

PECSAA Athletics
Piedmont Elementary Catholic Schools Athletic Association
League Handbook and Guidelines

Sportsmanship Pledge

“I pledge as part of a Christian Catholic community to hold myself to highest ideal of sportsmanship and behavior, both on and off the court.”

I. Introduction

Athletics at the elementary and middle school levels can play an exciting part in a child’s overall development. It is important, however, that both parents and participants understand and appreciate the necessity of relevant controls, policies and attitudes that coincide with a successful athletic program. It is equally important that the administrators of this program communicate these elements in a cohesive and comprehensive fashion. The Piedmont Elementary Catholic Schools Athletic Association (P.E.C.S.A.A.) attempts to define and explain the various aspects of our program so that there is a better understanding by both parents and students.

II. Philosophy and Principles

The principles of the P.E.C.S.A.A. are to foster Christian ideals and sportsmanship among its member schools, teams and participants.

To recognize the youth participant as an individual, with particular abilities and limitations, with every precaution taken to insure that each is developed to his/her highest potential.

The purpose of the P.E.C.S.A.A. is to promote the teaching of basic skills, development of individual talents and teamwork. In addition, provide the league’s participants and supporters the opportunity to enjoy the best possible recreation advantages and atmosphere.

III. PECSAA League

The Piedmont Elementary Catholic Schools Athletic Association (P.E.C.S.A.A.) is the facilitating body of our Catholic league. It consists of 6 Athletic Directors, one from each school. Each school in the league assumes the post of League Director every six years. School principals play an active part in establishing and revising league guidelines. The schools in this league are: Blessed Sacrament (BSS), Immaculate Heart of Mary (IHM), Our Lady of Grace (OLG), Our Lady of Mercy (OLM), St. Leo (SLS), and St. Pius X (SPX).

IV. Policies

A. Eligibility

1. Age Limits

Seventh and eighth graders are not allowed to play on JV teams. Any varsity player may participate as long as his/her 15th birthday is not on or before October 15th of that school year. Any JV player may not be older than 13 as long as his/her birthday is not on or before October 15th of that school year. For volleyball and basketball, JV players may be moved up to Varsity in attempt to fill the roster to ten. If the roster size is greater than nine, players must play either on Varsity or JV.

2. Physical Exam

Diocesan Policy states that all student athletes must receive an annual physical exam before they are allowed to participate in any practices or games. This physical will cover the athlete for the entire calendar year from the date of the physical.

Diocesan forms are available from your home school's Athletic Director. They must be completed and signed by a practicing, licensed physician.

3. Absence from School

If a student does not attend school the day of a practice or game, that student will not be allowed to participate in a practice or game that same day.

4. Forms

All required forms must be signed and returned before any student athlete may participate in practices and games.

5. Participation/Tryouts

Parameters will be set for tryouts by the league director.

B. Practice Times

The Piedmont Elementary Catholic School Athletic Association in collaboration with school principals, has established rules for team practice:

1. No team or individual may practice more that 4 1/2 hours per week.
2. No team may practice after 9:00 p.m.

C. Athletic Fees

The athletic fee represents a charge that helps defray the costs of the athletic program. This fee pays for equipment, uniforms, referees, league fees, and other athletic expenses. Each school in the league sets its own fees.

D. Inclement Weather

On days when weather does not allow a P.E.C.S.A.A. school to open, there will be no practices or games. In the event of inclement weather on the date of a tournament, the Athletic Directors will devise an alternate plan of action to discuss with their principal, with the safety of our athletes and families of utmost importance. Plan of action may include change of times, dates, and locations.

In the event of thunder or lightning in the immediate vicinity for outdoor events, the officials will make the ultimate call to delay the event for 30 minutes from the last strike. If after thirty minutes, weather has cleared, the event will be resumed. If not, Athletic Directors will meet and discuss the plan of action. In the event of a stalemate, the event officials will make the final call.

V. Guidelines

A. Expectations of Athletes

In order for students to participate in interscholastic athletics, there are certain rules and regulations that must be followed. Expectations vary from coach to coach or sport to sport, but P.E.C.S.A.A. member schools have these general expectations for all team members.

1. Punctuality and preparedness for all practices and games.
2. Ongoing responsibility for academic work.
3. Dedication to their team and teammates.
4. A desire to improve skills and knowledge of their sport.
5. Self-discipline – athlete will have to sacrifice time and energy for team goals.
6. A willingness to work hard and to be attentive in practices.
7. On-going responsibility to represent his/her school and the P.E.C.S.A.A. at all times in a dignified and positive way.

8. Each student that participates in P.E.C.S.A.A. athletic programs is not only responsible for maintaining academic standards, but is equally responsible for their personal conduct at practices and games.

9. Sportsmanship before, during and after all games – win with class/lose with class.

Sportsmanship

Promoting and encouraging good sportsmanship by coaches, athletes, fans and parents are very important to the P.E.C.S.A.A. schools. We believe, as Christian schools, that we must hold ourselves to the highest level of sportsmanship and behavior both on and off the playing field. Each P.E.C.S.A.A. School's administration, Athletic Director, and coaching staff are committed to encourage an environment of enthusiasm and school spirit consistent with high standards of sportsmanship and respect for opposing teams and officials.

All P.E.C.S.A.A. events should be fun and positively supported by all schools. Our schools and teams are best served by fan support that is directed enthusiastically toward our athletes.

1. The Athletes

- Play hard within the rules of the game.
- Win with humility, lose graciously, and congratulate opposing players and coaches.
- Respect officials and accept their decisions.
- Meet in center court before the first game of the day to join in prayer, pledge of allegiance, and the sportsmanship pledge. (Parents/fans are asked to join in the prayer.)
- Remain positive toward your coaches and teammates. Respect the property and facilities of all schools.
- When not under direct supervision of a coach, you must be with your parents/legal guardians. You are not to be roaming school facilities or going into areas not designated for teams.

2. The Coaches

Since the coaches are volunteers, and are giving up their free time to coach your child, they deserve your respect and courtesy.

In order to coach, the following guidelines must be followed:

- Be cleared through Virtus Protecting God's Children Certification and Training
- Complete a state background check
- Serve as a positive role model for players.
- Show restraint and respect when dealing with officials.
- Reinforce respect and good sportsmanship in practice and game situations.
- Refrain from using abusive or obscene language in practice or at games.

All coaches will be required to confirm they have read all policies and rules prior to the beginning of each respective season. It is the responsibility of the AD to ensure the coaches are aware of all rules.

3. The Spectators

- Treat officials and opposing players, coaches, and fans with respect and courtesy.
- Respect facilities and property of all member schools.

4. The Schools

The member schools of the P.E.C.S.A.A. have a responsibility to treat officials, opposing teams, and their spectators as guests. Schools should educate their supporters to cheer all of our member teams with enthusiasm. We should never behave in ways that are disrespectful toward opposing players, coaches, or spectators.

5. The Athletic Directors:

If the PECSAA policy/ rules or other mandates set forth to operate the PECSSA league are broken, it is the responsibility of the AD to adhere to the rules and honor the code of conduct expected of all PECSSA schools. This may require for the game to be forfeited as a result of the rules violation.

- If it is discovered that a rule has been broken and a game has started, it will be the responsibility of the home AD to find a reasonable time to stop the game at which time the AD will alert the head coaches and visiting AD if present about the violation. Forfeited offenses include, but are not limited to ineligible players (academics and age).

B. Safety of School Communities

1. Children/players MUST be supervised during school activities inside and outside the facilities. The parents/legal guardians are responsible for the safety

and well being of their child/children before, during and after the school activity/activities.

2. Any concerns/injuries occurring during the school function must be reported to the administration. The Principal/Athletic Director/Designated Authority of both schools will be notified immediately of the incident.

3. All families are asked to assist in keeping our P.E.C.S.A.A. facilities clean and safe. Please throw away your trash in the proper containers. If a particular school places limits on where food and drink may be had, then we should all respect these requests.

4. It is imperative that parents directly supervise any children with them at all times. Children are never to be allowed to roam our school campuses without adult supervision. Team members not yet on the court or field are to either be with their coaches or parents. Please be sure to follow any signs that indicate that an area is off-limits. This is for the safety and well being of your children.

5. During half time/time outs/breaks in play no one is allowed on the court/field with the only exception being cheerleading squads.

C. Admissions - Volleyball and Basketball

The P.E.C.S.A.A. league charges admission to all volleyball and basketball games. The fee is \$3.00 per adult and \$1.00 per child (school age and up). These charges help to defray costs and keep athletic fees as low as possible at each school. Free admission is given at all locations to the following people only: Team members and a team manager, two coaches per team, Principals, Pastors, Teachers, and Athletic Directors.

League tournament admission fee is \$4 for adult and \$2 per child (school age and up) per day.

League Director Rules and Regulations

VI. League Director

A. A League Director is appointed on a rotating schedule between league member schools. The League Director will serve without pay and his/her duties include:

1. Create league schedules to assure equitable scheduling of all teams, including any conference tournaments. The schedule will include Basketball, Volleyball, Softball, Track, Soccer, and Golf.

2. He/She shall select and purchase appropriate materials and determine the amount of money to be assessed to each league member to cover the cost.
3. He/She shall record and tabulate results of the Sprit Award.
4. The League Director shall act as final arbitrator in all questions of dispute among league members, unless the dispute directly involves the League Director's school, whereas the next host league director will act as the final arbitrator.
5. The League Director shall be responsible for calling the first league meeting for the upcoming school year.
6. The League Director shall consult with Athletic Directors on a continuing basis for efficient league operation.
7. Athletic Directors can be a bench coach during any game as long as they have an assistant athletic director designated to fulfill his/her position during the game situation.
8. Receive all scores via email from the home athletic director within 24 hours from the end of the game, and forward to the league website administrator.

B. Order of League Director:

1. Our Lady of Mercy
2. St. Pius X
3. St. Leo's
4. Our Lady of Grace
5. Immaculate Heart of Mary
6. Blessed Sacrament

VII. Assistant League Director

An Assistant League Director will be selected each year to serve without pay and to assist the League Director in whatever way serves the mutual convenience of both and best interests of the League. This person will be next in the order of League Directors.

VIII. Finances

- A. Each school is assessed \$200.00 by the 1st of September. Payment must be made to the school whose League Director is responsible for that school year.

B. The League Director shall make an accounting to the Athletic Directors for all expenditures.

IX. Trophies

A. Trophies (1st, 2nd, 3rd place, spirit award) will be presented by the host school at conference tournaments for photo taking purposes only. Each member school is responsible for their own way of recognition within their school (example: plaques, banners, etc.).

B. The spirit award (cheerleading) will be voted on by each participating school (schools cannot vote for their own school). In the result of a tie, both schools will share the title.

C. It will be at the discretion of the League Director to determine the condition and usability of each trophy due to space for inscription. If a trophy is retired, the League Director will replace the trophy. Costs will be shared equally amongst league schools.

X. Academic Policy

The minimum league standard is that all athletes must maintain an overall "C" each nine-week period and no "F" in any subject during the school year. Schools may set more stringent minimum standards.

XI. Protocol

If a dispute or problem arises in the athletic realm the following protocol must be followed: The hosting Athletic Director must be notified. If they are not available, their designee acts in their absence. Home schools must have an "acting athletic director" present.