

Utah High School Activities Association

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Sportsmanship Handbook

Updated: August 2019



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UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION

MISSION STATEMENT

The purpose of the UHSAA shall be to administer and supervise interscholastic activities among its member schools according to the Association Constitution and By-Laws.

Knowing that student activities are a significant educational force in the development of skills needed to become a contributing member of society, the UHSAA reaffirms that students are the focus and reason for the Association. As such, the Association will provide opportunities that:

- Promote sportsmanship and safe competition through standardized eligibility rules.
- Provide interscholastic sports, music, theatre and speech.
- Create learning laboratories where practical life-situations, teamwork, sportsmanship, winning and losing, hard work, leadership, and cooperation are taught.
- Nurture self-realization and build self-confidence.
- Promote, through participation, higher academic achievement, better attendance, lower drop-out rates and positive citizenship.

Sportsmanship Mission Statement

The mission of the Utah High School Activities Association sportsmanship curriculum is to teach acceptance of victory and defeat in a dignified and graceful manner; always treating participants with fairness, courtesy and respect.

Belief Statement

- Sportsmanship promotes good citizenship and respect for self and others.
- Sportsmanship means competing within the boundaries of the rules.
- Sportsmanship creates a positive environment for competition.
- Sportsmanship develops a sense of appreciation for a good performance.
- Sportsmanship builds positive school spirit.
- Sportsmanship is the responsibility of all participants including players, coaches, officials, administrators, students, parents and fans.



Photo Credit: Deseret News



Utah High School Activities Association Code of Ethics

The Utah High School Activities Association promotes a safe atmosphere in its competitive activities. The Association acknowledges that education-based activities provide a unique setting for participants to learn and experience valuable universal values which includes respect, teamwork, personal responsibility, integrity, honesty and leadership. Each group in the UHSAA plays an important part in upholding a Code of Ethics and Conduct that protect the mission of education-based activities.

The Code of Ethics is as follows for student-athletes and participants:

1. Show cordial courtesy to opposing teams and officials.
2. Know the rules, abide by and respect the officials' decision.
3. To achieve a thorough understanding and acceptance of the game and the standards of eligibility.
4. To encourage leadership, use of initiative and good judgment by participants through actions.
5. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
6. To eliminate all taunting, including racial slurs, discriminatory acts, and divisive comments on the basis of race, religion, gender, sexual orientation, creed, or national origin.
7. To remember an athletic contest is only a game; not a matter of life-or-death for a player, coach, school or school.
8. Win with character; lose with dignity and respect.
9. Exercise self-control and reflect positively upon yourself, team, and school.
10. Do not criticize officials or openly question the integrity of an official, especially in media outlets.

I have read and understand the policy statement, the code of ethics, and the penalties for non-compliance with these requirements, commensurate with my role in high school activities in Utah. I agree to abide by the policy and related consequences while participating in scholastic activities regardless of contest, site, or jurisdiction.

Participant/Coach

Parent/Guardian (If Applicable)

Player/Coach Violations and Minimum Penalties

ACT	PENALTIES
<p>1. First ejection of player from a contest or scrimmage for unsportsmanlike conduct.</p> <p>i. While serving his/her suspension and prior to returning to competition, an ejected player shall complete the free NFHS Course, "Sportsmanship" at nfhslearn.com</p> <p>ii. While serving his or her suspension and prior to coaching in his/her next contest, an ejected coach shall complete the NFHS online course, "Teaching and Modeling Behavior" (4-5 hrs, \$20) at www.nfhslearn.com. If a coach or player is ejected during tournament play, they must have the required course completed before the next regularly scheduled contest or in the case of the state tournament, within one week of the ejection.</p>	<p>Ineligible for the next regularly scheduled UHSAA contest at that level and any intervening levels of play. (Adopted Fall 2018)</p> <p>The following is the definition of a contest by sport: Baseball (7 innings) Basketball (4 Quarters) Cross Country/Track & Field (Meet) Drill (Competition) Football (4 Quarters) Golf (Match) Lacrosse (4 quarters) Soccer (2 Halves) Softball (7 innings) Swimming (Meet) Tennis (Match) Volleyball (Match) Wrestling (Match)</p> <p>An overtime period(s) will not be included in determining the length of a suspension. In addition, contests ended by mercy-rule or early termination count as a contest.</p>
<p>2. First ejection of coach from a contest or scrimmage for unsportsmanlike conduct.</p>	<p>Ineligible for the next regularly scheduled contest at that level and any intervening levels of play. Player contest equivalents do not apply.</p>
<p>3. Taunting, defined as including racial slurs, discriminatory acts, and divisive comments on the basis of race, religion, gender, sexual orientation, creed, or national origin.</p>	<p>Ineligibility for the following number of regularly scheduled UHSAA contests at the level and any intervening levels of play. Players - 1st offense (2 contests), 2nd offense (4 contests) and 3rd offense (season and all other sports in the school year) Coaches – 1st offense (2 contests) and 2nd offense (suspension for season)</p>
<p>4. Second ejection of a player or a coach from a contest during the same season of sport for unsportsmanlike conduct.</p>	<p>Ineligibility for the next two contests as in rule one for players and rule two for coaches.</p>
<p>5. A third ejection of a player or a coach from a contest during the same season of a sport for unsportsmanlike conduct.</p>	<p>Ineligibility for one calendar year (365 days) from the date of ejection.</p>
<p>6. Coaches or players ejected for violent behavior.</p>	<p>Ineligibility for not fewer than two regularly scheduled contests. In addition, the incident shall be reported to the school or district, which may impose additional penalties consistent with the school's disciplinary policies.</p>
<p>7. When a player leaves the "bench" area to begin a confrontation or leaves these areas during an altercation.</p>	<p>Ejection from contest for those players designated by the officials. The officials may terminate the contest. One or both teams may forfeit the contest.</p>
<p>8. Illegal participation in the next contest by a player ejected in previous contest.</p>	<p>Ineligibility for remainder of the season for the player. Forfeiture of contest.</p>
<p>9. Illegal placement of ejected player or illegal participation by coach ejected in previous contest.</p>	<p>Ineligible to coach until the decision of a hearing with the UHSAA ejection appeals panel.</p>
<p>10. Any acts of a more serious nature by individuals or teams or situations not specifically covered by this policy or the UHSAA Handbook.</p>	<p>Executive Committee may determine and implement penalties for individuals and teams not otherwise specified by UHSAA By-Laws.</p>
<p>11. If an act occurs in the UHSAA Finals and both teams are charged with a forfeit.</p>	<p>After deliberation by the UHSAA and a double forfeit is in order, there will be no champion.</p>
<p>12. Ejections occurring on the final contest of the season will carry over for all coaches and underclassmen to the first contest of the succeeding season in that sport. For senior students who participate in multiple sports, they will be required to serve their suspension in the subsequent sport season.</p>	
<p>13. A player who is restricted or ejected shall remain in the bench area with the team. A coach who is ejected shall leave the vicinity (out of sight and sound) of the playing or contest area immediately and is prohibited from any further contact (direct or indirect) with the team for the remainder of the contest or contest.</p>	
<p>14. The UHSAA Executive staff is empowered to enact suspension penalties for flagrant or violent acts whether detected or not by officials. For the purpose of this policy, the UHSAA Executive Committee considers taunting as described in Rule 3 to a flagrant act.</p>	
<p>15. A one-contest suspension may be enacted against any coach or player who approaches an official at the conclusion of the contest in an unsportsmanlike manner. A thirty-minute cooling off period is in place after a contest where coaches and players are banned from approaching officials. This includes the dressing room areas, parking lots or any other area where contest officials are located. The official will make the report to the UHSAA and the ejection notice will be forwarded to the school through the administration.</p>	
<p>16. Schools are not allowed to schedule a contest to avoid the ejection policy penalty.</p>	
<p>17. Sportsmanship conduct rules apply to all competitions (i.e. preseason, region and post-season play).</p>	

APPEALS PROCEDURE – Coaches

Please refer to the UHSAA Handbook for the procedure to appeal. **Reminder that PLAYER EJECTIONS ARE NOT APPEALABLE.**

PHYSICAL ASSAULT

Any student or coach who physically assaults the person of a contest or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A contest or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules competition at an event. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the UHSAA office.

Fan/Spectator Policies and Minimum Penalties

ACT	PENALTIES
1. Unsportsmanlike Conduct (Not Involving Taunting)	Game Administrator gives a Yellow Card to participant in question. The names of individuals who receive Yellow Cards will be tracked by the school to ensure on-going compliance. An individual's record will be expunged if they complete the NFHS Sportsmanship Course.
2. 1 st Ejection because of Taunting/Unsportsmanlike Behavior	Three-game suspension from UHSAA activities. The ejected party must complete the NFHS Sportsmanship Clinic and meet with their school principal before reinstatement. Taunting/racist language do not require a yellow card warning before ejection from the facility.
3. 2 nd Ejection because of Taunting/Unsportsmanlike Behavior	Ejection for the remainder of the sport season (All UHSAA activities).
4. 3 rd Ejection because of Taunting/Unsportsmanlike Behavior	Ban for one calendar year from UHSAA activities.
Yellow-Card Protocol: The yellow card will be given by a game administrator who notes a fan that is breaking protocol but isn't engaging in acts of taunting. The administrator is responsible to track the name of the individual receiving the card and is responsible to notify them that if their behavior continues, school administrators/law enforcement will remove them from the facility. The penalties in Act 1 will be enforced as part of the protocol.	
Red-Card Protocol: The red card will be given to fans who receive their second warning from a game administrator due to unsportsmanlike behavior or to fans who engage in acts of taunting. Fans who receive a red card will be asked to leave the facility immediately. School administrators will be responsible for tracking of individuals who receive red cards and enforcement of their behavior expectations as part of the protocol. The penalties in Act 2, 3, and 4 will be enforced as part of the protocol.	

Sportsmanship General Policy

a. General Statement of Policy

- i. The Utah High School Activities Association believes that all individuals should be treated with respect and dignity. Students should be able to participate in UHSAA-sponsored activities in an environment that is free from racial slurs, racial harassment, and racial discrimination. Furthermore, the UHSAA disapproves of any form of taunting which is intended to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender, sexual orientation, creed, or national origin. It shall be a violation of this policy for a participant in UHSAA activities to engage in racial harassment, racial violence, or taunting. For the purpose of this policy, the UHSAA considers participants to include student-athletes, coaches, parents, and fans.

b. Definitions

- i. Racial Harassment: Racial Harassment consists of conduct relating to an individual's race when the conduct:
 1. Has the purpose or effect of creating an intimidating, hostile, or offensive environment
 2. Has the purpose or effect of emotionally or unreasonably interfering with an individual's performance
- ii. Racial Violence: Racial violence is a physical act of aggression or assault upon another because of, or in a manner reasonable related to race.
- iii. Taunting: Taunting includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others.

c. Responsibilities

- i. While each participant in UHSAA activities is responsible for playing a role in creating a safe, educational experience, the UHSAA believes as a matter of policy that school principals and administrators are ultimately responsible for the conduct of groups associated with their school community during the regular season and postseason. It shall be the responsibility of each member school principal to exercise control over all individuals to the extent necessary to ensure safety and fair play for all participation and adherence with these standards.

UHSAA Supports the Philosophy of EDUCATION-BASED ACTIVITIES



Photo Credit: Deseret News

Winning at the high school level should be a pleasant outcome to fulfilling the TRUE PURPOSE ...which is to serve the complete educational needs of those who choose to participate.

The PREEMINENT PURPOSE of sports and activities is not to teach someone how to hit a three-pointer or to throw a curve ball but how to harness the discipline, desire and commitment that come from striving to achieve these goals and then channeling those traits into overcoming the challenges of everyday life.

- Robert F. Kanaby, Former NFHS Executive Director

SPORTSMANSHIP: Because It Matters!

Evidence shows that participation in high school athletic and fine arts activities can have a significant impact on the educational development and future success of the students.

Extracurricular activities provide a unique setting for participants to learn and experience valuable universal values including respect, teamwork, personal responsibility, integrity, honesty and leadership. High school activities are an extension of the school day, another educational setting to teach a valuable curriculum that is character-based.

The principles of sportsmanship and ethical behavior should be taught, modeled and enforced by parents, educators, school administrators, athletic directors, coaches and officials at all UHSAA activities. It is recommended that local boards adopt a district/school sportsmanship policy which clearly outlines the standards of positive ethical behavior that will be expected and enforced.

Sample School Sportsmanship Code

1. Be courteous to opponents, fans and cheerleaders.
2. Be representative in your behavior toward everyone present.
3. Respect and abide by the officials' decisions.
4. Display character in your every action.
5. Learn to win with character and lose with dignity.
6. Display appreciation for a good performance or play regardless of the team.
7. Exercise self-control at all times. Never boo an official, coach, cheerleader or player.



The Fundamentals of **SPORTSMANSHIP**

The UHSAA believes that high school athletic and fine arts activities should be education-based with school administrators, athletic directors and coaches teaching and modeling valuable life lessons and universal values including the six fundamentals of sportsmanship outlined below.

1. Gain an understanding and appreciation for the rules of the contest.

Know the rules! The necessity to be well-informed is essential. If you are uninformed, refrain from expressing opinions on officials, coaches or administrative decisions. The spirit of good sportsmanship depends upon conformance to a rule's intent as well as to the letter of a given rule.

2. Exercise behavior that represents sound values at all times.

A prerequisite to good sportsmanship requires one to understand his/her own prejudices as they become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. Recognize and appreciate skilled performances, regardless of affiliation.

Applause for an opponent's good performance displays generosity and is a courtesy that should be practiced regularly. This not only represents good sportsmanship but also reflects a true awareness of the game by recognizing and acknowledging quality.

4. Exhibit respect for officials.

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their abilities. Mistakes by all those involved in the contest are a part of it. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of good sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

5. Openly display respect for the opponent at all times.

Opponents are guests and should be treated cordially, provided with the best accommodations and accorded tolerance at all times. Be a positive representative of your school, team, community and family.

6. Display pride in your actions at every opportunity

Never allow your ego to interfere with your good judgment and responsibility as a school representative. Regardless of whether you are a parent, player, official or coach this value is paramount because your actions and behavior teaches lasting lessons to those in attendance. Make a decision to be a leader who sets a positive example for others.

Guidelines for the Supervision of Interscholastic Athletic Events

Role of the School Administration

The administration is charged with the responsibility of establishing good sportsmanship. This involves every population served by this Association's athletic or fine arts activities. The quality of behavior or sportsmanship displayed reflects the leadership provided by the administration and the Board. The high school administrator is responsible for leadership in the various programs under his/her supervision. He/She should have all the following materials prepared for implementation and distribution to respective person occupying the identified roles.

School Administration Responsibilities

1. Prepare a statement of philosophy which states the objective and rules with which each group involved must comply. It should reflect "School Sportsmanship Code of Required Responsibilities."
2. Outline standards of sportsmanship reflecting the Board's policies, objectives and the UHSAA directives in this area. Included are behavioral criteria for each student group, spectators, school, personnel (coaches, game staff, sponsors, etc.) and standards of conduct expected of each.
3. Provide adequate game supervision. Make faculty aware that problems and potential problems must be reported and dealt with immediately. This may involve securing law enforcement.
4. Stress that parents, players, students and fans must have an understanding of their roles and what is expected of them.
5. Recommend athletic coaches for employment who have a sound understanding of their role and are primarily concerned with the accomplishment of educational objectives.
6. Establish and maintain a working relationship with the media, and enlist their support of good sportsmanship by featuring positive behavior at every opportunity.
7. In those sports where adult supervisors are admitted to post-season contests at the pass-gate, be sure to let them know what their responsibilities and what is expected of them. Review school and UHSAA policy with them and make sure they are aware of the rules and regulations that pertain to the activity. Let them know what their responsibilities are, what to watch for, and what to do if a problem arises. They are workers, not just spectators.

Athletic Directors' Responsibilities

The athletic director plays a critical role with the implementation of the school's comprehensive sportsmanship effort. The Athletic Director serves as the leader and catalyst and should direct all details essential to the ideals of sportsmanship. The policies and procedures must reflect the goals established by the administration. Coach and spectator conduct is directly under the supervision of the athletic director.

Required Responsibilities

1. Schedule opponents which reflect the high standards of sportsmanship.
2. Provide sufficient staff and security supervision for spectator control.
3. Provide opportunities for informing students and adult spectators of the rules, strategies, and penalties for various sports and activities.
4. Make available opportunities for pre and postgame social interaction between teams and coaches of both schools.
5. Use competent public address announcers who will promote the fundamental of sportsmanship and who will not elicit undesirable spectator reactions.
6. Supervise and work closely with the cheerleaders and sponsors in techniques of crowd management.
7. Encourage and enlist the support of student groups in the implementation of sportsmanship program.
8. Maintain a positive relationship with the media and keep them will informed of the activities schedule and the sportsmanship theme of your overall program.
9. Have regular staff and coaches meetings which will inform, review, and enforce sportsmanship policies.
10. Make certain that all representative support groups which include, but are not limited to, pep clubs, drill teams and bands, conduct themselves in accordance with the sportsmanship theme. Specifically, behaviors such as bands playing during a game, unauthorized cheers, and mascots which taunt opponents or negatively encourage a reaction are not allowed and are subject to sanction by the school and/or UHSAA.
11. Monitor and provide direction for each event as it relates to crowd control.
12. Use scorekeepers and timers, trained adults, who can do the job competently, remain under control and exhibit no bias. It is also recommended that the personnel used in these roles be required by the school to attend the annual Rules Meetings (if applicable).
13. Assign a responsible adult to greet the visiting team and show them to their dressing room; treat them as you would like to see your team treated.
14. Faculty members should be assigned to oversee conduct of fans, cheerleaders, pep squads, bands, etc. They should be visible and (when possible) attend away games as well as home games.
15. Uniformed law enforcement officers should be on duty for all games, if past experiences dictate.
16. Potential troublemakers (student or adult) must be identified and banned from future games if their behavior continues to mar the spirit of the contest.
17. During team introductions the principals and/or athletic directors of the competing schools could be introduced, meet at center court, shake hands and go sit with their respective student bodies.
18. Officials should be paid within 10 days of the athletic event. A responsible person should ensure that the officials are let into their dressing room and not left standing outside. In situations where distinct policy prohibits officials being paid at game sites, payment should be forwarded within 10 days of the contest.
19. **Sportsmanship must be stressed.** If each school cooperates, major positive accomplishments can be made.

Athletic Directors' Responsibilities cont.

Preventative Measures

1. Meet regularly with staff in an effort to reinforce and inform them of procedures.
2. Schedule social events which accomplish the interaction objective.
3. Maintain control over student groups involved in activities/athletics and encourage growth in sportsmanship.
4. Be at the game site (home or away) in advance of everyone's arrival and be sufficiently prepared.
5. Have regular, informal sessions with the local media and elicit their participation and assistance in the program.
6. Document crowd incidents and report violations of the UHSAA sportsmanship goals and objectives immediately.
7. Regularly inform administrators on the status of his/her efforts and any problems that occur.
8. Establish contact with the opponents' athletic director in advance of each contest to offer assistance with arrangements and equipment.
9. Implement a continuous process to educate all the public served by the program on both expectations and consequences of the sportsmanship effort.
10. Provide pleasant, private quarters for officials and opponents, and extend every courtesy to make them enjoy their visit to your school. Coaches should not be allowed into their dressing area at any time.

Coaches' Responsibilities

Role of the Coach

The coach must demonstrate and apply leadership, integrity, responsibility, self-control, knowledge of rules and regulations of the sport he/she is coaching, honesty, and sportsmanship at all times on and off the playing field/court. It is necessary and important that the coach act in a responsible and professional manner at all times, because he/she represents the school, community, the profession, the faculty, and the student body. The coach must set a good example for those athletes he/she coaches.

Coaches must always keep in mind that essentially the game belongs to the players. The primary justification for including the athletic program in the total school curriculum is based on the fact that athletics provide both physical and character values for those who participate in them. Student attainment of these values rests largely with the coaching profession.

Coaching is an extension of the educational process. It is necessary for players, coaches and officials to relate and communicate when there are concerns about a rule, a regulation, or any matter concerning the welfare of all concerned. The coach must show respect, maintain proper bench conduct before, during, and after the athletic contest, thereby assuring common courtesy and honesty when and if a problem arises. The coach is probably the most influential person on the court/field and his/her actions will reflect the actions of others.

Hosting & Visiting Schools Shared Responsibilities

1. The administrators of both schools are responsible for the general organization, management and supervision of students and the crowd before, during and following each event; with the home school assuming the lead role.
2. Communicate prior to the date of the contest concerning visitors parking area, entrance and exit locations for fans, visiting fans seating area, etc.
3. Provide adequate supervision prior to and during each contest. Supervision should continue until at least one half-hour after the game, or until all groups have dispersed.
4. It is recommended that those staff members representing the participating schools for the purpose of game administration and/or supervision meet prior to the contest. They should introduce themselves to the officials prior to the contest and let them know where they will be located during the game.
5. Game administrators and faculty supervisors or adults delegated by the school administrators should have some type of visible identification.
6. The conduct of coaches is the single most important factor in crowd control. They are professional educators and must control themselves even under the most difficult situations.
Coaches should be a stabilizing influence in an emotionally charged situation. Winning is not the ultimate purpose of education-based activities. Their leadership as an educator is crucial.
7. Alcoholic beverages and tobacco products of any kind are prohibited at all high school events.
8. Administrators and supervisors shall see that spectators are not permitted to assemble around the edge of the playing area prior to or at the conclusion of a game.
9. The host and visiting school administration and adult supervisors shall make every effort to keep the playing area clear of spectators prior to and at the conclusion of each game.



Host School Responsibilities

(See additional responsibilities listed under “Host & Visiting Schools Shared Responsibilities”)

1. Notify visiting school of reserved parking spaces for buses, specific entrance and exits to be used by team and student-body, game time and other important items necessary to conduct the contest.
2. Designate specific seating locations for visiting and host schools.
3. Provide adequate police and faculty supervision, to begin at least one half-hour prior to game time and end when all groups have dispersed. Explain to them and all fans that the playing area is to remain free of spectators prior to and after the contest.
4. Arrange for the presence of law enforcement officials inside and outside the contest area. It is suggested the inside supervision be handled by paid police and the outside by the local police department.
5. School officials should give specific directions to hired policemen. Do not assume that they understand their responsibilities. Place them on a staggered schedule so that all will not arrive and leave at the same time. It may be necessary to have only a small number present prior to game time, with more as the contest progresses and is concluded.
6. Reserved parking locations should be set aside for the game officials, and they should be notified of the location prior to their departure for the game site.
7. The host school should provide adult chaperones or security personnel to escort officials to and from their dressing facilities at halftime and following the conclusion of the game.
8. The officials’ dressing quarters are private. No one should be admitted, and this includes personnel from the host school.
9. Make arrangements to accept and deliver emergency messages.
10. Any unusual incidents or developments should be reported the UHSAA immediately.

Visiting School Responsibilities

(See additional responsibilities listed under “Host & Visiting Schools Shared Responsibilities”)

1. An administrator and adequate faculty or adult supervisors should be present at each contest in order to supervise their own students and adult fans. Prevent unsportsmanlike behavior prior to, during, and after the contest. Do not allow the taking of nets or other souvenirs. Explain to your fans prior to going to the tournament site they are not to be on the floor prior to or after the contest.
2. See that all bus drivers and delegated drivers are informed of the special parking locations provided by the host school.
3. Inform all student spectators and the team of proper entrance and exit locations.
4. See that supervision is available prior to the arrival of your spectators and until all groups have dispersed.
5. Immediately report any unusual incidents to the host school’s administration.
6. Give complete cooperation and assistance to the host school when it is necessary to file charges against any individual causing disturbance. Everyone involved in interscholastic activities has a responsibility in promoting good sportsmanship for a healthy, educational environment.