

PHYSICAL EDUCATION
AND
HEALTH PROGRAM
GUIDELINES

FOR THE SCHOOLS AND CENTERS
IN THE DIOCESE OF ST. PETERSBURG

July 1, 2006

Special appreciation is extended to the members of the Physical Education and Health Steering Committee who gave their time and professionalism to conscientiously compile, research and edit the components of this document with the expressed goal to enhance student education and the athletic programs in the schools and centers in the Diocese of St. Petersburg.

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*Children played soccer in St. Peter's Square,
before the weekly audience with
Pope Benedict XVI, as part of a project to highlight Italian soccer programs.
When he addressed the crowd of athletes
he said, "Your presence gives me an opportunity to underline the importance
of sport, a discipline that when practiced with respect for the rules becomes
an educational tool and a vehicle of important human and spiritual values."*



I. INTRODUCTION

The physical education of a child encompasses the development of his or her mental, social and physical abilities. The physical fitness components should include cardiovascular, endurance, strength, flexibility, body composition, agility, nutrition and lifetime endeavors. Physical fitness should be enjoyable and challenging for each child with no comparison of children trying to attain his/her goals through games and leisure time activities. This approach helps to strengthen the child's development not only physically, but mentally and socially as well.

Instructional Criterion: Physical Education and Health Programs should encompass the following instructional goals:

- To develop skills
- To develop social acuity
- To develop and practice of good sportsmanship
- To develop cardiovascular endurance, strength, flexibility, body composition, and agility,
- To develop an understanding and utilization of healthy nutritional models
- To encourage good health and physical fitness as a life long endeavor. Each child should be encouraged to attain his or her own personal goals through fitness games and leisure time activities.
- To encourage only positive and constructive competition between children.
- To develop a further understanding of protection of their bodies and personal space.

As these instructional goals are accomplished, enjoyable and challenging lessons and activities must be planned and implemented.

II. PHYSICAL FITNESS

- lifetime endeavor
- cardiovascular endurance
- strength
- flexibility
- body composition
- agility
- nutrition

enjoyable

challenging

personal goals



fitness games and leisure time activities



III. SAFETY AND SUPERVISION

Supervision Guidelines for Physical Education

- P.E. classes should be supervised, at the highest standard, at all times by teachers, including in class activities, locker rooms, pick up and drop off of classes, etc.
- Locker room/ changing area supervision must be maintained at the highest possible standard considering the given area.
- Instruct students on maintaining personal boundaries; teachers must respect these personal boundaries as defined by the student
- Students should be sent utilizing buddy system (two-three at a time) to bathrooms, office and or clinic.
 - In emergency or injury situations, when an adult is not available, students must travel to the clinic or office area in twos or threes/ no student should be moving through the building or from the fields alone. The clinic or the office staff should be notified that students are in route.
- Proper stretching and warm-up must be initiated prior to activity to avoid muscle pulls and strains.
- First aid equipment should be readily available for injuries at local site and at all competition sites. Emergency information, ice, bandages, gauze, towels, etc...should all be handy.
- All PE teachers should carry a walkie-talkie, two way radio or other device for communication with office.
- All PE/Health teachers, at the very least, should maintain current certification in CPR/ First Aid. It is recommended that all teachers and coaches have current CPR/ First Aid training.
- Information on Emergency Management and Safe Environment protocol must be shared with substitute teachers and coaches.

Emergency and Weather Related Safety Guidelines

- Manage emergency situations
- Know the school/ center's Emergency Management plan
- Maintain communication with school office via communication devices
- There should be no outside play if there is lightning in the area.
- Consideration should be given before permitting outside play if it is raining.
- Administration and PE staff should formulate policy and practice for outside play for imminent and obvious weather changes, including tornado and lightening storms, and during extreme high and low temperatures.

Equipment Safety Guidelines

- All property facilitators and PE/Health teachers must be aware of Diocese of St. Petersburg Risk Management/ Insurance Office policies and required certificates of safety compliance for facility, exterior and playground equipment. (see section VII, Materials and Resources)
- All pavement, grass and field areas must be free from holes, ants, vehicle traffic and other hazards
- All P.E. and athletic equipment used by students should be inspected on a regular basis for safety and repaired or replaced as needed.
- Any large items such as soccer goals, basketball/volleyball standards, etc. should be inspected for safety and repaired or replaced as needed.
- All P.E. and athletic areas such as P.E. fields, soccer fields, baseball fields, gym floors, etc. should be maintained and deemed safe for students and athletes. Use of the DOSP Insurance Office guideline is recommended. (See VII – Materials and Resources.) Safety concerns should be reported to the school administrator and maintenance supervisor.
- Neither lawn care, construction nor maintenance should interfere with P.E. classes or athletic events or jeopardize the safety of the students. Schedules and safety arrangements should be developed between the school administrator and the lawn/ construction maintenance contractor.

IV. RECOMMENDATION FOR TIME ALLOTMENT

The Interdisciplinary Curriculum Committee for the Schools and Centers of the Diocese of St. Petersburg has recommended the following time allotments for Physical Education/ Physical Activity in a traditional scheduling formula. This recommendation includes the health component. The rationale for this allocation follows.

Core Group B	EC	K	1	2	3	4	5	6	7	8
Physical Ed/Physical Activity	310	240	225	225	210	210	210	180	180	180

▪ Rationale for Recommended Time Allotment

Courtesy of Nancy Gonzalez, AD/ PE Teacher
Corpus Christi Catholic School

Physical activity has been defined as “bodily movement, produced by skeletal muscles, resulting in energy production and expenditure”. For obvious reasons, intense movement/activity has great health enhancing effects on the body. It is important to acknowledge however, that even modest amounts of regular exercise have shown to promote positive results.

Physical activity has become a major concern in this country. Our children are becoming less and less physically active. They have traded in their bats and jump ropes for “Game boys” and computers. Parents are creating safe, entertaining environments for their children indoors because they are not comfortable with the world outside. Schools are opting for more technological courses, and physical education time is often what is being cut to compensate. As a result, children are being diagnosed with conditions once only found in adults such as Type 2 diabetes and heart disease.

The prevalence of obesity has doubled among children and teens since 1980. 70% of our 10-13 year olds today are overweight, and we teachers, coaches and parents need to stop blaming McDonalds and Burger King. While nutrition and genetics contribute to these statistics, physical inactivity is far more responsible. Overweight children increase their chances of developing heart related illnesses such as high cholesterol and high blood pressure. Type 2 diabetes is now being diagnosed in children in alarming numbers. Even depression in children has seen a rise. Overweight children often grow up with very poor self-esteem and self-confidence, which eventually develops into pediatric depression in many cases. Unfortunately what we are seeing is that these statistics only increase with age. Obese children grow up to be obese adults. In fact, Senator Ted Stevens (member of a Senate Defense Appropriations Subcommittee) says teens enrolling in the military today are increasingly unable to meet basic physical requirements. The changes are so staggering that the federal government now considers obesity one of the most pressing priorities when dealing with health challenges.

There is much more available on this topic in journals, articles and on the internet. The problem has reached even the Surgeon Generals desk. Still school administrators are allowing technology and academics to continue cutting back on physical education time allotments. Many are cutting physical education all together. Financially it is practical to cut PE because of the never-ending need to replace and purchase new equipment. The argument these administrators use is that incorporating more technology, language courses, and academics into the curriculum will make it easier for those students pursuing a college education to get into a good college or university.

According to recent studies, physically fit and physically active children and teens perform better academically.

The findings of the study are printed below:

Study conducted by: *The California Department of Education*
Source: *National Association for Sport and Physical Education*
December 10, 2002

“In the study, reading and mathematics scores were matched with fitness scores of 353,000 fifth graders, 322,000 seventh graders and 279,000 ninth graders.” Key findings of the study are:

- Higher achievement was associated with higher levels of fitness at each of the three grade levels measured
- The relationship between academic and fitness was greater in mathematics than in reading, particularly at higher fitness levels.
- Students who met minimum fitness levels in three or more physical fitness areas showed the greatest gains in academic achievement at all three levels.
- Females demonstrated higher achievement than males, particularly at higher fitness levels.

According to State Superintendent of Public Instruction, Delaine Eastin, “This statewide study provides compelling evidence that the physical well-being of students has direct impact on their ability to achieve academically. We now have the proof we’ve been looking for; students achieve best when they are physically fit. Thousands of years ago, the Greeks understood the importance of improving spirit, mind and body. The research presented here validates their philosophic approach with scientific validation.

The goal is a simple one, and one that Catholic education has always been committed to. We educators and administrators must continue to commit ourselves to developing students who are prepared for life academically, spiritually and physically. We must continue to make sure that we impart positive attitudes toward physical activity and fitness so that our students can live long healthy lives. Our responsibility must not end when they walk outside our hallways.

In summary, physical education is an important and integral part of each child’s formation. It is important to the development of their social skills, their self-esteem, their physical abilities and their health. Children need activity everyday, and in many cases physical education classes are the only time they receive it. Curriculums need to plan for it, and parents and children should expect it as part of their total education package.

Additional recommendations from Michigan Governor’s Council on Physical Fitness, Health and Sports, 2002

- Children should engage in physical activities that promote cardio- respiratory fitness and musculoskeletal fitness including strength and flexibility.
- Children and teens should be permitted and encouraged to participate in enjoyable physical activities that total at least 60m minutes per day, on most days.
- Children should engage in more vigorous activity on at least three days per week. Children should have the opportunity and be encouraged to participate in traditional sports and games.

I. GUIDELINES FOR INTERSCHOLASTIC ATHLETICS: ELEMENTARY SCHOOLS

In March 2004, the schools' Advisory Council approved guidelines for elementary interscholastic athletic programs to ensure equity in participation and play. A subsequent edition was approved in April 2005 to include additional sports programs.

The guidelines include regulations for student participation and rules specific to each interscholastic sport. In addition, the guideline includes a *Statement of Compliance* for parents, coaches, administrators and/or teachers to acknowledge the understanding of and compliance with the rules and regulations as published.

VI. INTERSCHOLASTIC ATHLETICS PRE PARTICIPATION FORMS

The Pre Participation forms must be completed each year by the parents of students who wish to participate in elementary and high school athletic programs. The forms include athletic event consent and release and health screen information.

The elementary form has been developed and endorsed by the schools' Advisory Council.
The high schools are required to use the forms distributed by the Florida High School Athletic Association.



This completed form must be kept on file by the school.

Part 1. Student Information (to be completed by student or parent)

Student's Name:		Sex:	Age:	Date of Birth:
School:		Grade:	Sport(s):	
Home Address:			Home Phone:	
Name of Parent/Guardian:				
Person to Contact in Case of Emergency:				
Relationship to student:		Home Phone:		Work Phone:
Personal/Family Physician:		City/State:		Office Phone:

Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. (Circle questions you don't know answers to.)

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?			26. Have you ever become ill from exercising in the heat?		
2. Do you have an ongoing chronic illness?			27. Do you cough, wheeze, or have trouble breathing during or after activity?		
3. Have you ever been hospitalized overnight?			28. Do you have asthma?		
4. Have you ever had surgery?			29. Do you have seasonal allergies that require medical treatment?		
5. Are you currently taking any prescription or nonprescription (over the counter) medications or pills or using an inhaler?			30. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid.)?		
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve performance?			31. Have you had any problems with your eyes or vision?		
7. Do you have any allergies (ie, to pollen, medicine, food, or stinging insects.)?			32. Do you wear glasses, contacts, or protective eyewear?		
8. Have you ever had a rash or hives develop during or after exercise?			33. Have you ever had a sprain, strain, or swelling after injury?		
9. Have you ever passed out during or after exercise?			34. Have you broken or fractured any bones or dislocated any joints?		
10. Have you ever been dizzy during or after exercise?			35. Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?		
11. Have you ever had chest pain during or after exercise?			<i>If yes, check appropriate blank and explain below</i>		
12. Do you get tired more quickly than your friends do during exercise?			shoulder	finger	head
13. Have you ever had a racing heart or skipped heartbeats?			upper arm	foot	neck
14. Have you had high blood pressure or high cholesterol?			elbow	thigh	back
15. Have you ever been told you have a heart murmur?			Forearm	knee	chest
16. Has any family member or relative died of heart problems or sudden death before age 50?			wrist	shin/calf	hip
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?			hand	ankle	
18. Has a physician ever denied or restricted your participation in sports for any heart problems?			36. Do you want to weigh more or less than you do now?		
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?			37. Do you lose weight regularly to meet weight requirements for your sport?		
20. Have you ever had a head injury or concussion?			38. Do you feel stressed out?		
21. Have you ever been knocked out, become unconscious, or lost your memory?			39. Record the dates of your most recent immunizations (shots) for:		
22. Have you ever had a seizure?				Tetanus	Measles
23. Do you have frequent or severe headaches?				Hepatitis B	Chickenpox
24. Have you ever had numbness or tingling in your arms, hands, legs, or feet?			FEMALES ONLY (optional)		
25. Have you ever had a stinger, burner, or pinched Nerve?			40. When was your first menstrual period?		
Explain "Yes" answers here:			41. When was your most recent menstrual period?		
			42. How much time do you usually have from the start of one period to the start of another?		
			43. How many periods have you had in the last year?		
			44. What was the longest time between periods in the last year?		

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation Required by s.1006.20, Florida Statutes, and FHSAA Bylaw 11.8, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Signature of Student		Signature of Parent/Guardian:	
Date:		Date:	



Part 3. Physical Examination (to be completed by physician)

Student's Name _____		Date of Birth _____	
Height: _____	Weight: _____	%Body Fat (opt): Corrected: Yes _____ No _____	Pulse: _____ Pupils: Equal _____ Unequal _____
Visual Acuity: Right 20/ _____	Left 20/ _____	Blood Pressure: _____	
Findings	Normal	Abnormal Findings	Initials
Medical			
1. Appearance	_____	_____	_____
2. Eyes/Ears/Nose/Throat	_____	_____	_____
3. Lymph Nodes	_____	_____	_____
4. Heart	_____	_____	_____
5. Pulses	_____	_____	_____
6. Lungs	_____	_____	_____
7. Abdomen	_____	_____	_____
8. Genitalia (males only)	_____	_____	_____
9. Skin	_____	_____	_____
Musculoskeletal			
10. Neck	_____	_____	_____
11. Back	_____	_____	_____
12. Shoulder/Arm	_____	_____	_____
13. Elbow/Forearm	_____	_____	_____
14. Wrist/Hand	_____	_____	_____
15. Hip/Thigh	_____	_____	_____
16. Knee	_____	_____	_____
17. Leg/Ankle	_____	_____	_____
18. Foot	_____	_____	_____
* - Station-based examination only			

ASSESSMENT OF EXAMINING PHYSICIAN

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusion(s).

_____ Cleared without limitation

_____ Not cleared for: _____ Reason: _____

_____ Cleared after completing evaluation/rehabilitation for: _____

_____ Referred to: _____ For: _____

Recommendations: _____

Name of Physician (print or type) _____ Date: _____

Address: _____

Signature of Physician: _____ .MD or DO

ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)

I hereby certify that the examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s)

_____ Cleared without limitation

_____ Not cleared for: _____ Reason: _____

_____ Cleared after completing evaluation/rehabilitation for: _____

Recommendations: _____

Name of Physician (print or type) _____ Date: _____

Address: _____

Signature of Physician: _____ .MD or DO

Elementary PARTICIPATION HEALTH SCREENING

Required annually in addition to school physical

Student Name _____ Grade _____

Home Address _____

Phone _____ Parent's Work _____ Cell _____

Student Soc. Sec. Number _____ DOB _____

Father's Name _____ Mother's Name _____

MEDICAL CONCERNS/RESTRICTIONS

CURRENT MEDICATIONS

I understand a sports health screening is necessary for my child's participation in _____ Catholic School Extra-curricular Sports Program.

I further understand that competitive athletics may result in injury although the school has _____ and will do all it can to reduce the risk of injury. I request a _____ Catholic School representative to obtain medical treatment for my child in the unlikely event of injury or illness during practice or games and I agree to pay any expenses incurred for such treatment.

SIGNATURE OF PARENT/GUARDIAN _____

JOINT Custodial PARENT SIGNATURE _____

EXAMINING PHYSICIAN'S CERTIFICATE

I hereby certify that I have examined _____ on the date indicated below. Based on the past health history s/he has given me and on my physical examination I find this athlete physically able to participate in interscholastic sports.

Any Restrictions? _____

PHYSICIANS SIGNATURE _____ DATE _____

(School Letterhead)

Elementary STUDENT SPORTS PHYSICAL HISTORY FORM										
Students Name							DOB			
Address							Grade			
Physician										
Sports										
FILL IN DETAILS OF "YES" ANSWERS IN SPACE BELOW							YES	NO		
1. Has the above student ever been hospitalized? Has the above student ever had surgery?										
2. Is the above student presently taking medication?										
3. Does the above student have any allergies (meds., bees)?										
4. Has the above student ever passed out during exercise?										
5. Has the above student ever been dizzy during exercise?										
6. Has the above student ever had chest pain?										
7. Does he/she tire quicker than his/her friends during exercise?										
8. Has the above student ever had high blood pressure?										
9. Has the above student ever been told he/she has a heart murmur?										
10. Has the above student ever had a racing heart or skipped beat?										
11. Has anyone in your family died of heart problems or sudden death before age 40?										
12. Does the above student have any skin problems? (Itching, Moles, Breaking Out)										
13. Has the above student ever had a head injury?										
14. Has the above student ever been knocked out?										
15. Has the above student ever had a seizure?										
16. Has the above student ever had a stinger or burner?										
17. Has the above student ever injured (sprained, dislocated, fractured, etc.)										
	Hand		Shoulder		Thigh		Wrist			
	Neck		Knee		Forearm		Chest			
	Shin/Calf		Elbow		Back		Ankle			
	Arm		Hip		Foot					
18. Has the above student ever had heat cramps?										
19. Has the above student ever had:										
Mononucleosis			Diabetes							
Hepatitis			Headaches							
Asthma			Eye Injuries							
Tuberculosis			Stomach Ulcer							
20. Does the above student use special pads or braces?										
21. When was the above student's last tetanus shot?										
Explain "YES" answers here:										

(School Letterhead)

The Catholic School is unique because of its total commitment to the three-fold purpose of Christian education: message, community and service. It creates an atmosphere where Catholic Faith can be integrated with life and learning. All those involved in a Catholic school - parents, pastors, faculty and staff, administrators and students - must strive to make it a community of faith which indeed is living, conscious, and active.

As a student-participant in sports, and as parents of a student-athlete, we understand and agree to abide by the guidelines and regulations of the **Diocesan Guidelines for Interscholastic Athletics: Elementary and Middle Catholic Schools and the Regulations and Policies of the League.**

I/We understand this means that the student will strive to:

- √ be on time for all practices and games
- √ stay for the entire practice/game
- √ encourage all team players to develop their full potential
- √ play by the rules of fair play
- √ act in a Christian manner toward all
- √ maintain a school average that will allow me to fully participate in sports

I agree to follow the regulations of our diocese, the school sports guidelines and the directives of the coaches:

Student Signature _____ **Date** _____

PARENT / GUARDIAN

SPECTATOR ETIQUETTE:

Spectators at school athletic events are asked to refrain from "coaching from the sidelines." Cheering is encouraged - loud and vigorously. But, please refrain from calling out directions to a particular child or yelling at the team about what they should have done or not done with the ball. That is the coach's task.

***Thank you for understanding, your cooperation
and your presence at our games!***

I understand that I am responsible for providing or arranging for transportation for my student-athlete to/from all games and practices. I agree to provide the opportunity for my child to be present at all practices and games. I will try to attend games as my schedule allows. Further, I will strive to model appropriate sports courtesy and will refrain from any form of "sideline coaching."

Parent Signature _____ **Date** _____

VII. ETHICS FOR COACHES

Every elementary or high school coach and athletic director, whether employed by the school or assisting as a volunteer, must participate in the *Ethics for Coaches* training. The training, conducted by school principals, reviews the *Guidelines for Elementary Interscholastic Athletics*, provides discussion and analysis of sample scenarios which enhance an understanding of the *Ethics for Coaches* document, and offers a review of the *National Federation of Coaches Associations* and *Florida High School Athletic Association* ethical standards for athletics.

Participants are provided with verification of participation acknowledging that they have not only participated in the training but have read, understand and promise to abide by the ethical standards and rules for athletic programs. (p. 19)

Trainings are offered by the school principals at the opening of the school year and with the change of athletic seasons as needed.

CODE OF ETHICS FOR COACHES

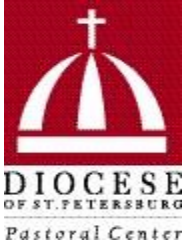
You know that while all the runners in the stadium take part in the race, the award goes to one person. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we, a crown that is imperishable. I do not run like one who loses sight of the finish line. I do not fight as if I were shadowboxing. What I do is discipline my own body and master it, for fear that after having preached to others, I myself should be rejected.

(1 Cor. 9: 24-27)

The Catholic School is unique because of its total commitment to the three-fold purpose of Christian education: message, community and service. It creates an atmosphere where Catholic faith can be integrated with life and learning. All those involved in a Catholic school - parents, pastors, faculty and staff, administrators and students - must strive to make it a community of faith which indeed is living, conscious, and active.

Recognizing that athletics plays an integral role in the overall development of the whole person, the Catholic schools in the Diocese of St. Petersburg support such programs as part of their ministry. In carrying out this ministry, the coach will:

- Be mindful that each student is created in the image and likeness of God and deserves to be treated with Christian dignity.
- Be aware that he or she has a tremendous influence, for either good or ill, on the education and formation of the student-athlete, and thus, shall never place the value of winning above the value of instilling the highest Christian ideals.
- Treat each player as an individual, remembering the great range of emotional and physical development for students of the same age group.
- Uphold the honor and dignity of the profession. In all dealings with student-athletes, game personnel, athletic directors, school administrators, state athletic associations, media and public, the coach shall strive to set an example of the highest ethical and moral conduct.
- Take an active role in the education and prevention of drug, alcohol and tobacco abuse. Coaches must also abstain from the use of alcohol and tobacco products when in contact with or in proximity to players.
- Promote the entire interscholastic program and direct the program in accord with the total school philosophy. Schedules for practices and competitions should be coordinated with other co-curricular events so that students can participate in more than one activity if they choose.
- Master the contest rules and teach these rules to the members of the team and the working staff. The coach shall not seek an advantage by circumvention of the rules or of the spirit for which they were intended.
- Exert influence to increase sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and school personnel.
- Respect and support game personnel. The coach shall not indulge in conduct that would incite players or spectators against the officials. Public criticism of officials or players is unethical and will not be tolerated.
- Meet and exchange greetings with the coaches of the competing team in order to set a correct and proper tone for the event.
- Encourage students to give priority to their studies so that they can remain academically eligible.
- Scout opponents using only official means as adopted by the league and/or state association.
- Place the spiritual, emotional and physical welfare of the players above a personal desire to win. Affirm and congratulate effort and good sportsmanship whether the game has been won or lost.



DIOCESE OF ST. PETERBURG
ETHICS FOR COACHES AND ATHLETIC DIRECTORS
STATEMENT OF COMPLIANCE

The Catholic School is unique because of its total commitment to the three-fold purpose of Christian education: message, community and service. It creates an atmosphere where Catholic faith can be integrated with life and learning. All those involved in a Catholic school - parents, pastors, faculty and staff, administrators and students - must strive to make it a community of faith which indeed is living, conscious, and active.

As the Athletic Director or Coach of athletic programs at _____ Catholic School, I, _____, attest that I have read, understand, and will abide by the guidelines and regulations of the *Diocesan Ethics for Coaches*, and as appropriate, *the FHSAA standards*, or, *The Diocesan Guidelines for Interscholastic Athletics: Elementary and Middle Catholic Schools*.

Signature _____ Title _____

Principal/Director Signature _____ Date _____



DIOCESE
OF ST. PETERSBURG
Pastoral Center

ACKNOWLEDGEMENT

The *Office of Catholic Schools and Centers of the Diocese of St. Petersburg* acknowledges that _____ completed the training

ETHICS FOR COACHES

Participation in this training has ensured an understanding of the document, its implementation, and a commitment to abide by the standards incorporated therein.

We further acknowledge that all involved in Catholic education continuously strive to develop a community of faith which is conscious, living and active.

Associate Superintendent
Office of Catholic Schools and Centers

Date of Training

VIII. MATERIALS AND RESOURCES



Articles:

- **Sports Done Right**

with permission to print from
sportsdonerightmaine.com

Recommended Reading:

- *“Coaching People, Not Players”*

Joe Ehrmann

Southern Living

Nov. 2003

- *Psychology Today* www.psychologytoday.com/articles/pt-20010501-000022.html

- *“The Four “Rs” of Enhancing Elementary Games Instruction”*

Lea Ann Tyson-Martin
Vol. 70 No. 7, FAHPERD
Sept. 1999

- *“Take a Load Off Your Kids’ Back”*

Suggested Text and Materials:

- 365 Outdoor Activities; 1993 Bob Adams, Inc.
- Big News Straight From the Heart; 1996 The American Heart Association
- Decisions for Health, 2007
(Middle School) Holt, Rinehart, Winston Publishers
- Developmentally Appropriate Practice in Early Childhood Programs; 1997
National Association for the
Education of Young Children
- Early Childhood Today Scholastic Magazine Publishing
- Guidelines for Facilities, Equipment and Instructional Materials in Elementary Education
Council of Physical Education for
Children: A Position Paper from the
National Association for Sport and
Physical Education
- Health and Wellness, _____
(High School) Mc Graw Hill Publishing
www.healthmh.com
cathyount@Mcgraw-hill.com
- Helping Young Children Develop Through Play: A Practical Guide for Parents, Caregivers
And Teachers National Association for the
Education of Young Children
- Legal Issues For Coaches and Moderators in Catholic Schools: A Handbook
Mary Angela Shaughnessy, SCM
2005, NCEA
- Lifetime Health, 2007
(High School) Holt, Rinehart, Winston Publishers
- Play in the Lives of Children
Education of National Association for the
Young Children
- Play With Purpose; 1985 Duncan Peterson Publishing
- Take a Look and See...Every Inch of Me; 2000 Wyeth-Ayerst Laboratories

- Teen Health Course I; 1996
(Middle School) Glencoe Publishing
- The Creative Curriculum; 2002 Teaching Strategies, Inc.
- You and Your Body; 1994
(Grades 1-5) Scholastic Publishing

Additional Resources:

- Campaign for Tobacco Free Kids..... www.tobaccofreekids.org/research
- Centers for Disease Control and Prevention.. www.cdc.gov
 - Tobacco..... www.cdc.gov/tobacco/sgr/sgr4kids/smokeless.htm
 - Alcohol..... www.cdc.gov/alcohol
 - Childhood Obesity www.cdc.gov/obesity
- Drug Abuse Resistance Education (DARE).. www.dare.com/home/default.asp
- Earth Day Network www.earthday.net
- Florida High School Athletic Association... www.fhsaa.org
- Florida Association for Health Physical Education Recreation Dance..... www.fahperd.org
- It Feels Good to Laugh: How Stuff Works.. www.science.howstuffworks.com/laughter.htm
- Leukemia/ Lymphoma Society..... www.leukemia.org
- Kids Health..... www.kidshealth.org/kid/feeling/friend/gossip.html
- Moving and Learning..... www.movingandlearning.com
- Physical Education resources..... www.PEcentral.com
- Preschool education..... www.perpetualpreschool.com
www.lessonplanz.com
www.preschoolrainbow.org
www.preschool-games.blogspot.com
ww.kinderart.com
- Presidential Challenge www.presidentchallenge.org
- Rezulli Learning www.rezullilearning.com
- Mothers Against Drunk Driving..... www.madd.org
- Students Against Destructive Decisions..... www.sadd.org
- St. Joseph Hospital/ Tampa..... www.sjbhealth.org/home
- Safe Kids Tampa..... www.sjbhealth.org/body_childrens.cfm?d=1013
- Tampa Bay Lightning Foundation..... ncarne@sptimesforum.com tele: 813.301.6590
- Tampa General Hospital
- Educational Programs for Children.... <http://www.morehealthinc.org>
- Teaching resources..... www.Teach-nology.com
www.Teachnet.com

- Tobacco Settlement/ Tobacco Free Kids.....
<http://www.tobaccofreekids.org/reports/settlements/>

- The American Cancer Society..... www.cancer.org
- The American Lung Association..... www.lungusa.org
- The American Heart Association..... www.americanheart.org
 - Jump Rope for Heart..... jennifer.waite@heart.org
- The National Association for Sport and Physical Education..... <http://www.aahperd.org/NASPE/>
- The American Thyroid Association..... www.thyroid.org
- Tampa General Hospital www.tgh.org
- The American Red Cross.....
www.redcross.org/services/youth/0,1082,0_326_00.html

APPENDIX

Catholic Mutual... "CARES"

SCHOOL SAFETY

PLAYGROUND EQUIPMENT SAFETY GUIDELINES

Area	Yes	No	Location
1. Visible cracks, bending, warping, rusting, or breakage of any compartment.			
2. Deformities of open hooks, shackles, rings, links, etc.			
3. Worn swing hangers and chairs.			
4. Missing, damaged, or loose swing seats; heavy seats with sharp edges or corners.			
5. Broken supports/anchors.			
6. Footings exposed, cracked, or loose in the ground.			
7. Accessible sharp edges or points.			
8. Exposed ends of tubing that should be covered by Plugs or caps.			
9. Protruding bolt ends that do not have a smooth finished cap or cover.			
10. Loose bolts, nuts, etc.			
11. Splintered, cracked, or otherwise deteriorated wood.			
12. Lack of lubrication on moving parts.			
13. Worn bearings.			
14. Broken or missing rails, steps, rungs, or seats.			
15. Surfacing material worn or scattered (in landing pits, etc. *)			
16. Hard surfaces, especially under swings, slides, etc.			

17. Chipped or peeling paint.			
18. Vandalism (broken glass, trash, etc.)			
19. Pinch or crush points (exposed mechanisms, junctures of moving components; for example, the axis of seesaw).			
20. Tripping hazards, such as roots, rocks, or other environmental obstacles.			
21. Pool drainage area.			

* *The U.S. Consumer Product Safety Commission has established safety standards for playground surfaces. A minimum 9-12 inch depth of cushioning material (sand, pea gravel, wood chips, etc.) should be in place under all playground equipment where there is a potential fall from heights.*

Further review:

1. Is playground equipment properly maintained? yes____no____
date of resolution _____
2. Is there cushioning material (sand, peg gravel, padding, etc.) in place and maintained under playground equipment?
yes____no____
date of resolution _____
3. Does playground have a sign indicating “Adult Supervision Required”?
yes____no____
date of resolution _____

Date of Inspection: _____

Remarks: _____

Attach Resolution(s) plan(s) - *It is strongly suggested this resolution is completed within 10 – 15 days.*

Date Resolution completed: _____

School /Administrator signature: _____

The entire Catholic Mutual **Self-Inspection Report** and additional safety information may be secured from the Insurance Office - Diocese of St. Petersburg - 727 344-1611 x 397

Revised
July 1, 2006

Catholic Mutual... "CARES"

SCHOOL SAFETY

PLAYGROUND EQUIPMENT SAFETY GUIDELINES

Area	Yes	No	Location	
1. Visible cracks, bending, warping, rusting, or breakage of any compartment.				
2. Deformities of open hooks, shackles, rings, links, etc.				
3. Worn swing hangers and chairs.				
4. Missing, damaged, or loose swing seats; heavy seats with sharp edges or corners.				
5. Broken supports/anchors.				
6. Footings exposed, cracked, or loose in the ground.				
7. Accessible sharp edges or points.				
8. Exposed ends of tubing that should be covered by plugs or caps.				
9. Protruding bolt ends that do not have a smooth finished cap or cover.				
10. Loose bolts, nuts, etc.				
11. Splintered, cracked, or otherwise deteriorated wood.				
12. Lack of lubrication on moving parts.				
13. Worn bearings.				
14. Broken or missing rails, steps, rungs, or seats.				
15. Surfacing material worn or scattered (in landing pits, etc. *)				
16. Hard surfaces, especially under swings, slides, etc.				

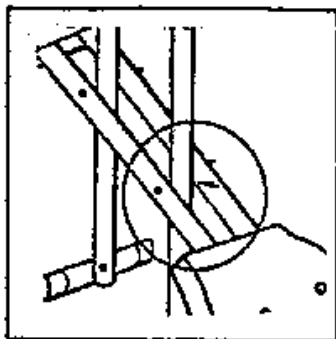
17. Chipped or peeling paint.				
18. Vandalism (broken glass, trash, etc.)				
19. Pinch or crush points (exposed mechanisms, junctures of moving components; for example, the axis of seesaw).				
20. Tripping hazards, such as roots, rocks, or other environmental obstacles.				
21. Pool drainage area.				

Remarks: _____

School (Principal): _____

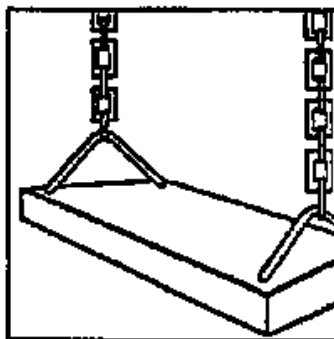
* The U.S. Consumer Product Safety Commission has established safety standards for playground surfaces. A **minimum** 9-12 inch depth of cushioning material (sand, pea gravel, wood chips, etc.) should be in place under all playground equipment where there is a potential fall from heights.

Be particularly aware of these 9 playground equipment dangers:



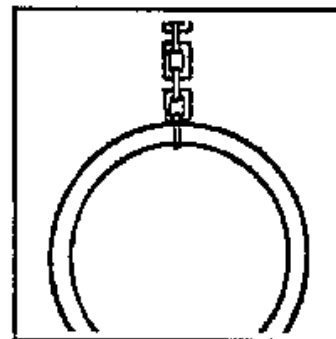
Pinch-Crush Parts

Moving parts, particularly on gliders and saws, can pinch or crush fingers.



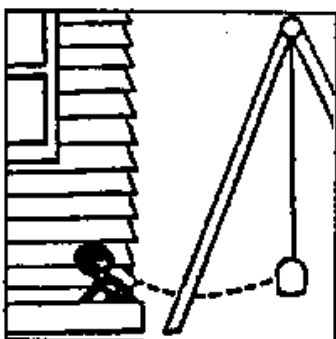
Hard, Heavy Swing Seats

Hard, heavy swing seats can strike a dangerous blow. Choose a set with lightweight seats or purchase such seats separately and replace the hard seats. Metal seats should have smooth, rolled edges.



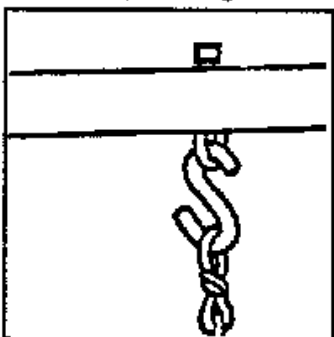
Rings

Swinging exercise rings with a diameter between five and ten inches can entrap a child's head. Remove such rings and discard them where children will not find and play with them.



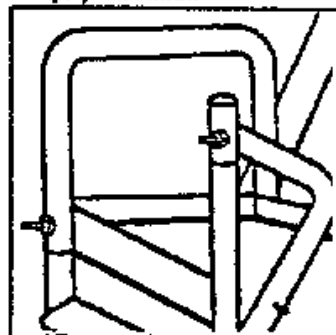
Inadequate Spacing

Install a swingset a minimum of six feet away from fences, building walls, walkways, and other play areas, such as sandboxes.



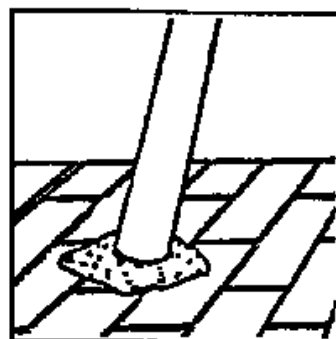
"S" Hooks

Open-ended hooks, especially the "S" hooks on swings, can catch skin or clothing and should be avoided. If a set has such hooks, pinch the ends in tightly with a pair of pliers.



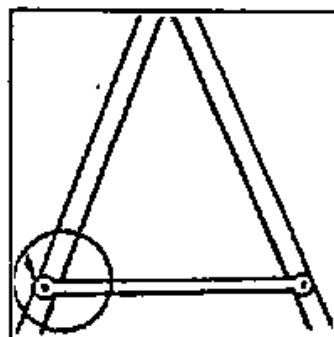
Exposed Screws & Bolts

Most sets include protective caps to cover screws and bolts. When protective caps are not included, tape over all exposed screws and bolts, even those which appear to be out of a child's reach.



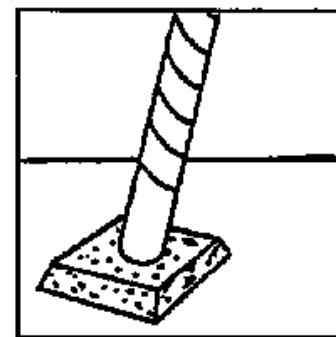
Hard Surfaces

Do not install a set over a hard surface, such as concrete, brick, blacktop, or cinders. Grass or sand is better.



Sharp Edges

Some sets have sharp edges on points where the parts fit together. Tape over these areas with heavy tape and inspect the taped areas regularly for weather damage.



Improper Anchoring

Legs can be set in concrete for stability. All types of anchoring devices should be placed below ground level.

Guidelines
For
Interscholastic Athletics
for the
Catholic Elementary Schools
in the
Diocese of St.Petersburg

Revised and approved
November 2005

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Mission Statement

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We, the coaches of the Catholic Schools of the Diocese of St. Petersburg are ambassadors of the schools we represent.

We will constantly strive to instruct our athletes with competence and compassion. We will nurture their spirits with respect, dignity and purpose. We will instill in them the doctrine of our Catholic faith, which we believe is of the utmost importance to the formation of their characters. We will promote the development of fundamental skills and good sportsmanship.

The purpose of these guidelines is to assist and encourage coaches and principals to remain actively involved in providing their schools with quality athletic programs that provide strong, community-centered communication between principals, coaches, athletes and parents.

In order to ensure a safe, educationally sound and worthwhile athletic program, all coaches must participate in the United States Catholic Conference of Bishops and the Diocese of St. Petersburg mandated **Safe Environment Training** and the principals' mandated training –***Athletic Guidelines and Ethics for Coaches***. In addition, all coaches must have a cleared background screen on file in the school office and recorded in the Safe Environment Office of the Diocese of St. Petersburg.

- I. It is understood that all coaches must be skilled in the rules, regulations and strategies of the particular sport coached. They must further understand that the standard of care and supervision for students during practice and scheduled play is the responsibility of the coach.
- II. It has been recommended by the Schools and Centers' Advisory Council that the principals of each regional cluster establish and oversee an **Interscholastic Athletic Steering Committee** to facilitate and direct the schools' interscholastic athletic programs for that region.
- III. The following sports shall be covered by these guidelines for both junior varsity and varsity teams:
 1. Boys' Baseball
 2. Boys' Basketball
 3. Girls' Basketball
 4. Cheerleading
 5. Flag Football
 6. Golf
 7. Girls' Softball /Boys' Softball
 8. Girls' Soccer
 9. Boys' Soccer
 10. Tennis
 11. Boys' Track
 12. Girls' Track
 13. Boys' Volleyball
 14. Girls' Volleyball

* Any sport that may be endorsed by the school in the future will be governed by these regulations.

*The interscholastic recommended guidelines for all the above mentioned athletics shall be specific to the sport.

- IV. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
- V. Participants on a varsity team will be students in grades 6, 7, and 8 only.
- VI. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been “moved up” to a varsity team, he/ she may not be “moved back down” to the Junior Varsity team during that same season.

- VII. When additional players are absolutely needed for a school to “field” a team, a petition must be filed with the regional cluster’s *Interscholastic Athletic Steering Committee* for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
- VIII. Designated girls’ athletic teams shall consist of female participants.
- IX. Designated boys’ athletic teams shall consist of male participants.
- X. All students participating in athletics must have a sports physical and provide the results utilizing the Office of Catholic Schools/ Advisory Council recommended form.

Specific Regulations:

1. The principal is ultimately responsible for the selection and supervision of coaches. The responsibility for student participation and the scheduling of games belongs to the principal.
2. All coaches must abide by the Diocesan Code of Ethics for Coaches and uphold the teachings of the Catholic Church. All coaches must participate in an in-service, which will provide the opportunity for full understanding of the Diocesan Code of Ethics for Coaches, and the Diocesan Guidelines for Interscholastic Athletics.
3. All participating schools must abide by each individual league's by- laws, and the rules of any other sanctioning bodies.
4. All games must begin with a prayer with the participation of all coaches and players from each school.
5. A team may have a maximum of 8 hours of contact time per week, including game time. (Contact time includes practice and game time. Game time is counted as 1 hour).
6. Teams are limited to only one league per season. Teams may, however, schedule non-league games and scrimmages provided it is within their 8 hours of contact time.
7. Varsity teams may schedule 20 games per season, including league games, scrimmages and non league games.
8. Junior Varsity teams may schedule 12 games per season exclusive of tournaments.
9. Junior Varsity and Varsity teams may participate in 2 tournaments per season.
10. No games or practices will be scheduled on Sundays. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
11. Participants on a varsity team will be students in grades 6, 7, and 8 only.
12. A 6th grader may not play on a varsity and a junior varsity team in the same port in the same season. In addition, once a player has been "moved up" to a varsity team, he/ she may not be "moved back down" to the Junior Varsity team during that same season.
13. When additional players are absolutely needed for a school to "field" a team, a petition must be filed with the regional cluster's *Interscholastic Athletic Steering Committee* for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
14. Designated girls' athletic teams shall consist of female participants.
15. Designated boys' athletic teams shall consist of male participants.

Specific Regulations:

1. The principal is ultimately responsible for the selection and supervision of coaches. The responsibility for student participation and scheduling belong with the principal.
2. All coaches must abide by the Diocesan Code of Ethics for Coaches and uphold the teachings of the Catholic Church. All coaches must participate in an in-service, which will provide the opportunity for full understanding of the Diocesan Code of Ethics for Coaches and the Diocesan Guidelines for Interscholastic Athletics.(see below ** ***)
3. All participating schools must abide by each individual league's by-laws and rules of any other sanctioning bodies.
4. All cheerleading events must begin with a prayer with the participation of the coaches and players of each school.
5. A team may have a maximum of 8 hours of contact time per week, including game time. (Contact time includes practices and game time. game time is counted as 1 hour).
6. Teams are limited to participating in only one league per season.
7. No cheerleading squad shall schedule more than 15 games per season. (Cheerleaders may in addition participate in no more than 3 competitions per season).
8. Uniforms must have prior approval from the principal. Whether cheerleaders are stationary or performing, skirts must be appropriately modest with no slits, tops should not expose bare midriffs or backs.
9. Dance moves, words and routines should be age appropriate and appropriately representative of our Catholic School values.
10. There must be only 12 cheerleaders **on the floor at any time (whether during half time and time outs).**
11. Students in grades 5 and 6 may participate in Junior Varsity cheerleading, and students in grades 7 and 8 may participate in Varsity cheerleading.
12. Cheerleading is classified as an athletic activity and as such is subject to the rules and regulations followed by every other sport. Where a student chooses to play a competitive sport and participate in cheerleading, close communication should be maintained between teachers, parents and coaches to assure that the student is fulfilling his/her commitment to both activities, as well as his/her academic and family responsibilities.
13. During routines, pyramids may consist of single or double stunts. Every stunt over half a body length high requires a spotter.

14. Shoulder sits require a spotter and there will be no flips off of any stunts.
15. Half-time routines are limited to 2 minutes and 45 seconds, a total of 3 minutes on the floor. **This includes entrance time and exit time.**
16. When a ball is in play, cheerleaders must cheer from their seats and remain sitting until play ceases.
17. Cheerleaders must not interfere with a player during the shooting of a free throw during basketball games. Behavioral and attitudinal courtesies must be maintained during any portion of any sporting event.
18. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
19. Participants on a varsity team will be students in grades 6, 7, and 8 only.
20. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been “moved up” to a varsity team, he/ she may not be “moved back down” to the Junior Varsity team during that same season.
21. When additional players are absolutely needed for a school to “field” a team, a petition must be filed with the regional cluster’s *Interscholastic Athletic Steering Committee* for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
22. Designated girls’ athletic teams shall consist of female participants.
23. Designated boys’ athletic teams shall consist of male participants.

** Cheerleading coaches must attend an organizational and training meeting at the beginning of the school year. Every attempt should be made by the regional cluster Interscholastic Athletics Steering Committee to provide a training clinic for all cheerleading coaches.

*** The Hillsborough Elementary Cluster principals have unanimously decided that the Hillsborough Catholic elementary schools will not sponsor a cheerleading program until further notice. (Effective August 2003)

Specific Regulations:

1. The principal is ultimately responsible for the selection and supervision of coaches.
The responsibility for student participation and the scheduling of games belongs to the principal.
2. All coaches must abide by the Diocesan Code of Ethics for Coaches and uphold the teachings of the Catholic Church. All coaches must participate in an in-service, which will provide the opportunity for full understanding of the Diocesan Code of Ethics for Coaches, and the Diocesan Guidelines for Interscholastic Athletics.
3. All participating schools must abide by each individual league's by-laws and the rules of any other sanctioning bodies.
4. All games must begin with a prayer with the participation of all coaches and players from each school.
5. A team may have a maximum of 8 hours of contact time per week, including game time. (Contact time includes practice and game time. Game time is counted as 1 hour.)
6. Teams are limited to only one league per season. Teams may, however, schedule non-league games and scrimmages provided it is within their 8 hours of contact time.
7. Varsity teams may schedule 15 games per season, including league games, scrimmages and non-league games.
8. Teams may participate in 2 tournaments per season.
9. No games or practices will be scheduled on Sundays.
10. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
11. Participants on a varsity team will be students in grades, 6, 7, and 8 only.
12. A 6th grader may not play on a varsity and junior varsity team in the same season.
In addition, once a player has been "moved up" to a varsity team, he/she may not be "moved back down" to the Junior Varsity team during that same season.
13. When additional players are absolutely needed for a school to "field" a team, a petition must be filed with the regional cluster's Interscholastic Athletic Steering Committee for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
14. Designated girls' athletic teams shall consist of female participants.
15. Designated boys' athletic teams shall consist of male participants.

Specific Regulations:

1. The principal is ultimately responsible for the selection and supervision of coaches. The responsibility for student participation and scheduling of games belongs to the principal.
2. All coaches must abide by the Diocesan Code of Ethics for Coaches and uphold the teachings of the Catholic Church. All coaches must participate in an in-service, which will provide the opportunity for full understanding of the Diocesan Code of Ethics for Coaches, and the Diocesan Guidelines for Interscholastic Athletics.
3. All participating schools must abide by each individual league's by-laws, and rules of any other sanctioning bodies.
4. All games should begin with prayer with the participation of all coaches and players of each school.
5. A team may have 8 hours of contact time per week, including game time. (Contact time includes practice and game time. Game time is counted as 1 hour).
6. Teams are limited to only one league per season. Teams may however schedule non-league games and scrimmages provided it is within their 8 hours of contact time.
7. Teams may schedule 15 games per season. Scrimmages and non-league games are permitted as long as they are within the 8 hours of contact time per week.
8. Teams may participate in a maximum of 2 tournaments per season.
9. No games or practices shall be scheduled on Sundays.
10. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
11. Participants on a varsity team will be students in grades 6, 7, and 8 only.
12. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been "moved up" to a varsity team, he/ she may not be "moved back down" to the Junior Varsity team during that same season.
13. When additional players are absolutely needed for a school to "field" a team, a petition must be filed with the regional cluster's *Interscholastic Athletic Steering Committee* for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
14. Designated girls' athletic teams shall consist of female participants.
15. Designated boys' athletic teams shall consist of male participants.

Soccer Regulations

p. 11

1. The principal is ultimately responsible for the selection and supervision of coaches. The responsibility for student participation and the scheduling of games belongs with the principal.
2. All coaches must abide by the Diocesan Code of Ethics for Coaches and uphold the teachings of the Catholic Church. All coaches must participate in an in-service which will provide the opportunity for the full understanding of the Diocesan Code of Ethics for Coaches and the Diocesan Guidelines for Interscholastic Athletics.
3. All participating schools must abide by each individual league's by-laws, and rules of any other sanctioning bodies.
4. All games shall begin with a prayer with the participation of the coaches and players from both teams.
5. A team may have a maximum of 8 hours of contact time per week including game time. (Contact time includes practice and game time. Game time is counted as 1 hour).
6. Teams are limited to only one league per season. Teams may however schedule non-league games and scrimmages provided it is within their 8 hours of contact time.
7. Soccer teams may schedule 15 games per season, exclusive of tournaments but inclusive of non-league games and scrimmages.
8. Teams may participate in a maximum of 2 tournaments per season.
9. No games or practices shall be scheduled on Sundays.
10. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
11. Participants on a varsity team will be students in grades 6, 7, and 8 only.
12. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been "moved up" to a varsity team, he/she may not be "moved back down" to the Junior Varsity team during that same season.
13. When additional players are absolutely needed for a school to "field" a team, a petition must be filed with the regional cluster's *Interscholastic Athletic Steering Committee* for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
14. Designated girls' athletic teams shall consist of female participants.
15. Designated boys' athletic teams shall consist of male participants.

Specific Regulations:

1. The principal is ultimately responsible for the selection and supervision of coaches. The responsibility for student participation and the scheduling of games belongs with the principal.
2. All coaches must abide by the Diocesan Code of Ethics for Coaches and uphold the teachings of the Catholic Church. All coaches must participate in an in-service which will provide the opportunity for full understanding of the Diocesan Code of Ethics for Coaches and the Diocesan Guidelines for Interscholastic Athletics.
3. All participating schools must abide by each individual league's by-laws and rules of any other sanctioning bodies.
4. All games must begin with a prayer with the participation of all coaches and players from each school.
5. A team may have a maximum of 8 hours of contact time per week, including game time. (Contact time includes practice and game time. Game time is counted as 1 hour).
6. Teams are limited to participation in only one league per season. Teams may however schedule non-league games and scrimmages provided it is within their 8 hours of contact time.
7. Teams may schedule 15 games per season, exclusive of tournament games but inclusive of non-league games and scrimmages.
8. Teams may participate in 2 tournaments per season.
9. No games or practices shall be scheduled on Sundays.
10. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
11. Participants on a varsity team will be students in grades 6, 7, and 8 only.
12. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been "moved up" to a varsity team, he/ she may not be "moved back down" to the Junior Varsity team during that same season.
13. When additional players are absolutely needed for a school to "field" a team, a petition must be filed with the regional cluster's *Interscholastic Athletic Steering Committee* for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
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3. All participating schools must abide by each individual league's by-laws, and rules of any other sanctioning bodies.
4. All games should begin with prayer with the participation of all coaches and players of each school.
5. A team may have 8 hours of contact time per week, including game time. (Contact time includes practice and game time. Game time is counted as 1 hour).
6. Teams are limited to only one league per season. Teams may however schedule non-league games and scrimmages provided it is within their 8 hours of contact time.
7. Teams may schedule 15 games per season. Scrimmages and non-league games are permitted as long as they are within the 8 hours of contact time per week.
8. Teams may participate in a maximum of 2 tournaments per season.
9. No games or practices shall be scheduled on Sundays.
10. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
11. Participants on a varsity team will be students in grades 6, 7, and 8 only.
12. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been "moved up" to a varsity team, he/ she may not be "moved back down" to the Junior Varsity team during that same season.
13. When additional players are absolutely needed for a school to "field" a team, a petition must be filed with the regional cluster's *Interscholastic Athletic Steering Committee* for consideration and written permission to play a 4th grader on a junior varsity team or a 5th grader on a varsity team.
14. Designated girls' athletic teams shall consist of female participants.
15. Designated boys' athletic teams shall consist of male participants.

Specific Regulations:

1. The principal is ultimately responsible for the selection and supervision of coaches. The responsibility for student participation and the scheduling of games belongs with the principal.
2. All coaches must abide by the Diocesan Code of Ethics for Coaches and uphold the teachings of the Catholic Church. All coaches must participate in an in-service which will provide the opportunity for full understanding of the Diocesan Code of Ethics for Coaches and the Diocesan Guidelines for Interscholastic Athletics.
3. All participating schools must abide by each individual league's by-laws, and rules of any other sanctioning bodies.
4. All meets must begin with a prayer said with the participation of all coaches and players from each school.
5. A team may have 8 hours of contact time per week, including meets and practices.
6. Teams are limited to only one league per season. Teams may however schedule non-league meets provided it is within their 8 hours of contact time.
7. Teams shall be allowed to participate in 4 meets per season.
8. Every attempt must be made to schedule track meets during the week or on a Saturday. Meets shall be scheduled on Sundays only when it is impossible to reserve a safe and appropriate site.
9. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
10. Participants on a varsity team will be students in grades 6, 7, and 8 only.
11. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been "moved up" to a varsity team, he/ she may not be "moved back down" to the Junior Varsity team during that same season.
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3. All participating schools must abide by each individual league's by-laws, and rules of any other sanctioning bodies.
4. All games should begin with prayer with the participation of all coaches and players of each school.
5. A team may have 8 hours of contact time per week, including game time. (Contact time includes practice and game time. Game time is counted as 1 hour).
6. Teams are limited to only one league per season. Teams may however schedule non-league games and scrimmages provided it is within their 8 hours of contact time.
7. Teams may schedule 15 games per season. Scrimmages and non-league games are permitted as long as they are within the 8 hours of contact time per week.
8. Teams may participate in a maximum of 3 tournaments per season.
9. No games or practices shall be scheduled on Sundays.
10. Participants on a Junior Varsity (JV) team will be students in grades 5 and 6 only.
11. Participants on a varsity team will be students in grades 6, 7, and 8 only.
12. A 6th grader may not play on a varsity and a junior varsity team in the same sport in the same season. In addition, once a player has been "moved up" to a varsity team, he/ she may not be "moved back down" to the Junior Varsity team during that same season.
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From: Karen Brown [Karen_Brown@umit.maine.edu]
Sent: Thursday, August 11, 2005 2:46 PM
To: Concetta Rizzo
Subject: Sports Done Right

Dear Mrs. K. Rizzo,

Thank you for your interest in Sports Done Right™
Please feel free to copy and distribute the report to your principals and staff.

Sincerely,
Karen

Karen B. Brown
Director, Maine Center for Sport and Coaching The University of Maine College of Education & Human Development
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