

EASTERN REGIONAL HIGH SCHOOL

HOME OF THE VIKINGS



ATHLETIC CUT POLICY

FALL -- WINTER -- SPRING

REVISED AUGUST 2024

CUT POLICY

- The denial of a student-athlete's right to participate in a school activity is the most serious decision that a coach can administer. As such, it must be implemented in a fair and impartial manner.
- Student-athletes may not be cut from an athletic team until they have participated in at least three days of practices and one intersquad scrimmage. Subsequent cuts will be after one interscholastic scrimmage.
- A three-year player who has earned a Varsity letter during their junior year season will be retained on the team in their senior year.
- Prior to try-outs, the coach will provide the following information to all candidates for the team:
 - Extent of try-out period
 - Criteria used to select the team
 - Number to be selected
 - Team rules
 - Practice commitments, if they are to make the team
 - Game commitments, if they are to make the team

SQUAD SELECTION

PHILOSOPHY

- Selection of the athletic teams is the sole responsibility of the coaching staff.
- Sub-varsity programs will follow the same selection standards established by the head coach when selecting team rosters.
- Prior to tryouts, the coach will provide the following information to all candidates for the team.
 - Extent of try-out period
 - Criteria used to select the team
 - Approximate number of athletes to be selected
 - Team rules and expectations
 - Practice commitments, if they are to make the team
 - Game commitments, if they are to make the team

PROCEDURE

When the squad is finalized, the process will include the following:

- A minimum of three practice sessions.
- Have performed in at least one inter-squad scrimmage.
- In sports where objective criteria are used to select the squad, a coach developed a “player profile” which will be completed for each candidate assessing the candidate’s skills.
- The student-athlete will be informed of the cut by the coach in person or by letter, and given an assessment leading to the decision.

ADMINISTRATIVE PROCEDURE

INTERSCHOLASTIC ATHLETIC PROGRAM

Each sport offered in the interscholastic athletic program shall be open to all students who desire to participate. Female students may participate in male activities, provided the criteria of the NJSIAA are met.

Every effort shall be expended to provide for all interested students. However, it is recognized that certain limitations exist. These limitations are defined for each sport.

GROUP 1 AND GROUP 2 INTERSCHOLASTIC PROGRAMS

Two basic types of sports shall be recognized. The **first group** is that in which each participant contributed to a team effort; when an individual's skills are joined with the skills of others in a close working cooperative relationship. Therefore, the selection to the team will require the coaching staff to evaluate the student-athlete by the use of a rating (player profile) instrument that will identify measurable criteria in the final selection process.

The **second group** of sports are those in which competitions occur on an individual basis. The concept of levels within the sport - varsity, junior varsity, and freshman - is not truly present. Using tennis as an example --- tournament play is based on putting the strongest player against the strongest competition with a team member. Head to head competition will prevail in the selection process.

GROUP 1	GROUP 2
Baseball / Softball	Bowling
Basketball	Cross Country
Field Hockey	Golf
Football	Swimming
Lacrosse	Tennis
Soccer	Track & Field
Volleyball	Winter Track
	Wrestling

FALL

CROSS COUNTRY - BOYS & GIRLS

- Levels: Varsity, JV
- Varsity Squad Range: 7 - 12 runners
- JV Squad Range: 7 - 12 runners
- Maximum Total Participants: 24 runners
- Coaching Staff: 1 Head Coach, 1 Assistant Coach
- Season: August - November
- Special Considerations
 - If cuts need to be made, they will be made based upon the results of intra-squad races. Coaches may cut student-athletes that they do not predict will contribute to the Varsity squad during their careers.

FIELD HOCKEY

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 11 - 16 players
- JV Squad Range: 12 - 18 players
- Freshman Squad Range: 11 - 25 players
- Maximum Total Participants: 59 players
- Coaching Staff: 1 Head Coach, 3 Assistant Coaches
- Season: August - November
- Special Considerations
 - Underclassmen that do not play in more than one Varsity half may play in the JV game.
- Selection Criteria
 - **OBJECTIVE**
 - Standard skill test - USFHA sanction tests involving shooting, push passing, dribbling, and stopping.
 - Conditioning - (1) timed 2 mile run -- Varsity in 17:15, JV in 18:00; (2) 100 yard sprint; (3) 50 yard sprint
 - **SUBJECTIVE** - positioning, stick work, passing, spatial awareness, movement of the ball, movement off the ball, and age level ability.

FOOTBALL

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 25 - 40 players
- JV & Freshman Squad Range: Based upon appropriate individual achievement
- Maximum Total Participants: 140 players
- Coaching Staff: 1 Head Coach, 7 Assistant Coaches
- Season: August - November
- Special Considerations

- All student-athletes are encouraged to participate. Continued participation on the team requires fulfilling the requirements for attendance, meetings, games, etc. Student-athletes are expected to fulfill all academic responsibilities and matters of school citizenship/discipline in a mature adult manner.

SOCCER - BOYS & GIRLS

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 13 - 22 players
- JV Squad Range: 13 - 18 players
- Freshman Squad Range: 15 - 25 players
- Maximum Total Participants: 65 players
- Coaching Staff: 1 Head Coach, 3 Assistant Coaches
- Season: August - November
- Special Considerations
 - Underclassmen who do not play in more than one Varsity half may play in the JV game.
- Selection Criteria
 - **OBJECTIVE** - passing skills, trapping skills, heading skills, dribbling skills, defensive and offensive skills, shooting skills, field vision, teamwork, individual skills, field versatility.

TENNIS - GIRLS

- Levels: Varsity, JV
- Varsity Squad Range: 9 - 12 players
- JV Squad Range: 9 - 12 players
- Maximum Total Participants: 24 players
- Coaching Staff: 1 Head Coach, 1 Assistant Coach
- Season: August - November
- Special Considerations
 - Playing position is determined by challenge matches (best of three sets) that establishes a ladder from #1, #2, and #3 singles, and #1 and #2 doubles. All NJSIAA rules and regulations regarding challenge matches are to be followed. Doubles teams and positions are determined by challenge matches, attitudes, personalities, and aggressive tendencies that must match their partners.
 - The JV squad consists of as many doubles as space permits. Placement on the JV ladder is by challenge match (8 game pro set).
 - The top 9 - 10 players become members of the Varsity team. 12th grade players cannot be members of the JV squad. 11th grade players must be one of the top twelve players.
 - The coach may or may not hold challenge matches during the season.

VOLLEYBALL - GIRLS

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 9 - 12 players
- JV Squad Range: 12 - 18 players
- Freshman Squad Range: 12 - 20 players
- Maximum Total Participants: 50 players
- Coaching Staff: 1 Head Coach, 2 Assistant Coaches
- Season: August - November
- Selection Criteria
 - Serving, passing, spiking, setting, game play.

WINTER

BASKETBALL - BOYS & GIRLS

- Levels: Varsity, JV, Freshman
- Varsity / JV Squad Range: 16 - 24 players
- Freshman Squad Range: 10 - 15 players
- Maximum Total Participants: 39 players
- Coaching Staff: 1 Head Coach, 3 Assistant Coaches
- Season: Monday before Thanksgiving - March
- Special Considerations
 - Some JV players may be swing players -- playing for both JV & Varsity games.
 - The JV team will be composed of juniors, sophomores, and freshmen.
 - Basketball only allows for five participants in the game at one time. For this reason, limiting the number of participants is usually necessary and “making the team” is difficult.

BOWLING - BOYS & GIRLS

- Levels: Varsity, JV
- Varsity Squad Range: 5 - 7 boys and 5 - 7 girls
- JV Squad Range: 5 - 10 boys and 5 - 10 girls
- Maximum Total Participants: 30 players
- Coaching Staff: 1 Head Coach
- Season: mid-November - March
- Special Considerations
 - In order to make the team, Senior student-athletes must be within the top six average scorers, and junior student-athletes must be within the top ten average scorers after the sixth practice.

SWIMMING - BOYS & GIRLS

- Levels: Varsity, JV
- Squad Range: 20 - 50 swimmers
- Maximum Total Participants: 50 players
- Coaching Staff: 1 Head Coach, 1 Assistant Coach
- Season: mid-November - March
- Special Considerations
 - Movement into dual meet competition is determined by ongoing time standards within the team.
 - There is a cut policy for swimming. Cuts, if necessary, are determined by time-trials within the team. Coaches may cut student-athletes that they do not predict will contribute to the Varsity squad during their careers.

WINTER TRACK & FIELD

- Levels: Varsity, JV, Freshman
- Maximum Total Participants: 40 boys and 40 girls
- Coaching Staff: 1 Head Coach for the Boys and Girls Program, 3 Assistant Coaches
- Season: mid-November - March
- Special Considerations
 - The level that a student-athlete competes (Varsity, JV, or Freshman) will be determined by measured ability level in each event.
 - The primary purpose of Winter Track is to provide an opportunity for large numbers of students to compete.
 - There are no cuts if the number of athletes is 80 or less, as long as the student-athlete meets team requirements. If the number of participants is greater than 80, cuts will be based upon agility and performance.
 - Qualifying times for making the team will be determined by the coaches.

WRESTLING

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 14 - 20 wrestlers
- Maximum Total Participants: 60 wrestlers
- Coaching Staff: 1 Head Coach, 3 Assistant Coaches
- Season: mid November - March
- Special Considerations
 - Movement into the starting line-up will occur by the defeat of a squad member at a weight class in an inter-squad competition.
 - Competitive challenges will take place during the season at the discretion of the coaching staff.

SPRING

BASEBALL /SOFTBALL

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 12 - 16 players
- JV & Freshman Squad Range: 12 - 20 players
- Maximum Total Participants: 56 players
- Coaching Staff: 1 Head Coach, 3 Assistant Coaches
- Season: Early March - June
- Selection Criteria
 - **OBJECTIVE** = Arm speed and accuracy, arm strength, foot speed, bat speed, bat contact, performance in scrimmages
 - **SUBJECTIVE** - Acquired mechanics (visual), general knowledge and awareness, field skills (acquired techniques), enthusiasm and hustle

BOYS LACROSSE

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 14 - 20 players
- JV Squad Range: 10 - 25 players
- Freshman Squad Range: 15 - 25 players
- Maximum Total Participants: 70 players
- Coaching Staff: 1 Head Coach, 3 Assistant Coaches
- Season: Early March - June
- Special Considerations
 - Underclassmen who do not play in more than one Varsity half may play in the JV game.

GIRLS LACROSSE

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 14 - 20 players
- JV Squad Range: 10 - 25 players
- Freshman Squad Range: 15 - 20 players
- Maximum Total Participants: 70 players
- Coaching Staff: 1 Head Coach, 3 Assistant Coaches
- Season: Early March - June
- Special Considerations
 - Underclassmen who do not play in more than one Varsity half may play in the JV game.

GOLF - BOYS & GIRLS

- Levels: Varsity, JV
- Varsity Squad Range: 6 players
- JV Squad Range: 6 - 10 players
- Maximum Total Participants: 16 players
- Coaching Staff: 1 Head Coach
- Season: Early March - June
- Selection Criteria
 - The cutting process is done by a ladder elimination. Everyone is challenging to move up the ladder. Scrimmages and intra-squad competitions are included in the tryout period.
- Special Considerations
 - The home golf course and opponents golf courses may limit the number of participants at practices and matches.

TENNIS - BOYS

- Levels: Varsity, JV
- Varsity Squad Range: 9 - 12 players
- JV Squad Range: 9 - 18 players
- Maximum Total Participants: 30 players
- Coaching Staff: 1 Head Coach, 1 Assistant Coach
- Season: Early March - June - June
- Special Considerations
 - Playing position is determined by challenge matches (best of three sets) that establishes a ladder from #1, #2, and #3 singles, and #1 and #2 doubles. All NJSIAA rules and regulations regarding challenge matches are to be followed. Doubles teams and positions are determined by challenge matches, attitudes, personalities, and aggressive tendencies that must match their partners.
 - The JV squad consists of as many doubles as space permits. Placement on the JV ladder is by challenge match (8 game pro set).
 - The top 9 - 10 players become members of the Varsity team. 12th grade players cannot be members of the JV squad. 11th grade players must be one of the top twelve players.
 - The coach may or may not hold challenge matches during the season.

TRACK & FIELD - BOYS & GIRLS

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 32 - 46 athletes
- Maximum Total Participants: 120 athletes
- Coaching Staff: 1 Head Coach, 4 Assistant Coaches
- Season: Early March - June
- Special Considerations

- There will be no cuts as long as student athletes meet the team requirements as to practice, effort, and competition.
- The level that an athlete competes (Varsity, JV, or Freshman) will be determined by measured ability level in each event.

VOLLEYBALL - BOYS

- Levels: Varsity, JV, Freshman
- Varsity Squad Range: 9 - 12 players
- JV Squad Range: 12 - 18 players
- Freshman Squad Range: 12 - 20 players
- Maximum Total Participants: 50 players
- Coaching Staff: 1 Head Coach, 2 Assistant Coaches
- Season: Early March - June
- Selection Criteria
 - Serving, passing, spiking, setting, game play.