



CENTRAL CATHOLIC HIGH SCHOOL ATHLETIC CODE

The Central Catholic High School Athletic Code outlines the guidelines and information for student-athletes on our campus. The CCHS Athletic Code must be read and the CCHS Athletic Code Contract must be signed by both parent and student in order for the student to participate in athletics for CCHS. The Athletic Code Contract is in the CCHS Athletic Packet.

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Article I - Statement

Participation in athletics at Central Catholic High School is considered a privilege with responsibilities. Each athlete who takes advantage of the privilege must also assume the associated responsibilities.

Athletics mean more than competition between individuals. It is, rather, a means of learning a way of life which exemplifies the philosophy that team work, commitment, determination, and good character can result in achievement of individual potential.

An athlete is important to the school. He/she must realize that he/she will be supported and respected by the school community, as long as the actions warrant it. The athletic department will strive to work in partnership with the athlete, in order to develop each athlete's God-given potential.

CCHS ATHLETES ARE ON DUTY 24 HOURS A DAY!!

Article II - Code of Athletes

The conduct of an athlete is closely observed in many areas of life, and it is important that the athlete's behavior be above reproach. A good athlete must be an example to others; therefore, the obligations of the athlete fall into four major areas.

A. Competition

1. Athletes are respectful towards their teammates, opponents, and officials. They abide by all of the rules of the game.
2. Athletes are modest in victory and respectful in defeat.
3. Athletes control their tempers when things fail to go as they desire or when being replaced by a teammate.
4. Athletes avoid profanity and illegal tactics which are signs of poor sportsmanship.
5. Athletes are aware that participation in athletics is a privilege and accept all responsibilities.

B. Campus/Classroom/Community

1. On and off campus, athletes should set an example for their classmates. They should promote school spirit and be positive leaders in school and community activities.
2. An athlete is neat and well groomed, and should not use profanity or vulgarity.
3. An athlete understands that academic effort and achievement precede athletics.
4. In the classroom, athletes show respect for their teachers and fellow students.
5. An athlete maintains good attendance records, satisfactory academic grades, satisfactory citizenship grades, and realizes that athletics is only a part of his/her total education.
6. Outside the classroom and campus, athletes conduct themselves in a manner that models good sportsmanship and Christ-like behavior.

C. Athletic Trips

1. Athletes' should always conduct themselves as good representatives of their family, school and team.
2. Athletes are conscious of their appearance at all times. An athlete should always be neat and well-groomed.
3. Athletes always conduct themselves in a mature, responsible manner.
4. Athletes always respect the property and rules of a host school or facility.

D. Physical/Spiritual Growth

1. Athletes realize that good physical condition is absolutely necessary and are willing to abide by all training regulations.
2. Athletes must have a sound diet and sufficient amount of sleep.
3. Athletes should know alcohol, nicotine, narcotics and performance- enhancing products detrimental to the human body. The use of these substances can destroy the athlete, his peers, and his family.
4. An athlete must realize that he/she must grow spiritually as well as physically in order to attain his/her full athletic potential.

Article III - Conduct of Athletes

The conduct of athletes is closely monitored and observed. Athletes must realize that they are always representing their school and that their conduct must be above reproach in all aspects of campus life.

A. Use and/or the Possession of Alcohol, Tobacco, or Narcotics

The use and/or possession of alcohol, tobacco, or narcotics of any kind at any time during the season by any member of an athletic team representing Central Catholic High School is prohibited. Any violation will result in a parent contact and possible suspension from the team.

B. Citizenship and Sportsmanship

Any student representing Central Catholic High School must exemplify the highest standards of moral integrity and good sportsmanship, both in and out of school.

C. Vulgarity, Profanity, and Obscenities

The use of profane or obscene language or an act of vulgarity is not acceptable conduct for an athlete. Any act or oral expression that reflects a negative attitude or is given for the purpose of ridicule or defamation of character will be immediate grounds for removal from a contest or practice.

Article IV - Eligibility

Participation in athletics is a privilege. It is presumed that athletes who are representing Central Catholic High School in various athletic activities are maximizing the educational opportunities that are available to them. Continued eligibility for participation in athletics is contingent upon the student maintaining at least a 2.0 grade point average and not having 2 "F's" or 3 "NI's".

A. Academic Eligibility

1. In order to participate in co-curricular activities an athlete must maintain a minimum grade point average of 2.0 for each quarter and not have more than one "F" in any quarter. Athletes who fail this standard will be ineligible for one quarter. The marks received from the most recently completed grading period determine eligibility (1st quarter, 1st semester, 3rd quarter, 2nd semester). Athletes will be notified on the seventh day after the posted grade due date. Ineligibility/Eligibility begins on the eighth day after grades are due.
2. An athlete must have a 2.0 G.P.A. and not more than 1 "F" on the report card for the previous quarter's grades (all subjects count toward the determination of the requirements in order to be eligible to participate in sports/activities for the next quarter.)
3. In the event an athlete receives below a 2.0 G.P.A. or has more than 1 "F" on the second semester card, he/she will be ineligible in the fall. But, if the said athlete goes to summer school and raises his/her grade and the grade is acceptable to Central Catholic, it may be counted. If, in the re-compiling of the G.P.A., it raises it to a 2.0 or above and there is not more than 1 "F", the athlete is eligible for participation in the fall quarter. The athlete shall remain ineligible until the grades are received by the registrar of Central Catholic High School. Such an athlete (summer school student) would be permitted to practice but not participate in games until the eligibility is determined by the receipt of the summer school grades.

B. Citizenship Eligibility

In order to participate in co-curricular activities an athlete must not receive more than 1 "UN" and 2 "NI's" or a total of three less than satisfactory grades. The previous quarter grades determine eligibility. Athletes will be notified the seventh day after the posted grade due date. Ineligibility begins on the eighth day after grades are due.

C. Awards and Block Letter Eligibility

1. Any athlete who completes the entire athletic season of a sport is eligible to receive any awards, honors or "block" associated with that sport.
2. All athletes who complete an entire season of a sport at the Varsity competition level will receive a block CC.
3. All athletes who complete an entire season of a sport will receive all eligible team awards and honors associated with being a member of the team.

4. Any athlete who is ineligible due to academics, citizenship, or is removed from an athletic team for disciplinary reasons for any portion of an athletic season will not be eligible to receive any team/individual or "block" awards.

D. Attendance Eligibility

1. Any athlete who is absent from school two or more periods will not be allowed to participate in any athletic events during that day. Excessive absences or abuse of this rule are subject to review by the Athletic Director and may result in ineligibility for a longer period. Exceptions will include: appearance in court, attendance at a funeral, written verification of a doctor's appointment and school sponsored activities. Any other exceptions are at the discretion of CCHS Administration.
2. Athletes shall not be permitted or encouraged to drop classes, change teachers, or otherwise alter their schedules for the purpose of defeating the intent of this policy.
3. No athlete entering from the 8th grade shall be affected by this policy until his/her first grading period at Central Catholic High School.

E. Other Eligibility

1. Each student who participates in any interscholastic athletic competition must provide evidence of having been given a recent (on or after July 1 of the current school year) physical examination by a physician (either through school sponsorship or family arrangement) in order to satisfy CIF and CCHS Athletic Department regulations.
2. All athletes competing in interscholastic sports must provide evidence that they are covered by an adequate policy of insurance. Athletes may have to take out additional insurance in order to compete. This requirement may be satisfied through the policies carried by the athlete's family or by diocesan and school approved policies.
3. Only registered CCHS students may participate in athletic summer practices. Incoming freshman must be registered and graduate 8th grade before they can participate.

F. Financial

1. Please refer to the financial eligibility requirements listed in the Student Parent Handbook.

G. Christian Service

1. Please refer to the Christian Service eligibility listed in the Student Parent Handbook.

H. Transfer Eligibility

Any student transferring from another school to Central Catholic is subject to the following limitations:

- If a transfer is the result of a complete family change of residence, then the student will have immediate eligibility per CIF regulations.
- Any student who submits a limited eligibility application to their respective Section may be made eligible to play at the sub-varsity level in any sports in which they have participated at any previous school in the twelve months prior to this transfer.
- The transfer must not be a result of disciplinary action.
- The first time a student transfers in high school, they may utilize the Sit Out Period exception. This will require the student sits out a portion of the season for any sport they played at their previous school within the previous 12 months. The Sit Out Period is only for varsity competition. Students making a second transfer are not eligible for the sit out period.
- Students will be granted full eligibility for any sport they did not participate in during the previous 12 months.
- Central Catholic must certify that no consideration was given to the athletic performance of the student in accepting the transfer.
- All CIF transfer decisions are made by the Sac-Joaquin Section Office.

Caution: Any athlete who does not fulfill the requirements listed above is duty bound to report any irregularity in eligibility to the Athletic Director before taking part in any interscholastic contests. Ineligible athletes taking part in such contests make the school liable to forfeiture of contests, or even the whole league season, as well as possible suspension from the California Interscholastic Federation.

Article V - Equipment and Uniforms

CCHS athletes should be proud to wear a Raider uniform. A great deal of money is spent to maintain and purchase proper equipment. Equipment is to be handled properly for financial reasons and to teach athletes responsibility.

A. School athletic equipment checked out by the athlete is his/her responsibility. He/she is expected to keep the equipment clean and in its best possible condition.

B. All equipment will be inventoried, numbered, and checked out by coaches.

C. Students are expected to turn in the same pieces of equipment checked out to them. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned and washed before being returned.

D. Broken equipment must be returned before a replacement will be issued.

E. Athletes are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any stolen or misplaced equipment or uniforms.

F. All equipment and uniforms must be returned within one school day of the last contest. No awards or credits will be given until all equipment and uniforms are returned and/or paid for.

G. Athletes must return or pay for all equipment before being eligible to practice or participate in another sport.

H. Athletic facilities and grounds are considered equipment. Respect and care should be shown - for all facilities. Athletes will be held financially responsible for any damage they maliciously cause.

Article VI - Practice Attendance

Athletes make a commitment to themselves, coaches, and teammates. Attendance at all practices is important for the overall success of the program and each athlete's individual potential.

A. Athletes are expected to attend all practices and contests unless they are absent from school or they are excused by the coach.

B. Unexcused absences from practices or failure to maintain good academic school attendance may be cause for removal from a team.

C. Coaches may adopt individual rules for practice and contest attendance, but rules A and B above take precedence.

Article VII - Academic Credit

It is imperative that athletes take full advantage of the academic opportunities that are offered to them. It is the philosophy of the Athletic Department that athletes should be given the opportunity to receive some academic credit for their athletic commitments.

A. An athlete may earn up to ten (10) units by participating in interscholastic athletics. Athletes may earn 2.5 units per Varsity, JV or Frosh-Soph Sport.

B. Athletes electing to earn credit in this manner must successfully complete the sport within the time line of the season and adhere to the CCHS Athletic Code. Athletes will earn units on a credit/no credit basis.

C. An ineligible athlete may earn academic credit provided he/she complete 9 weeks of that season with the approval of the Athletic Director and the coach of the sport.

Article VIII - Athletic Awards

A. All athletic awards are given according to the guidelines of the CCHS Athletic Code. The coach of each sport will notify the Athletic Director of all athletes who have fulfilled the lettering requirements. Each coach will make his or her requirements for other team awards known to the athletes involved in the specific sport.

B. Coaches shall not give awards to athletes who regularly miss practices or games, who have been disciplined for non-compliance of the CCHS Athletic Code, or any athlete who was ineligible for any portion of the season due to academics, citizenship, or disciplinary reasons.

C. Athletes shall be limited to one block letter in a Varsity sport during his/her high school career, with subsequent recognition by emblems of sport.

D. Large Block CC's will be given for boys, girls, and coed Varsity sports.

E. All freshmen athletes who participate and complete their first sport season shall receive 2" chenille numbers indicating their year of graduation.

F. Members of league championship teams shall receive championship patches. This shall pertain to Varsity, Junior Varsity and Frosh/Soph levels. Athletes must complete the entire season in order to be eligible for any championship patches or emblems.

G. Scholar-athletes, League MVP's, and All League first team recipients will receive special patches for their achievements.

Article IX - Additional Regulations

A. Athletes who quit a sport after the first two (2) weeks, or who are dropped from a sport due to disciplinary reasons, will not be eligible to participate in any other sport until that sport is completed.

B. Athletes dropped from a team for other than disciplinary reasons may participate in any other sport that is offered that particular season.

C. A coach may, at his/her discretion, terminate or suspend an athlete who is in violation of the CCHS Athletic Code and/or the CCHS Parent-Student Handbook. The Athletic Director shall be notified in advance of said action.

D. The Athletic Director shall, at his discretion, terminate or suspend any athlete who is in violation of the CCHS Athletic Code and/or the CCHS Parent-Student Handbook.

E. Athletes must go and return to any contest by transportation furnished by the school, if said transportation is furnished. Failure to do so, without parental permission given to the coach, will warrant disciplinary action and/or dismissal from the team.

F. In cases of Athletic Code violations where the use of non-prescribed drugs and/or narcotics are involved, termination shall be automatic.

G. An athlete may not participate in a sport until a complete Athletic Packet has been turned in to the Athletic Director.

H. All spectators are expected to represent Central Catholic High School in a manner consistent with CCHS standards. Any spectator violating these standards will be asked to leave. Continued violations will result in permanent exclusion from any and all athletic events.

I. Communication Procedure:

Parents are encouraged to participate in their son/daughter's education. We encourage communication with the faculty and administration. In order to resolve questions about fairness, playing time, training procedures, personal conflicts or team related discipline, we ask parents to:

- 1st: Have the student/athlete meet with his position coach.
- 2nd: Call head coach to discuss the situation if satisfaction has not been achieved.
- 3rd: Meet with Athletic Director if situation has not been resolved.
- 4th: The parents should call the Principal if the problem has not been resolved.

J. "Hazing" or "haze like" activities are not permitted. Those practices have in the past resulted in students being humiliated and physically injured and/or school property being damaged or destroyed.

K. Students may not use social media sites to publish disparaging or harassing remarks about CCHS community members, athletic or academic contest rivals, etc.

Students who choose to post editorial content to websites or other forms of online media must ensure that their submission does not reflect poorly upon the school.

Failure to abide by this Policy, as with other policies at CCHS, will be dealt with according to the disciplinary actions described in the Student Handbook, or as determined by the Office of the Dean of Students. Possible penalties could include but are not limited to the loss of co-curricular privileges.