

## Academic Eligibility for Athletics

Participation in athletics at RCHS requires a student-athlete to maintain minimum academic standards to be deemed eligible to participate in interscholastic competitions. RCHS and the CIF-SS standards for athletic eligibility are:

1. The student-athlete is currently enrolled in at least 20 semester credits (4 classes).
2. The student-athlete passed at least 20 semester credits during the previous grading period.
3. The student-athlete has maintained, during the previous grading period, a minimum of 2.0 GPA on a 4.0 scale in all enrolled classes.
4. The student-athlete is maintaining minimum progress towards meeting the high school graduation requirements as prescribed by the CJUHSD

Eligibility status is reviewed and determined by the RCHS administration. Student-athlete eligibility status will change *for all student-athletes at the same time on the same day – NO EXCEPTIONS*. The days/dates for change in eligibility for RCHS follow the CJUHSD academic calendar. The Specific dates can be found on the RCHS Athletics Web Page.

## Medical/ Physical Eligibility for Athletics

Before a student can participate in tryouts or any practice or competition for a sport, he/she must have an athletic clearance from the athletic office stating the student athlete has completed the following:

- A complete physical from a physician with health history included
- Two Emergency information cards
- CJUHSD Code of Ethics form
- CJUHSD Warning, Release, Assumption of Risk form
- CJUHSD Concussion Information Sheet
- CJUHSD Publicity Authorization/Waiver
- CJUHSD Warning, Release, Assumption of Risk (off season) form

Each of these forms is contained in one packet referred to as the “Physical Packet.” It is highly recommended that parents and students get a physical packet *before* going to your medical physical appointment. All the information required from the doctor is contained in this packet.

Submit your completed packets to the attention: Mr. Andrew Liu – Trainer, RCHS. Only completed packets will be accepted.

Physical packets can be obtained from our web site, [www.RCHSSports.com](http://www.RCHSSports.com). Simply select the Documents tab, the Physical Packet link and print the packet.