



Sts. Philip & James School

www.SPJsports.com



Catholic Middle School Athletic Association

www.leaguelineup.com/cmsaa

RULES & REGULATIONS

- 1. Sports Offered:**
(all subject to change)
Fall – Boys & Girls Soccer, Boys & Girls Cross Country, Co-ed Volleyball
Winter – Boys & Girls Basketball, Co-ed Bowling
Spring – Boys Baseball & Girls Softball
- 2. Registration:** *All registrations must be submitted on time.* Deadlines are noted for each season. A fee will be incurred for late registrations. When in doubt, please visit the website.
- 3. Uniforms:** Uniforms are a separate fee. Once purchased, they are yours to keep. There is one uniform style that can be worn for all girls or boys sports. There is no need to buy a new uniform for each sport. For example, if your child plays girls soccer and girls softball, you will only incur one uniform fee. If a new uniform is needed because of sizing, you will need to purchase a new one.
- 4. Coaches:** Coaches are needed for every sport. This is on a volunteer basis. If you have any experience, or desire, to coach one of the sports, please let us know. All coaches will need to be Virtus trained & attend the CMSAA life-time coaches' certification class. Once completed, you may have the opportunity to coach any sport. There will be a coaches meeting at the beginning of each season to discuss CMSAA rules and determine rosters. All communication must go through the respective coaches. If an issue cannot be resolved, please feel free to bring it to our attention.
- 5. Attendance:** Students must attend school in order to participate in either practice or games. The school nurse will be in communication with the reps and let them know who cannot participate due to absence.
- 6. Physicals:** Sports physicals will be required before each season. No child will be allowed to play without a sports physical form on file in the nurse's office.
- 7. Grades:** Students must maintain a Grade of "C" or better in their core subjects in order to participate. This is for the betterment of the student.
- 8. Travel:** With over 25 Catholic Middle Schools across Long Island involved in the CMSAA, games are often contested outside our comfort travel limits. Carpooling is necessary & encouraged.
- 9. Game Cancellations:** In the event that a game or practice needs to be canceled, information will be posted to the website as soon as possible. The CMSAA has instituted a 1 p.m. rule, whereby a scheduled game must be canceled by 1pm. This rule is arbitrary. Please check the website before you leave for a game to find out whether or not it will commence. Travel within the league is sometimes far. The weather or field conditions in Hampton Bays could potentially be different than that in St. James. It is the coaches responsibility to inform the parents if

a game is canceled after the 1 p.m. cut-off. Please supply the coach with proper contact information. Calling the school should be avoided. All children will be put on the bus to go home if a game is canceled.

10. **Schedules**: Games are to be played directly after school during the week. Schedules will be posted on the websites once they are finalized. All teachers will have copies of the various schedules posted in the classroom. Teachers have agreed to allow the students time to change clothes before leaving the building. In addition, they have agreed to allow the students to leave class a little early in order to get to a game that will be played at a far away location. If you have a problem with this policy, please inform the teacher and make arrangements for your child to get to the game on their own.

11. **Spirit Day**: Once a season, there will be a Sports Spirit Day where the students will be allowed to wear their respective uniform to school. Information to follow.

12. **Fees & Fundraising**: Registration fees are kept to a minimum and vary among sports. Field permits, league fees, referee fees, etc. are all taken into consideration when charging for each sport. In addition to registration & uniforms, equipment must be purchased. Various fundraising events will take place throughout the year. Currently in place are the Sport Ad program and the SSPJ Athletics Apparel support program. Forms can be found on the website. Please see us for more information about the Sport Ad.