



East Catholic Athletic Association Rules and Regulations

Adopted and Amended October 10, 2016

It is the primary purpose of the ECAA to sponsor a broad range of athletic activities that will satisfy the many and varying interests of our students. It is also the intent of the officers and coaches involved that these programs provide participants with meaningful educational and developmental experiences that are consistent with the traditions and goals of Catholic education.

As such, the ECAA sponsors programs on all levels - developmental and competitive - which require rules and regulations that govern them so that these goals can be achieved.

To that end, these policies have been prepared so that both parents and students will have a better understanding of the guidelines for each program, as well as their requirements for participation.

The general policies that apply to all programs are detailed in this document and include the following:

- Academic standards for student athletes.
- Required participation and behavior of parents/guardians.
- Requirements for student-athletes (physical exams, practices, etc.).

Also included in this document are the rules and regulations governing the individual programs sponsored by the ECAA.

In summary, this manual has been prepared so that all parents and students have a more enjoyable and beneficial experience in East Catholic's sports programs. If, at any time, you have any questions or concerns regarding ECAA activities, please bring them to the monthly meetings.

Guidelines & Requirements for Parents

- Instill in your child that involvement in sports is a learning experience which is primarily to be enjoyed.
- Team sports require the contribution of all players. Therefore, team members should attend all scheduled practices and games.
- Parents must provide transportation to all games and practices. It is NOT the responsibility of the coaches or moderators to provide transportation. Please pick-up your child on time. A coach should not have to wait for a child to be picked up.
- Attend games. This not only shows support for your child, but a parent should be in attendance in the event of an accident.

- Do not criticize the coach or his/her instructions. This is detrimental to all concerned. Refrain from “coaching” your child from the side line and/or bleachers.
- If a concern arises pertaining to your child’s team, the chain of command is as follows:
 1. Speak with the coach first, directly and in private, **after 24 hours**. If you do not feel that your concerns were satisfactorily addressed, then,
 2. Speak with the Program Director directly and in private. If you do not feel that your concerns were satisfactorily addressed, then,
 3. Speak with the Athletic Director directly and in private. If you do not feel that your concerns were satisfactorily addressed, then,
 4. Speak with the Principal directly and in private. You or the Principal may request your ECAABOD Pastor to be present.
- Exercise self-control at games. Referees are dedicated individuals and should NOT be the target of verbal abuse. This not only makes you look foolish, but also casts a cloud over East Catholic School. Remember that the children on the opposing team are some other parent’s son or daughter.
- Misconduct by a parent – as determined by the coach, Program Director, and ECAABOD - may ultimately result in the suspension of that parent from attending athletic events.
- The ECAA is responsible for seeing that NO alcoholic beverages are imbibed at our home field/court.
- The success of our programs is directly dependent upon the volunteer support of the parents/guardians of our participants. Each parent or guardian will be required to volunteer in accordance with the most current version of the ECAA Volunteer Policy.
- Make an effort to attend ECAA meetings. Meetings are open to all parents and guardians of the student-athletes.
- If a particular coach holds a coach’s meeting at the beginning of each season to discuss team rules and requirements, parents/guardians are required to attend.

Deficiencies

Upon completion of registration for each ECAA activity, a roster and corresponding list of coaches will be compiled and submitted to the school office by the ECAA Secretary. This roster is to be used by an appointed school representative, who will check grades at the midway point and end of each quarter for deficiencies (D, E).

A copy of any deficiencies for students in ECAA activity/activities then in season will be submitted simultaneously to the appropriate coach. It will be the responsibility of the school representative to keep track of the number of offenses in any one school year.

Playing sports with a D is at the discretion of the parent/guardian.

If the child has an E, he/she will be placed on academic suspension and will be unable to play until the next mid- or end-of-quarter grade is released.

- **First Offense:** Two weeks from the date that Deficiencies were released, the coach will contact the school representative to ascertain whether there has been improvement on the part of the student. If there has been no improvement, the student will remain on academic suspension.
- **Second Offense:** Upon submission of a second Deficiency during the same academic year, the student will automatically miss the next game/sporting event. Two weeks from the date the Progress Report had been sent out, the coach will contact the Principal to ascertain whether there has been improvement on the part of the student. If there has been no improvement, then the student will miss the remainder of the current athletic season.
- **Third Offense:** Upon submission of a third Unsatisfactory Progress Report in any one school year, the coach, Principal and parents/guardians will meet to decide whether the student should be eliminated from the ECAA program for the remainder of the school year.

Varsity & Junior Varsity Teams

The ECAA will field teams at the Varsity and J.V. level that will represent the school and provide, in this context, school identity and school spirit opportunities. These teams will be competitive in approach and will have as the objective – along with all other principles and objectives - of achieving the best possible team performance and team record.

Coaching Staffs: It is the responsibility of the Athletic Director and Program Directors to appoint coaches and coaching staffs who will attempt to manage their teams with multiple goals in mind, including player development, ECAA program objectives, team performance and success, and team cohesiveness. In the event of an impasse in selecting a head coach, the Athletic Director shall have final say. Coaches will be encouraged to make decisions based on what is best for the TEAM as a whole. TEAMWORK is an integral part of the lesson learned from athletic participation.

Team Selections: Selection to a Varsity and J.V. team will be based on a competitive comparison of all registered student-athletes and will be determined solely by the respective coaching staff. A team will carry as many players as is deemed manageable.

Playing Time: Playing time is determined by the coaching staff. The ECAA recognizes that there is a vast divergence of ideas and opinions on what constitutes proper management of playing time. For this reason, the responsibility for determining playing time will be left with the coaching staff, which has responsibility for making overall decisions concerning team development and welfare. These responsibilities are subject to the review of the Athletic Director and the Program Director.

Transfer Students - Students transferring into East Catholic will be given a fair and equal chance to participate on the Varsity or J.V. teams, as determined by the respective coach.

Registration Fee Refunds: Once teams are formed, there will be no refunds to any players who have registered for the sport unless limited resources (gyms, coaches, etc.) result in the inability to hold practices, compete in games, and develop skills.

Physician Releases/Emergency Form: All student-athletes will be required to submit a Physician's Release and an Emergency Form each school year prior to participating in any ECAA-sponsored activity.

Developmental (B) Teams

Each year, the ECAA will determine - based on the number of student-athlete participants, available volunteers, and physical/cash resources available and/or securable - the best mix of developmental or "B" teams. The purpose of such teams is to develop skills, instill teamwork and a good work ethic, and to provide interscholastic competition for players not selected for a Varsity or J.V. Diocesan or "A" team.

Selection/Participation: All players registered, but not selected for a Varsity or J.V. Diocesan or "A" team, may participate on a "Developmental" or "B" team.

Playing Time: Playing time for members of "Developmental" or "B" teams will be rotated on a more liberal basis than with "Diocesan" or "A" teams. This is to encourage player development. There is no requirement to ensure strict equality in this respect. The coaching staff will be responsible for providing adequate playing time. However, attendance at practice, effort, attentiveness, and the behavior of team members will be factored into playing time decisions.

All points covered in the prior section regarding "Coaching Staffs," "Transfer Students," "Registration Fee Refunds," and "Physician Releases/Emergency Form" apply to ECAA Developmental teams.

3rd-4th Grade Teams

Participation: Goals of the ECAA for teams at the 3rd and 4th grade level include encouraging player development, learning skills associated with each sport, becoming familiar with the roles of particular positions, and instilling the values of teamwork and camaraderie. In addition, players requiring special instruction will be given individual attention to better master the fundamentals of each sport.

Playing Time: Playing time will be as equal as possible to encourage player development. However, equal playing time must be earned through participation in practices, attitude, and overall involvement with the team.

All points covered in the prior section regarding "Coaching Staffs," "Transfer Students," "Registration Fee Refunds," and "Physician Releases/ Emergency Form" apply to ECAA Developmental teams.

Team Composition

Team Composition: A Varsity team will consist of student-athletes in grade 7 and 8.

A Junior Varsity team will consist of student-athletes in grade 5 and 6.

A Developmental team will consist of student-athletes in grade 3 and 4.

Use caution when playing 4th graders on Junior Varsity teams, and 6th graders on Varsity teams. Be certain that a student-athlete is skilled and of a competitive size for the team he/she moves up to.

Student-athletes are permitted to play up as long as they are rostered on another of the school's teams. That team must compete in the same or lower section.

Playoff Eligibility: Student-athletes must play in a minimum of half the team's games to be eligible for playoffs. This applies to JV players who play up in Varsity games, as well. Exceptions may be made in the case of transfers, injuries or grade deficiencies.

Playing Up Guidelines: Coach, Program Director and Athletic Director have the authority to move players up to the next level based on their playing ability.