

PRESS PLUS ISSUE #121 (MARCH 2026)
4/24/26 POLICY COMMITTEE MEETING

1. ACTION TO BE TAKEN:

~~_____~~ **CONSENT**

~~_____~~ **1st READING**

~~_____~~ **KEEP IN COMMITTEE**

~~_____~~ **DELETE POLICY**

2. POLICY COMMITTEE TO DETERMINE:

~~_____~~ **Adopt as Presented**
(change "revised" & "reviewed" date)

~~_____~~ **Adopt with Additional District Edits**
(change "revised" & "reviewed" date)

~~_____~~ **Not Adopted**
(change "reviewed" date)

Document Status: Draft Update

Students

7:300 Extracurricular Athletics

Student participation in school-sponsored extracurricular athletic activities is contingent upon the following:

1. The parent(s)/guardian(s) must provide written permission for the student's participation, giving the District full waiver of responsibility of the risks involved.
2. Middle School students must meet the academic criteria set forth in the Board policy on school sponsored extracurricular activities.
3. Middle School Students Only: ~~No less than five (5) business days~~ prior to trying out practicing or participating, the student must obtain a sports physical examination by a physician licensed in Illinois, or any other state, to practice medicine and surgery in any of its branches, a licensed advanced practice registered nurse, or a licensed physician assistant, certifying in the attached form that the student's health status allows for extracurricular active athletic participation. The sports physical examination is valid for one year from the date of the examination and must be on file in the School Nurse's office.
4. The student and his or her parent(s)/guardian(s) must: (a) comply with the eligibility rules of, and complete any forms required by, any sponsoring association (such as, the Illinois Elementary School Association, the Illinois High School Association, or the Southern Illinois Junior High School Athletic Association), and (b) complete all forms required by the District including, without limitation, signing an acknowledgment of receiving information about the Board's concussion policy 7:305, *Student Athlete Concussions and Head Injuries*.

The Superintendent or designee (1) is authorized to impose additional requirements for a student to participate in extracurricular athletics, provided the requirement(s) comply with Board policy 7:10, *Equal Educational Opportunities*, and (2) shall maintain the necessary records to ensure student compliance with this policy.

LEGAL REF.:

105 ILCS 5/10-20.30, and 5/22-80, and 25/2. [PRESSPlus1](#)

[23 Ill.Admin.Code §1.530\(b\)](#).

CROSS REF.: 4:100 (Insurance Management), 4:170 (Safety), 6:190 (Extracurricular and Co-Curricular Activities), 7:10 (Equal Educational Opportunities), 7:20 (Harassment of Students Prohibited), 7:240 (Conduct Code for Participants in Extracurricular Activities), 7:305 (Student Concussions and Head Injuries), 7:340 (Student Records)

ADOPTED: September 10, 2002

REVISED: September 4, 2025

REVIEWED: September 4, 2025

PRESSPlus Comments

PRESSPlus 1. The Legal References are updated. **Issue 121, March 2026**