

# Lincoln Catholic Athletic League Rules

## **PHILOSOPHY**

The philosophy of Catholic education takes into consideration the total personality of the student. As part of our program, then, we teach that each individual person is called to become Christ-like. In our athletic program we strive to make this principle evident in our teams, coaches and fans. All are to be treated like Christ.

## **PURPOSE OF THE SPORTS PROGRAM**

1. To instill sportsmanship based on a Catholic Christian philosophy.
2. To teach fundamentals of each sport sponsored by the League.
3. To teach the meaning of competition and cooperation through teamwork, self-discipline, fair play, and self-esteem.
4. To maintain an organization for inter-parish competition
5. To insure participation for all members of each team.

To insure that expectations are clear and that reasonable expectations are placed on each age level.

A second goal is to assist athletes to understand and make solid commitments consistent with Scripture.

Within this rule book you will see 10 commitments. Feel free to share them with others.

## **ROLE OF THE LINCOLN CATHOLIC ATHLETIC LEAGUE**

1. Maintain a "Select Committee", composed of three (3) Lincoln Pastors, three (3) Lincoln Principals, and three (3) Lincoln Athletic Directors (appointed on a rotating basis by the Superintendent of Schools).
2. Sponsor a sports program in soccer, basketball and track for boys and volleyball, basketball, and track for girls, for the Catholic school students in Lincoln and the surrounding area, and other school students groups as approved by the Select Committee and the Superintendent of Schools.
3. Sets rules and regulations for all games.

## **ROLE OF THE SELECT COMMITTEE**

1. Hire and supervise the League Director(s)
2. Monitor all League activities.
3. Enforce all League Rules.
4. Operate as a liaison between Pastors, Principles, Athletic Directors, Coaches and Parents.
5. Deal with written complaints brought to the Select Committee by the League Director (s).

# Lincoln Catholic Athletic League Rules

## LEAGUE DIRECTOR

The Catholic Athletic League Director is hired by, supervised by, and responsible to, the Diocesan Superintendent in conjunction with the Select Committee. The Director's salary will be paid through the Diocese of Lincoln, Inc.

- The Director is responsible for all inter-parish Lincoln Catholic Athletic League competition and athletic competition between Lincoln Diocesan schools and other schools.
- The Director is responsible for the scheduling of all athletic contests within the parameters of the Lincoln Catholic Athletic League.
- The Director is responsible to make sure officials are scheduled for all athletic contests of the Lincoln Catholic Athletic League.
- The Director is to schedule and conduct one meeting a year with the Select Committee during the months of either January or February. The primary purpose is to report on the state of the Athletic League. In addition, any changes/adjustment to League policies will be determined at this meeting. An agenda of the meeting shall be distributed to Select Committee seven days prior to the meeting. He (she) will produce a written record of the meetings to be approved by the Committee's ranking Principal. The Director is responsible for distributing the record to all Pastors, Principals, and the Diocesan Education Office. Other Select Committee meetings may be scheduled as circumstances dictate.
- The Director is to schedule and conduct meetings with all athletic directors on a regular basis and in emergency situations. He (she) will produce a written record of the meetings to be approved by the Committee's ranking school Athletic Director. The Director is responsible for distributing the record to all Pastors, Principals, Athletic Directors and the Diocesan Education Office.
- The Director is to keep accurate and current financial records to be presented at the Select Committee meeting(s).
- The Director will present a comprehensive financial report of income and expenditures to the Select Committee.
- The Director will create a financial budget for the next school year. This budget is to be presented to the "ranking" Pastor on the Select Committee by March 1. The budget will be presented to supporting Pastors at the subsequent meeting by the Director. Following the presentation, the Director will be excused and the Pastors will vote on the budget. Approval of the budget will require the support of 70% of the eligible voters.
- The Director will handle all written complaints. The written complaints are to be made available to the Select Committee along with the actions taken.

## ROLE OF THE SCHOOL ATHLETIC DIRECTOR

1. Distribute League Rules and game schedules to coaches.
2. Notify coaches of rule changes and game schedule changes.
3. Consult coach or coaches if they are in violation of the League Rules.

# Lincoln Catholic Athletic League Rules

4. Inform coaches that all complaints/possible violations that occur during a contest or within the League must be handled through the Athletic Director of their school. It is the Athletic Director's responsibility to talk to the League Directors, not the coaches.
5. Contact League Directors for rule interpretations.
6. Monitor the eligibility requirements of students at their particular school in consultation with their school principal.
7. Notify parents of the League Rules and their schools' academic/disciplinary standards for competition in athletics.
8. Be inside the gym during games to monitor the gym site.
9. Notify coaches, in writing, of athletes not meeting the academic/disciplinary requirements of their school.
10. Contact and inform the parent of the athlete's limited play (or suspension) due to grades or disciplinary action.
11. Distribute game schedules to athletes and/or the coaches.
12. Discuss League rules / violations with athletes to familiarize them with the League standards.
13. Conduct the signing up of athletes for a sport and return the official League roster and league fees to the League Directors prior to its due time and date.
14. Determine with the League Directors the equal division of players, based on individual skill level, when a team must be divided.
15. Obtain officials for particular sports as needed and notify both the league Directors if an official does not meet the standards of our League.
16. Attend all League meetings for Athletic Directors.
17. Act as Select Committee member when appointed.
18. Athletic Directors have full authority to enforce League Rules at their discretion, at their gym site.

## **ROLE OF THE INDIVIDUAL SCHOOL**

1. Obtain athletic directors and coaches.
2. Know, understand, and follow all League rules.
3. Promote cooperation among League members.
4. Attend all appropriate League meetings.
5. Individual parishes shall be responsible for any competition or participation outside of the official league activities. Any such activity should not reflect or imply association with the Lincoln Catholic Athletic League. (I.E. Reference Rule #10 of the State of Nebraska Department of education.)
6. Support the League Director, Athletic Director, coaches, players and all participants in the League.

## **QUALIFICATIONS FOR ATHLETES**

1. Be a student and maintain the academic standards of the qualifying schools they attend.
2. maintain disciplinary and grade standards of the qualified school they attend.
3. Maintain and comply with training, practice, school and League rules.

## **COACHES AND TEAM MANAGERS**

# Lincoln Catholic Athletic League Rules

1. To instill sportsmanship based on a Catholic Christian philosophy.
2. To teach fundamentals of each sport sponsored by the League.
3. To teach the meaning of competition and cooperation through teamwork, self play, and self-esteem.
4. Each team shall be represented on the court of play by a Head coach, assistant coach or by a parent assigned for a game. The Head coach May Not be a current high school student or younger. The assistant coach may be a high school senior or older. Any team not properly represented shall forfeit the game.
5. Coaches and their staffs are reminded that the purpose of the League is to build Catholic Christian character in the young people with whom they work. Winning is worth working for, it is not the final goal. Sportsmanship should rank higher than the outcome of the game.
6. Coaches accept some responsibility for the conduct by all persons associated with the teams. This conduct shall be sportsmanlike at all times.
7. Since coaches and team managers provide role models for their players, all rules of conduct in regard to the players are equally applicable to all coaches and managers.
8. All coaches must attend a coaches meeting for their sport if it is their first involvement with the league or they may be deemed ineligible to coach. A meeting with their Athletic Director, may suffice with pre-approval of the League Directors.

## **GYMNASIUM RULES**

1. All gym sites who hold League competitions must abide by all League rules.
2. All gym sites must have a designated adult supervisor inside the gym at all times.
3. No gym will be opened before 30 minutes of the scheduled first competition.
4. Playing rules that are specific to any gym must be sent in writing to the Select Committee and to each parish prior to the beginning of the school year.
5. Gym rules concerning spectators must be posted at the entrances to each gym-
6. No players are allowed in locker rooms or on the court without the coach or the coach's delegate present.
7. Once in the gym, if student, spectator or player leaves the building, he/she may NOT return to the sporting event. This WILL be ENFORCED at ALL gym sites.
8. All spectators must sit and watch sporting event. Parents must enforce this!
9. Coaches must remain after all games until all players are accounted for and have departed.
10. No non-players are to be on court at any time, especially during half-time and after games. All gym sites MIST enforce this rule or the Pastor of that parish will be contacted as this could create a liability exposure. "League Approved Fund Raisers" will be allowed, but must be strictly-supervised by a designated adult or the gym supervisor!
11. Gym officials should be responsible for locking gym, turning off lights, etc.
12. Parents and Fans MUST STRIVE to give an example of Good Behavior And Sportsmanship.
13. Each gym and coach should have copies of our own "League Rule Book" for each sport at the score's table.
14. Admission should be the same for each gym site and set at the beginning of each school year

# Lincoln Catholic Athletic League Rules

by the Select Committee. This year's admission for all game sites and grades K through Adults is \$2.00 as of August 2004.

15. League Passes are to be honored at all gyms. Coach pass admits coach and immediate family. Teacher and staff passes admits only the teacher and the staff.

16. All gyms must obtain adults/HS Seniors for the scorebook, line judges, and scoreboard persons.

17. Adults of the parish are to be appointed to supervise gym site.

18.- Any infractions of the League Rules must be reported in writing to the complaining school's Athletic Director. The Athletic Director will forward the complaint to the Select Committee or League Director and the complaint will be dealt with by same. The forfeiture of the game is for the first offense. The second offense could result in not being allowed to compete in the League for the remainder of that sport's season.

19. A team roster for each sport, signed by the administrator, coach, and schools athletic director, must be submitted prior to each season and must be adhered to throughout the season. For extenuating circumstances, permission to move players up will be the decision of the League Director. A memo will be sent by the League Director informing all league participants of any changes in any roster. Each team member must be enrolled at that school.

20. A First Aid Kit must be provided for each game by each Parish. Each team should have its own

with them. Gyms will have an ice bag on hand.

21. If an athlete, coach or parent is ejected from a game for unsportsmanlike conduct, the Gym Supervisor at the game site must call and inform the League Director within 24 hours. And the Director will inform the Chairperson of the Select Committee, the particular school's administrator, and parish Pastor.

22. Payments for referees need to be handled promptly at each gym site at the half time of the last contest.

23. Concerning no shows: if a team does not give sufficient notice (by 2:00 p.m. on the school day) to the League Director(s), its school will be billed for the cost of the officials.

## **REFEREES - Basketball, Soccer and Volleyball**

1. Referees for all league games must be approved by *the* League Director.

2. Referees are to be hired by the League Director, or School AD's

3. Referees must control and enforce all game rules regarding players and spectators.

**4. For basketball: Payments for referees need to be handled promptly at each gym site at half time of the last contest. For Basketball each official will be paid \$75 for three games, or \$25 per game for only two games, as of August 2004.**

5. It is always attempted to try and provide you with good officials for all games. When referees are assigned, they'll be assigned by the League Directors at random. Gym sites have no control over who is assigned to them each week. Mistakes and/or bad calls are made on all levels of sports. Good sportsmanship should be maintained before, during, and after all games by all

# Lincoln Catholic Athletic League Rules

- coaches, players, and parents! If the problem is large enough, please send it in writing to the League Director, and it will be dealt with by the League Director and/or the Select Committee.
6. Volleyball officials are hired by the AD's of each school, approved by the League Director.
  7. Soccer officials are hired by the League Director

## PRACTICE & GAMES

1. Physical Education classes are not To be used To supplement athletic practice.
2. No athlete or team shall play more than two (2) scheduled League games a week during the season. This rule can be adjusted by the League Director at the end of the season To accommodate make-up games.
3. No athlete or team shall practice more than three (3) times a week. Example: two practices and one game/ one practice and two games/ three practices and no game. No practice shall last longer than 90 minutes.
4. There shall be no organized athletic competition between member teams belowthe sixth (6th) grade, excluding soccer. If adequate numbers are not available for sixth grade games, fifth (5th) graders may be used. Ordinarily, seven (7) players for basketball and eight (8) players for volleyball are considered sufficient numbers for a team. Exceptions To this rule shall be referred To the League Director in writing, having all the students involved and their grade noted.
5. You must have at least 14 players To split into two (2) teams for basketball and 16 players To split into two (2) teams for volleyball. It is up To the school's Athletic Director with the League Director(s) as To how many teams you need To split into. Example: 21 girls in 7th grade sign up for volleyball, they would split into 2 teams. If 33 signed up they would be split into 3 teams. Together the school's A.D. And League Director will determine the equal division of players, based On individual skill level, when a team must be divided. NOTE: It is not League mandatory To split any groups / teams.
6. There shall be no sixth (6th) grade level teams without sixth graders and when fifth (5th) graders are used, only one (1) sixth grade team will be allowed. Fifth graders will not be allowed To play if there are sixth graders playing On the seventh (7th) and eighth (8th) grade team.
7. (A) All eligible players must participate in each competition. Each player present for a game and eligible To play must play in that game for a time equal To at least one quarter of play. All coaches must equalize playing time throughout the season in each sport. It is up To the coach of each team, and the coach alone, To see that each player has played in each game. A forfeiture of game will result with non-compliance of this rule.
8. A League Track Meet will be scheduled in April & May.
9. League athletic events must be outside school hours. This includes travel

# Lincoln Catholic Athletic League Rules

10. League games must be arranged to end at a reasonable time, no later than 9:30 p.m. All games during school nights will stop by 9:30 p.m. Whoever is in the lead at that time will be declared the winner.

11. First practice/starting dates for all sports will be provided To Athletic Directors by the League Directors.

12. Only one (1) unsportsmanlike technical foul is allowed per player. The player that receives the unsportsmanlike-like technical will be removed from the game and not allowed to play further in that game. Should a player receive a second unsportsmanlike technical in the same contest, he/she will be ruled ineligible for the remainder of the season. Unsportsmanlike technical assessed to a coach shall be administered in accordance with the current high school rule book for the sport involved. If any coach is ejected & refuses to leave game site or re-enters game site during or after contest, he/she will be ruled ineligible to coach the remainder of the season.

13. Any unsportsmanlike technical received by parents, players or coaches must be called To the League Director by the gym supervisor within 24 hours. League Director will notify, in writing, the school's Administrator and the parish Pastor.

14. Athletes may play one grade above their grade level, if due to insufficient numbers of players. This must be requested in writing to the League Director prior to the "rosters" due date.

15. There shall be no competition or practice during Thanksgiving and Christmas vacations. This includes shoot-around/open gyms. Coaches may not be present for shoot--a rounds.

16. Each team must have the sane colored shorts, and each team must have a uniform top that complies with the high school rule for that sport.

17. Two or more teams will be allowed to participate in a single division from one parish if those two teams are fairly divided athletically, and only with the League Director(s), so that one of these teams does not possess an unfair advantage in the League.

## **VOLLEYBALL**

All Catholic-Athletic Rules will be followed as well as the following:

1. Net Height is 7 feet, 4 1/8 inches (88 1/8").
  2. Standards (poles) and stand must be padded.
    - A. Starting in 2004/2005 season, Rally scoring will be used.
- Game 1 Rally To 25 Points.  
Game 2 Rally To 25 Points.  
Game 3 Rally To 15 Points.

When the ball hits the top of the net and goes over it is playable. This called a "let serve". This is

# Lincoln Catholic Athletic League Rules

effective On all serves and volleyed balls.

3. "Official" warm-up will begin 9 minutes prior To game time and will be divided as follows:

First 3 minutes: Visiting Team has whole court. Second 3

minutes: Home Team has whole court. Last 3 minutes: Both Teams serve To each other.

4. Sixth Grade volleyball matches shall have a 45 minute maximum play time rule in effect. The 45 minutes will be timed from

the start of the match. The score will stand as it is at that time when called by the official. scorers table personnel should

remind the official of this rule & in turn the official should remind coaches prior To the start of any 6th grade match.

5. Sixth (6th) Grade Rules: 5 consecutive serve limit, then automatic side out; also, servers may move up and serve from a

line located 3 feet in front of the regulation serve line.

6. Team rosters MUST be To the League Director(s) On the date and time requested. If late during the first 24 hours, a forfeit of the first

scheduled game will result. If late during the next 24 hour period, a forfeit of the second game in addition To the first will

result. If the team rosters are later than a 48 hour time period from the requested deadline date and time, the team will not

be-allowed To participate in the season's activity.

7. A. All eligible players must participate in each competition. Each player present for a game and eligible To play in that game/match for a time equal

To one set. That set shall apply/occur in one of the first two sets of the match. All coaches must equalize playing time

throughout the season. It is up To the coach and the coach alone, To see that each player has played in each match. A

forfeiture of game WILL result with non-compliance of this rule. Other sanctions my be taken, such as removal of the coach

for the remainder of that season.

A. Conduct Of players: The conduct of all involved-coaches, officials, spectators, as well as players-should be characterized by Catholic Christian

B. The conduct of players at practice and game shall be sportsmanlike at all times.

C. Any players that continue To conduct themselves in a manner unbecoming that of a good sport shall be deemed ineligible To play

the next game. Unsportsmanlike conduct shall include-but shall not be limited To-unnecessary yelling, swearing, insulting language

and gestures, and uncomplimentary remarks by any player, On or off the bench.

D. In case of unsportsmanlike conduct from a coach, team or parent, the game in question may be forfeited or oblation/discipline action may

be taken by the League Directors) and Chairman of the Select Committee.

E. A school Pastor, Principle, A.D, will have the right To enforce this rule and will notify either the League Directors) or the

Select Chairperson of such.

# Lincoln Catholic Athletic League Rules

- F. A letter will then be sent To the parish Pastor, and To all others that need To be informed.
8. All coaches and assistant coaches must have a pass To get into the gym sites. Only the coaches, spouse, and children may use the pass. If a pass is not presented, the coach and his or her family must pay the admission. Only two passes per team will be given out regardless of the number of coaches or helpers they might have. Each team should have a Head Coach and an Assistant Coach. The head coach May Not be a current high school student or younger.
9. All gym sites MUST use Adults/HS Seniors for line judges, score book, and scoreboard positions. Students and/or children who are sitting near the scorers table must not distract the people at the scorers table. Removal of that person from the gym could result. The rules for our League, team rosters, and rule book must be at the scorers table for all games.
10. Compression shorts which are unadorned and of a single color similar To the predominate color of the uniform short may be worn.
11. No jewelry is To be worn On the court.
12. There shall be no competition or practice prior To the beginning of the season. Violation will result in a forfeit or removal of the team and/or coach.
13. Concerning no shows: if a team does not give sufficient notice (by 2:00 p.m. On that school day) To the League Director(s), its school will be billed for the cost of the officials.
14. Each team competing in a match WILL supply one line judge, unless other arrangements have been made by the gym supervisor. Failure To comply will result in a forfeit of the match. The line judge may be parent or high school student or a On site AD designated person.
15. Each team MUST be equipped with a first aid kit at all times.
16. At the conclusion of each match the handshake rule will be mandatory for all players and coaches.
17. Payments for Referees need To be handled promptly at your gym site.
18. Each coach must bring their own balls To each game site for warm-up.
19. If a team wins the first two games a third may be played with or without an official if time allows.
20. All other Nebraska high school Volleyball rules apply. (NSAA)

## **BASKETBALL**

All Catholic Athletic Rules will be followed as well as the following:

1. All players' names, uniform numbers and grade must be on the roster.
2. Team rosters must be to the League Director on the date and time requested. If late during the first 24 hours, a forfeit of the first scheduled game will result. If late during the second 24 hour period, a forfeit of the second game in addition to the first will result. If the team rosters are later than a 48 hour time period from the requested deadline date and time, the team will not be allowed to participate in the season activity.
3. Conduct of player:
  - A. The conduct of all involved coaches, officials, spectators, as well as player should be characterized by Catholic Christian principles.
  - B. The conduct of players at practice and games shall be sportsmanlike at all times. Any players

# Lincoln Catholic Athletic League Rules

that continue to conduct

themselves in a manner unbecoming that of a good sport shall be deemed ineligible to play in the next game.

C. Unsportsmanlike conduct shall include but shall not be limited to~unnecessary yelling, swearing, insulting language and

gestures, and uncomplimentary remarks by any player, on or off the bench.

D. In the case of unsportsmanlike conduct from a coach, team or parent, the game in question may be forfeited or a

probation/discipline action be taken at the discretion of the League Director(s) and Chairperson of the Select Committee.

E. A school Pastor, Principle, A.D., will have the right To enforce this rule and will notify either the League Directors(s) or

the Select Chairperson of such.

F. A letter will then be sent to the Parish Pastor, and all others that need To be informed.

4. All coaches and assistant coaches must have a pass to get into the games. Only the coach, spouse and children may use the pass. If a pass is not presented by a coach, then he/she has to pay admission. Only two passes per team will be given, regardless of the number of coaches and/or helpers. Coaches must bring their own balls to each game for warm-ups.

5. No jewelry is to be worn on the court. This saves injury as well as time, so the referee won't have to stop play for removal.

6. The. Rules for our League, team rosters, and NFHS rule book must be at the scorer's table for all games.

7. All gyms must obtain adults/HS seniors for the scorers table. Students and/or children who sit around the scorers table during games must not distract the scorer.

8. Compression shorts which are unadorned and of a single color similar To the predominate color of the shorts may be worn. T-shirts under basketball jersey uniform maybe white or similar to the uniform color. In any case the players wearing T-shirts under the basketball jersey maybe all the same color. The game officials will not make any ruling on t-shirts. This rule was edited on 11/13/12 by Dick Zierke.

9. All eligible players must participate in each competition. Each player present for a game and eligible to play must play in that game for a time equal to at least one quarter of play. All coaches' must equalizes playing time throughout the season in each sport. It is up to the coach of each team, and the coach alone, to see that each player has played in each game.

A forfeiture of game will result with non-compliance of this rule.

10. Home team. Wears "pennies" (colored jerseys) when needed.

11. Concerning a team that does not show: if a team does not give sufficient notice (by 2:00 P.m. on a school day) to the League Directors) its school will be billed for the cost of the official's.

12. Only two (2) technical fouls are allowed per player. The player that receives the technical will be removed from the game and not allowed to play further in that game. If they acquire three technical fouls during the season that player will be ineligible for the remainder of the season.

Technical fouls assessed to a coach shall be administered in accordance with the current high school rule book. If any coach is ejected and refuses to leave the game site or re-enters the game site during or after the contest, he/she will be ruled ineligible to coach for the

# Lincoln Catholic Athletic League Rules

remainder of the season. Gym sites must report all technical fouls to the League Director(s) within 24 hours. Coaches shall be ineligible to coach the rest of the season upon a 3rd technical.

13. Each team should have a head coach and an assistant coach. The head coach may not be a current high school student or younger.

14. Each quarter is six (6) minutes long, half times are seven (7) minutes long. The clock stops on all whistles. Warm up will be six minutes. Adjustments may be made at gym supervisor's discretion.

15. Three (3) full time-outs and two (2) 20 second time-outs per game, To be used at any time during the game. \*Note: see rule #16 as it is a deviation from high school rules.

16. Overtimes are three (3) minutes long, with one (1) extra time-out per overtime. Only one time-out may be carried over from regulation to be used in the overtime period. Example: team x has three (3) timeouts left at the end of the game and team y has none. In the overtime, team x will have two (2) timeouts and team y just one (1). No overtime games will be played in 6th grade games. Maximum of two overtime periods. If tied at end of two extra periods, a tied contest results.

17. The women's regulation size ball will be used for all grades. (285)

18. Three (3) point shots count for all grades.

20. On full court press:

B. No full court presses in the 7th grade, except for the last 3 minutes of each half, as long as the team is not leading by 20 points or more.

C. Eight grade may full court press at anytime, unless a team is leading by 20 points or more.

21. On fast break:

A. No fast break when leading by 20 points or more.

B. Mercy Rule: New August 2004: 20 point Lead in the 2nd half the clock runs, except on injures and

time outs and shooting fouls. If a team comes back to 15 points behind the clock will stop at all whistles.

22. Try to allow at least six (6) minutes for warm-up time between each game.

23. Each team MUST be equipped with a first aid kit at all times.

24. There shall be no competition or practice under the following situations. Violations will result in forfeiture:

A. Prior to the beginning of the season.

B. During the Thanksgiving and Christmas vacation.

25. At the conclusion of each game the handshake rule will be mandatory for all players and coaches,

26. Payments for referees need to be handled promptly at, or before, half time of the last contest.

27. All other Nebraska high school rules apply.

# Lincoln Catholic Athletic League Rules

## **LINCOLN CATHOLIC SCHOOLS LEAGUE DRESS CODE**

Modesty in dress is required of all Lincoln Catholic Schools League teams. Coaches and students must be modestly dressed in order to participate in any school-sponsored practice or competition. Failure to comply with the proper dress code is grounds for removal from a practice, game, or team.

Games: Uniforms, approved by the Athletic Director and School Principal, are to be worn at all school competitions.

Practices: During practices, the following dress code shall be enforced for both coaches and student participants:

Shorts should be mid-thigh or longer and fit securely around the waist. Tight-fitting or sheer shorts, shorts that hang low on the waistline, and shorts higher than the mid-thigh are not allowed.

T-shirts are to be worn at all practices by both girls and boys. T-shirts should have sleeves, be long enough to cover the stomach when arms are raised, and have a crew neckline. They should not be sheer, tight-fitting, or have holes.

Sweat pants and sweat shirts should not be tight-fitting.

Clothing with suggestive or inappropriate words, logos, or pictures is not allowed.

Jewelry may not be worn in practices or in competitions.

No policy can anticipate all possibilities of immodest, inappropriate, or dangerous fashion. The Athletic Director and School Principal reserve the right to determine the appropriateness, or lack thereof, of all clothing and apparel worn at school practices or competitions.