

HRLax Drug and Alcohol Policy

Every effort shall be made at all levels of the HRLax League (HRLax) to eradicate the promotion, use or abuse of alcohol, drugs and tobacco to include performance-enhancing substances.

Performance-enhancing drugs

Healthy student-athletes do not need supplements. Athletes are encouraged to maintain a healthy diet, lifestyle, and exercise regimen in order to optimize performance. Use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc. is prohibited. There are many other commercially available products (such as creatine and other nutritional supplements) marketed for the purpose of enhancing athletic performance. We advise against use of these products – studies on their long-term effects are incomplete, and they may be detrimental to the health and performance of young student-athletes. They potentially can be dangerous when used inappropriately.

Drug, Alcohol, and Tobacco Policy

HRLax supports zero tolerance in regards to illegal drugs, alcohol, or tobacco at any time during the season. This includes glorifying the use of drugs or alcohol in social media (pictures of athletes apparently consuming alcohol or using illegal drugs, or self-incriminating online posts describing their own use of illegal drugs or alcohol). Athletes who violate the substance use rules are subject to league or team-imposed consequences.

HRLax supports the local school drug and alcohol policies. Most prohibit the purchase, use, possession, and being under the influence, possession of a reasonably related alcohol or drug device, participation in a related incident or refusal to cooperate with an investigation. HRLax supports the consequences of school violations and extend the consequences impacting school extracurricular activities imposed by the school to include HRLax activities. (Note: Examples of what some administrations consider a drug related device include, but are not limited to, bongos, pipes, rolling papers, needles, pacifiers, scales, or homemade drug delivery devices.)

HRLax League Consequences

In addition to any school-imposed consequences, if a HRLax athlete is found to be in violation of the zero tolerance expectation anytime during the season (at a league sponsored event or not), the athletic consequences (listed below) will be enforced.

Athletic Consequences:

- 1st offense: IMMEDIATE suspension from 20% of a regular season's total games. If 20% of the regular season's games are a fractional number, then the number will be rounded UP. (ex. 14 games X's .2 = 2.8, so 3 games missed.)
- 2nd offense within the season, the player is released from the team.

Any athlete found to have been distributing illegal substances during the season will be removed from the team effective immediately.

HRLAX prohibits the use of illegal drugs and alcohol by players, coaches and officials participating in any HRLAX activity, INCLUDING TRAVEL TO AND FROM THE EVENT. A coach who violates this rule where there is a reasonable possibility they will be observed by any player whether on their team or another team, or where effects of such use is apparent, will be subject to expulsion from the league.