

Central Catholic High School is a member in good standing with the MIAA and the Merrimack Valley Conference. As such, we agree to abide by all rules set forth by both organizations. Often times, questions concerning eligibility and other important and relevant topics surface. The following information should help everyone understand the rules each school and student-athlete must abide by in order to participate in interscholastic athletics.

Furthermore, Central Catholic has a deep desire to maximize participation, enjoyment and hopes to instill a pride of school and community both in its student body and alumni. We have adopted a set of rules, which each member of our athletic teams is expected to follow. Those school rules for student-athletes also are listed. To access the MIAA Handbook of rules governing interscholastic athletics you can log on to [www.MIAA.net](http://www.MIAA.net) for exact rules and interpretations.

## **GOVERNING BODIES & MEMBERSHIPS**

### **MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION**

Central Catholic High School is a member in good standing of the MIAA. With membership, the School, Principal and Director of Athletics agree to abide by all rules and regulations of the MIAA. When varsity teams qualify for and enter MIAA sponsored post season tournaments to determine sectional and state champions, we are subject to specific rules and regulations that govern each tournament, as set by the MIAA. The MIAA does not sponsor or sanction any sub-varsity tournament competition. Again, to access the MIAA Handbook you can log on to [www.MIAA.net](http://www.MIAA.net) for exact rules and interpretations.

### **MERRIMACK VALLEY CONFERENCE**

Central Catholic High School is also a member of the Merrimack Valley Conference (MVC). The other members within the MVC are: Academy of Notre Dame (Girls only), Andover, Billerica, Chelmsford, Dracut, Haverhill, Lawrence, Lowell, Methuen and Tewksbury.

## **INTERSCHOLASTIC ATHLETICS OVERVIEW**

The Central Catholic High School Athletic program is designed to allow those students who are achieving academic success and who possess the motor skills necessary, to develop those skills to the fullest. Furthermore, the athletic program challenges each participant to grow, to learn and become a positive contributor and participant in the community.

The emphasis of our programs at the sub-varsity level is the development and improvement of individual motor skills, effective team play and the appropriate

attitudes of good sportsmanship and fair play. These programs are developmental and are conducted under less intense competitive situations.

The varsity level programs are usually consists of members who are most talented in the development of skills and is the ability to interact on a team basis.

## **ATHLETIC PROGRAMS CURRENTLY OFFERED**

Central Catholic High School is one of 350 institutions throughout Massachusetts which offers athletic programs as part of its co-curricular instruction. The state is broken up into districts for administration by the MIAA. There are approximately fifty schools in our district, A. Central Catholic High School offers 22 varsity programs and fields 52 teams at man different levels. Also, Central Catholic sponsors Cheerleading in support of the various athletic programs.

### **FALL**

Boys' Cross-Country	3 levels (Freshman, Junior Varsity, Varsity)
Girls' Cross-Country	3 levels (Freshman, Junior Varsity, Varsity)
Football	4 levels (Freshman, Sophomore, Junior Varsity, Varsity)
Golf	1 level (Varsity)
Boys' Soccer	3 levels (Junior Varsity B, Junior Varsity A, Varsity)
Girls' Soccer	3 levels (Junior Varsity B, Junior Varsity A, Varsity)
Girls' Swimming & Diving	1 level (Varsity)
Girls' Volleyball	3 levels (Junior Varsity B, Junior Varsity A, Varsity)

### **WINTER**

Boys' Basketball	3 levels (Freshman, Junior Varsity, Varsity)
Girls' Basketball	3 levels (Freshman, Junior Varsity, Varsity)
Gymnastics	2 levels (Junior Varsity, Varsity)
Ice Hockey	2 levels (Junior Varsity, Varsity)
Boys' Swimming & Diving	1 level (Varsity)
Boys' Indoor Track	2 levels (Junior Varsity, Varsity)
Girls' Indoor Track	2 levels (Junior Varsity, Varsity)
Wrestling	2 levels (Junior Varsity, Varsity)

### **SPRING**

Baseball	3 levels (Freshman, Junior Varsity, Varsity)
Boys' Outdoor Track	3 levels (Freshman, Junior Varsity, Varsity)
Girls' Outdoor Track	3 levels (Freshman, Junior Varsity, Varsity)
Softball	3 levels (Freshman, Junior Varsity, Varsity)
Boys' Tennis	1 level (Varsity)
Girls' Tennis	1 level (Varsity)
Boys' Volleyball	2 levels (Junior Varsity, Varsity)

# **GOALS OF CENTRAL CATHOLIC ATHLETICS**

## **SUB-VARSITY**

- 1. To allow as many students as possible to participate and share the experience and benefits derived from team membership as well as skill development**
- 2. To further the development of skills and conditioning in preparation for future higher level competition**

## **VARSIITY**

- 1. To provide skill development, competition and coaching at the highest level possible.**
- 2. To compete as successfully as possible with our member schools in the Merrimack Valley Conference and with other teams or individuals, who are similar in background to us, on a state level.**
- 3. To assist in building the qualities of character, leadership, team work and sportsmanship**

## **TEAM TRYOUTS**

**Students should understand that participation in athletics is a privilege. Students try out voluntarily and for some of our teams risk being cut in order to maintain a high level of safety, coaching, playing time and cost effectiveness. To be a member of a team they are expressing their interest to represent Central Catholic High School and must live up to certain conditions.**

**Many sports are considered non-cut. That is to say that cuts are not made and the student-athlete's willingness and attendance at practices and games are the main requirements to being a member of a team. Many sports, however require cuts or selections to be made. While this is a difficult process for all parties involved, (student-athlete, parent and coach) some things to remember are listed below.**

- 1. The tryout period for each team should be of sufficient duration to allow the coach to make a reasonable assessment of each candidate's ability and potential**
- 2. If requested, a coach should allow time to give those cut from a team an explanation of the reason (s) they did not make a team and if possible, should recommend practices and drills which would help strengthen those weaknesses**
- 3. If an unsuccessful candidate for a team seems to have a minimal chance for a future in that program, then they should be encouraged to try another activity**

4. No athlete may voluntarily leave one sport and tryout for another after the season has begun without consent of the Athletic Director and both coaches involved
5. Once an athlete has been selected for a team, they may not quit or leave that team to join another team

## **TEAM SELECTION**

After being selected to be a member of a team, Central Catholic students are expected to attend all practices and games of that team. Practices will average two hours in duration. Weekend practice sessions vary by sport and should be expected. Varsity team members may also be required to practice on holidays.

1. The coaching staff of each sport has the sole responsibility for selecting its team members, selecting the level of play most beneficial to the development of each player and the amount of playing time in accordance with department policies
2. Final rosters along with parents' permission slips and completed physical forms must be on file and available upon demand once your squad selection is completed
3. All students chosen for a team must be able to make a firm commitment to that team's practice and competition schedule
4. Any student who has been a member of a particular program for their first three years of high school and has played at the varsity level during their junior year, must, under ordinary circumstances, be kept as a member of the program for their senior year
5. At the varsity level, although every effort is made to involve all of the participants, it should be understood that this is not always possible and that some members on a team could see little playing time in game situations. When possible, coaches should discuss this situation in advance with their players

## **THE FOLLOWING SECTION IS DESIGNED FOR COACHES & STUDENT- ATHLETES PARTICIPATING IN THE CENTRAL CATHOLIC ATHLETIC PROGRAM**

### **MIAA RULES**

All Central Catholic High School teams will follow the rules set forth in the current MIAA Handbook. The entire handbook is available in the athletic office. As it is not possible to reproduce the entire handbook, the following is a condensed version of some of the more important rules. Anyone wishing to view the major parts of the MIAA Handbook can access it by going to the website at [www.MIAA.net](http://www.MIAA.net)

1. **Physical Examination/Medical Coverage** – (Rule 56) All students **MUST** pass a physical examination within one year of each day of athletic participation. A sports physical terminates 365 days subsequent to administering and must be renewed immediately (should an athlete be “in-season”) to maintain eligibility. Physical examinations must be performed by a duly registered Physician, Physicians’ Assistant, and Nurse Practitioner. A copy of the Central Catholic High School Physical Examination Form can be obtained through the athletic office or the nurse’s office.
  
2. **Bonafide Team Member** (Rule 45) – A bonafide team member is a student who is consistently present for, and actively participates in, all team practices and competitions. Bonafide members of a school team are precluded from missing a high school practice or competition in order to participate or compete with a non-school team. A coach does not have the right to excuse a team member from practice or a game so that he/she may play or practice for another team. Any student who violates this rule is ineligible for the next two (2) contest or next two (2) weeks, **WHICHEVER PERIOD IS GREATER**, upon confirmation of the violation.  
Rule 95 of the MIAA Handbook restates the definition of a bona fide team member and further states: “Any student who violates this standard becomes **INELIGIBLE FOR THE MIAA TOURNAMENT(S) IN THAT SPORT FOR THAT SEASON**”
  
3. **Only One School Sport Per Season** (Rule 46) – A student-athlete may participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring), including tournaments and/or championships in that season.
  
4. **Loyalty to a high school team** (Rule 59) – (This rule applies only on days when school is in session) A student may practice or play only once in any one day. Such a practice may include double sessions or multiple sessions prior to the first day of classes in the fall. This rule prohibits a student from practicing or competing for a high school team and a non school team on the same day **WHEN SCHOOL IS IN SESSION**. Violation of this rule shall result in the student being ineligible to participate for his/her high school team.
  
5. **Taunting** (Rule No. 48) – Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters. In all sports, taunting is

considered a flagrant unsportsmanlike foul that disqualifies the offending contestant from that contest/day or competition. In addition, the offender shall be subject to existing MIAA expulsion rules. At MIAA contest sites and tournament venues, contest management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

6. **Time allowed for participation (Rule 59)** – A student has **FOUR CONSECUTIVE** years of participation from the day he/she enters 9<sup>th</sup> grade. This means twelve consecutive athletic seasons of eligibility. A fifth year student is ineligible to play his/her fifth year even if he/she has not played in one of the previous years.
7. **Age (Rule 60)** – A student may not turn 19 years of age prior to September 1 of the current school year and be eligible for competition. For grade 9 competition, a player must not have turned 16 years of age prior to September 1 of the current school year and play at the freshman level.
8. **Chemical Health (Rule 62)** – During the season of play, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as “NA or near beer.” It is not illegal for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This rule represents only a minimum standard upon which schools may develop more stringent requirements. The MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student athletes might be present at a party where only a few violate this standard.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics or otherwise, the penalty will not take effect until that student is able to participate again.

### **MINIMUM PENALTIES**

**First Violation:** When the principal confirms, following an opportunity for the student to be heard, that a violation occurred the student shall lose eligibility for the next two consecutive interscholastic events OR two weeks of a season in which the student is a participant, **WHICHEVER ENCOMPASSES THE GREATER NUMBER OF CONTESTS.** No exception is permitted for a student who becomes a participant in a treatment program for the purpose of rehabilitation, it is recommended that the student be allowed to practice.

**Second & Subsequent Violations:** When the principal confirms, following an opportunity for the student to be heard, that a second or subsequent violations have occurred the student shall lose eligibility for the next twelve consecutive interscholastic events OR twelve weeks of a season in which the student is a participant, **WHICHEVER ENCOMPASSES THE GREATER NUMBER OF CONTESTS**. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum period of six (6) weeks or six (6) contests, whichever penalty is greater. Such certification must be issued by the director or a counselor of a chemical dependency/treatment center. Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

9. **Athlete and Coach Contest Disqualifications and Suspensions** (Rule 49) – The contest official who excludes a student or coach under the provision of this rule should immediately inform the coach of each team, official scorer (if any), and state the violation. The official shall complete the form and forward it to the athletic director and principal of each participating school and also to the MIAA executive director. Any coach or student who has been disqualified from a contest must serve a single game suspension (at that same level – varsity, JV, etc.). The sports of SOCCER and ICE HOCKEY carry **TWO (2)** game suspensions. Any student or coach who receives two (2) disqualifications in the same season will be suspended from all sports in that season for exactly one calendar year from the date of his/her second disqualification.
  
10. **Transfer Students** - (Rule No. 57) A student who transfers from any school to an MIAA member high school is ineligible to participate in any interscholastic athletic contest at any level for a period of one year in all sports in which that student participated at the varsity level during the one year period immediately preceding the transfer. Varsity participation is defined as any appearance, as a competitor in a varsity interscholastic athletic contest other than a scrimmage

## **SCHOOL RULES**

1. **Transportation** – All participants will travel to and return from all events in school provided transportation. Any exceptions must be approved in writing by the Principal, Athletic Director and Coach before the contest/practice. Students may return from a contest with parents/guardians only. Upon approval the approval of the principal,

athletic director and coach, students may take cars to practices/contests with and must drive only themselves to practice/contest.

2. **Athletic injuries** – All injuries must be reported to your coach and trainer immediately and an injury report placed on file with the athletic trainer, athletic director and school nurse. Student-athletes must report all athletic injuries (in or out of school) to their coach and trainer immediately. Following any serious injury (requiring care by a medical professional) and prior to further participation in a sport, students must provide a signed medical release from a physician if a game or day of practice has been missed due to injury.
3. **Suspension** – Any athlete suspended from school will not be allowed to attend or participate in any activities of the sport until the day following the end of the suspension. The athletic director and coach may also extend the athletic suspension if deemed relevant to the situation. The length of suspension will be left to the discretion of the head coach with the approval of the athletic director and the principal:

## **GUIDELINES FOR ALL STUDENT-ATHLETES**

- A. Attendance is required at ALL practice/games scheduled including during vacations or on holidays unless the athlete has prior approval from his coach. Approval is based in individual circumstances as well as the team's situation and total requests
- B. A student-athlete shall refrain from the use of profanity or abusive language
- C. Team members traveling to and from activities must wear appropriate attire as designated by respective coaches
- D. Athletes are responsible for equipment issued to them and will be assessed for the replacement cost of any item not returned in the same condition as it was issued
- E. All uniform clothing will be kept laundered and clean for all competitions and practices as designated by coaches
- F. If any students hair length is determined to be a health or safety hazard as determined by the rules of the sport or the respective coach, it will be trimmed to the satisfaction of the coach involved or the sport specific rules of competition
- G. Student-athletes must remember they are representing Central Catholic High School when competing. He/she

is expected to follow school guidelines in terms of hair length as well as being clean shaven.

- H. Athletic coaches may have rules governing the conduct of players and the requirements of training and practice. These rules, which are not to be in conflict with any regulations of the school or MIAA must be approved by the Athletic Director in writing and shared with players before they are in effect. Violations of the rules may result in temporary or permanent suspension from the team. The length of the suspension is subject to the time which the coach deems fit and is approved by the athletic director and principal (in matters extending beyond athletics).
- 4. **Hazing** - Any conduct or method of initiation into any student organization or team, which willfully or recklessly endangers the physical or mental health of any student or person is **NOT ALLOWED**. Such conduct is a crime under Massachusetts Law and will not be tolerated. Central Catholic High School's penalty for hazing will be immediate removal from team membership. Additionally, other criminal sanctions could follow as a result from civil authorities.
  - 5. **Captains' practices** – Are **NOT** in any way sanctioned, encouraged, recognized or condoned in any sport by the MIAA or Central Catholic High School.

## **TEAM RULES**

- 1. **Team Captains**
  - A. Team captains may be selected in any of three ways:
    - 1) elected by the team members, 2) appointed by the coach or 3) selected on a game by game basis. Each team should be informed of which method a coach will use as well as the criterion should be stated in advance.
  - B. Once named, team captains are expected to show leadership and to assume the responsibilities associated with this position
  - C. Coaches should clearly define the role they expect their captains to fill and should make their expectations known to their captains
  - D. Coaches at any time may revoke any athlete of their captaincy for violation of team, athletic department and school rules.

**EXAMPLES OF VIOLATIONS** which may constitute revocation of a captaincy are not limited to but include:

**Academic dishonesty, serious in-school disciplinary action, insufficient academic performance, out of school legal problems, insubordination to coaching staff or faculty members, repeated violations of use of profanity. Reinstatement and restoration of the Captaincy is possible if in the opinion of the coach and athletic director the student-athlete has shown exemplary attitude and remorse for the infraction which caused the removal of the captaincy, and is worthy of being restored to his/her status as captain.**

**2.**

**Practice and Contest Policies**

- A. No athlete shall take part in any practice or athletic contest on a day when he/she has been absent from school without the consent of the school administration**
- B. No sub-varsity practices may be held when school is dismissed early or cancelled outright due to inclement weather. Varsity practices may be allowed but must be approved by the principal and athletic director. Primary concerns must be for the welfare and safety of students at all times.**
- C. As a general rule, practices will be held Monday through Saturday. Any exceptions to this must be cleared with the Athletic Director. Certain holidays (Christmas Day, Easter Sunday, and Good Friday after noon) under no circumstances may practices at any level be conducted.**
- D. All coaches should have a well-supplied first aid kit at all practices and have a cell phone accessible for greater emergencies**
- E. Cancellation of any practice session should give students ample time to make suitable transportation arrangements.**
- F. Coaches of all teams at all levels should construct a phone tree/chain in case of emergency notifications. It is up to each coach to devise the system which they wish to employ and must demand complete cooperation and place responsibility on students for its success also.**
- G. Consistency of attendance at practice is an important item. Poor team attendance procedures will affect team discipline and reflect poorly both on the coach and the program.**

- H.** Athletes who have been chosen for a team have made a commitment to be at all practices and competitions. To miss a practice or a competition is a serious matter and coaches should deal with it accordingly. All coaches should sit down with their prospective team members and review this commitment prior to actually choosing their team.
- I.** All assignments of areas and times for various team practices will be made by the Athletic Director
- J.** No student who arrives at school later than 11:00am on a school day will be allowed to practice or compete unless he/she has the permission of the Dean of Students, Athletic Director or Principal
- K.** No student who leaves school before that 11:00am on a school day will be allowed to practice or compete unless he/she has the permission of the Dean of Students, Athletic Director or Principal

**3.**

**Academic Requirements & Policies**

- A.** MIAA requires that all student-athletes be enrolled full-time and must carry the equivalent of 6 courses.
- B.** Central Catholic High School requires that all student-athletes make satisfactory progress towards graduation. In any one quarter of studies, two (2) failures of any type in one quarter constitutes ineligibility. Please refer to the *Central Catholic High School Student Handbook*, page 14 regarding *ELIGIBILITY FOR EXTRA-CURRICULAR ACTIVITIES* and *ACADEMIC PROBATION*.
- C.** Coaches of individual teams may choose to monitor the academic progress. A roster of players may be submitted to the registrar at the conclusion of a quarter and a copy of the student-athlete's grades will be provided.