoids the use of profane language and obnoxious behavior.
5. Respects the judgment and strategy of the coaching staff, and does not criticize players or coaches for game losses.
6. Respects game officials and accepts their decisions in the spirit of fair competition.
7. Respects the authority of those administering the event.

CODES FOR THE ADMINISTRATION OF ATHLETICS

The Superintendents are responsible for the athletic activities of their school systems. It is their responsibility to implement a school athletic policy.

The schools Principals are the official representative of the school and are directly responsible for the attitude and conduct of the student body and all personnel associated with athletic programs.

All those involved in administering the athletic program should work together to develop good sportsmanship.

NHIAA MISSION STATEMENT

The mission of the New Hampshire Interscholastic Athletic Association, as the leader of high school athletics, is to ensure fair play in competition and equal opportunity in interscholastic programs.

“Winning is for a day, sportsmanship for a lifetime.”



NHIAA CODE OF ETHICS

Definition of Sportsmanship.

The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized, by generosity and genuine concern for others.

An awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

In order to promote desirable behavior and enhance the overall quality of secondary school athletic programs for which the NHIAA has assumed responsibility, the following Code of Ethics is in effect:

It is the duty of all concerned with secondary school athletic programs to...

1. Cultivate awareness that participation in high school athletics is part of the total educational experience.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all activities.
4. Recognize that the purpose of athletics in school programs is to develop and promote the physical, mental, moral, social and emotional well-being of individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of a participant.
6. Avoid practices which force students to specialize, or which restrict them from participation in a variety of athletics.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators in any aspect of school athletics.
8. Encourage the development of proper health habits and vigorously discourage the use of chemicals, including alcohol and tobacco.
9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.
10. Encourage everyone to judge the true success of the athletic program on the basis of the attitude of the participants and spectators rather than on the basis of a win or loss.
11. Treat opposing team members and officials respectfully and encourage behavior, which will create positive relationships between schools.

RESOLUTION:

MODEL TO SET STANDARDS FOR MOOD-ALTERING CHEMICALS

STATEMENT OF PHILOSOPHY: It is the philosophy of the NHIAA and its member schools that students should be encouraged and supported in their efforts to develop and maintain a chemical-free lifestyle.

The NHIAA and its member schools recognize the use of mood-altering chemicals as a significant health problem for many students, resulting in negative effects on behavior, learning and the total development of each individual.

The NHIAA and its member schools believe the close contact of coaches, advisors and students in the classroom or activities provides a unique opportunity to observe, confront and assist one another.

STATEMENT OF PURPOSE:

1. Emphasize concerns for the health of students in areas of safety while participating in activities and the long-term physical and emotional effects of chemical use on their health.
2. Promote a sense of order and discipline among students.
3. Confirm and support existing state laws, which restrict the use of such mood-altering chemicals.
4. Establish standards of conduct for those students who are leaders and standard-bearers among their peers.
5. Assist students who desire to resist peer pressure, which directs them toward the use of mood-altering chemicals.
6. Assist students who should be referred for assistance or evaluation regarding their use of mood-altering chemicals.

A CODE OF CONDUCT: Recognizing the diversity of its member schools, the NHIAA recommends that a Code of Conduct incorporate the following:

1. Philosophy: Specify the philosophy and basis for recommending a code of conduct.
2. Purpose for Establishing Rules: State the reasons for setting standards and the educational rationale for assisting students through such standards.
3. Defining the Rule: Incorporate the mood-altering chemicals to be included; the time during which the students are responsible for the rules.
4. Specifying the Consequences for Violations of the Rule: Define the activities for which the student is ineligible, the length of time and events, which apply to each violation, and the responsibilities of the student during those periods.
5. Develop the Procedures for Due Process: Specify the procedures by which the school officials will investigate reported violations of the rules and apply the consequences for confirmed violations.
6. A Code of Conduct would define the time during which the rule is in effect, include the parameters of use, possession, intent to buy or sell, transmit, etc., and the consequences of a violation.

SAMPLE RULE FOR A MODEL CODE OF CONDUCT: A sample of a rule, which incorporates the standards, cited above could read:

“Regardless of the quantity, a student shall not: (1) use a beverage containing alcohol, (2) use tobacco; or (3) use or consume, have in possession, buy, sell or give away any other controlled substance.”

SAMPLE OF CONSEQUENCES FOR VIOLATIONS OF THE RULE: Consequences for rule violations should incorporate the following standards:

1. A Standard of Certainty: An expectation by those to be affected by the rule that it will be applied with a measure of consistency and uniformity to all involved.
2. A Standard of Severity: An expectation that the consequences for the violation are fair for the act committed and that those affected will be encouraged to follow through with the consequences, including coaches, students, and parents.
3. A Standard of Promptness: An expectation that the due process will promptly be applied following an alleged violation.

STUDENT ATHLETE CODE OF ETHICS

TRUSTWORTHINESS

- **Trustworthiness** - Be worthy of trust in all you do.
- **Integrity** - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it's unpopular or personally costly.
- **Honesty** - Live and compete honorably, do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- **Reliability** - Fulfill commitments; do what you say you will do; be on time to practices and games.
- **Loyalty** - Be loyal to your school and team; put the team above personal glory.

RESPECT

- **Respect** - Treat all people with respect all the time.
- **Class** - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performance, show sincere respect in pre-and post-game rituals.
- **Respectful Conduct** – Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of the sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials** - Treat contest officials with respect; do not complain about or argue with officials' calls or decisions during or after an athletic event.

RESPONSIBILITY

- **Importance of Education** - Be a student first and commit to earning your degree and get the best education you can. Be honest with yourself 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.
- **Role Modeling** - Remember, participation in sports is a privilege not a right and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-control** - - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle** - Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game** - Protect the integrity of the game; do not gamble or associate with or deal with professional gamblers.
- **Sexual Conduct** - Sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

FAIRNESS

- **Be Fair** - Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

- **Concern for Others** - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
- **Teammates** - Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- **Play by the Rules** - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- **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.