

- ~~+5.~~14. If a student-athlete quits a team or is removed from a team for disciplinary reasons, said student-athlete must return all checked out equipment and/or uniform(s) before they will be allowed to participate in another sport. Said student-athlete must also be approved to start another sport by both the vacated sport's coach and the receiving sport's coach. The Athletic Director and Principal reserve the right to make ~~final~~the final decision on said student-athlete's ability to start a new sport.
- ~~+6.~~15. Student-athletes competing in a respective sport's season are expected to finish out said season and fulfill their obligations to that team through the postseason. Said student-~~athlete~~athletes must be afforded a tryout at the conclusion of the proceeding sport's season. (For example, a fall sport student-athlete finishing their fall season, must be afforded a tryout for a winter sport regardless of when their fall sport's season concluded).
- ~~+7.~~16. While we recognize the significance and importance of club/travel teams (including, but not limited to AAU, USSSA, etc.), we strongly discourage the participation in such teams during the respective sport's sanctioned FHSA season(s). Doing so can often lead to overuse injuries, unreported injuries, unnecessary stress and burnout, technique and scheme confusion, as well as major scheduling conflicts. If a student-athlete chooses to participate in a club/travel team during the same time as their sanctioned, FHSA school affiliated season, the school team shall take priority for the entirety of the sanctioned season. If there is a conflict of a practice or game between the club/travel team and the school team, the school team shall take priority. Any absence from the student -athlete's school team practice or a competition (because of their participation in a club/travel team), will be considered an unexcused absence. Unexcused absences or chronic absenteeism may result in, but not limited to, forfeited, or diminished playing time or potential dismissal from the team.
- ~~+8.~~17. Student-athletes, parents and/or guardians should refrain from using social media of any kind to post any negative or inappropriate comments about a team, specific players, coaches, opponents or officials. Doing so may result in disciplinary action or even removal from the team.
18. Student-athletes who transfer schools are subject to FHSA and HCSD transfer policies, ~~as well as~~and if applicable, will be subject to the HCSD Good Cause Policies if the transfer occurs during a respective sport's sanctioned season.
- a. All Good Cause decisions will be sent to the District AD for review prior to being communicated to the coaches, student-athlete and/or parent/guardian.
 - b. Due to the complexity of certain Good Cause situations especially those under the "Undue Hardship" label, the receiving school's principal can request the Good Cause Policy ruling be reviewed and made by the District Good Cause Committee
 - c. The District Good Cause Committee is made up of the District AD, a rotating High School or Middle School Principal(the 2 schools involved will not have a principal on the committee), a rotating High School or Middle School AD(the 2 schools involved will not have an AD on the committee), the Supervisor of School Choice, and the Director of Student Services or designee.
 - a. 10 minutes would be allocated for the student-athlete and parent/guardian to present their case. 5 minutes for the departing school and 5 minutes for the receiving school if needed. Then the committee would have up to 15 minutes to debrief, discuss and come to a final decision.
 - d.
 - e. District Good Cause Committee decisions will be considered final.
19. Non-traditional student-athletes must adhere to all FHSA policies, meet the same proof of residency requirements as traditional student-athletes and will be required to submit additional non-traditional student-specific paperwork prior to any interscholastic athletic participation per FHSA Policy.

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16. While we recognize the significance and importance of club/travel teams (including, but not limited to AAU, USSSA, etc.), we strongly discourage the participation in such teams during the respective sport's sanctioned FHSAA season(s). Doing so can often lead to overuse injuries, unreported injuries, unnecessary stress and burnout, technique and scheme confusion, as well as major scheduling conflicts. If a student-athlete chooses to participate in a club/travel team during the same time as their sanctioned, FHSAA school affiliated season, the school team shall take priority for the entirety of the sanctioned season. If there is a conflict of a practice or game between the club/travel team and the school team, the school team shall take priority. Any absence from the student-athlete's school team practice or a competition (because of their participation in a club/travel team), will be considered an unexcused absence. Unexcused absences or chronic absenteeism may result in, but not limited to, forfeited, or diminished playing time or potential dismissal from the team.
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 - e. District Good Cause Committee decisions will be considered final.
19. Non-traditional student-athletes must adhere to all FHSAA policies, meet the same proof of residency requirements as traditional student-athletes and will be required to submit additional non-traditional student-specific paperwork prior to any interscholastic athletic participation per FHSAA Policy.
20. A student will be ineligible until deemed eligible by administration and/or FHSAA when it is found that the student or parent falsifies documents or accepts a prohibited benefit. Hernando County School officials reserve the right to verify residence and investigate allegations.
21. sportsYou is the official communication app for all HCSD athletic programs. sportsYou is the only district approved platform for coaches to communicate with student-athletes and parents/guardians. Use of any other communication app is prohibited.