

PVCS SPORTS POLICY HANDBOOK



Prov. 28:1b "...but the righteous are as bold as a lion."

The sports program exists to promote Christian values to all athletes and families; to enrich lives by teaching Biblical principles; to promote physical fitness as well as good Christian leadership skills; to promote a Christ-like attitude toward all opponents, game officials, and any other authority figures. God should be the only reason that sports are to be played at Pleasant Valley Christian School. Without God in these programs, we will fail; therefore, God and His Christian principles will always be at the forefront of the sports we play. We will obey His commands and will follow all the rules. We will set rules that will honor our Lord and Savior. The Athletic Director and coaches are expected to live a life above reproach, exemplifying Christ in words and actions. Competitive sports are an exciting part of the educational process. Students are encouraged to challenge themselves emotionally, spiritually and scholastically with sports. Athletes learn teamwork and discipline while working closely with others to achieve a common goal. While a goal of competitive sports is to win, displaying a Christ-like attitude makes everyone a winner and is priority.

Coaches Responsibility:

The coach has the greatest responsibility of any single person in the athletic department. They have the burden of balancing player's emotions and talents with the goal of fielding a competitive team. All this while representing Christ, the school, and the players with his/her actions and words. The coach's primary goal is to be an example to his/her players as to what it means to be a Christian athlete. This would include conducting themselves in a manner that motivates and drives the players to meet their potential without demoralizing them. An effort should be put forth to only raise their voice when instructing and not in anger. When addressing officials, it should be with respect and in a calm manner since all eyes will be on them. Winning a game should never take precedence over displaying a Christian example. A coach should try to avoid physical contact with a player unless it is required in instruction or breaking up a volatile situation. In the case of a volatile situation, the physical contact should only be enough to diffuse the situation and to assure that all students involved are safe. Force or physical

contact is not tolerated in the case of discipline and will be reported to the appropriate authorities. All coaches and assistants will need to be approved by the principal prior to tryouts.

Team Sportsmanship:

The coach and players must display a high level of sportsmanship during practices and games. Unkind words or actions are not tolerated with other teams, coaches, officials, or players. Taunting or excessive celebration is not tolerated. Suspensions or removal from the team could result from such actions. Christian character must be displayed at all times by both coach and players.

Academics:

All players must have an overall GPS of 2.5 or better, and no F's to be eligible to play in any league or playoff game.

Team Rosters:

Teams are to be comprised based on the following rules. Exceptions to the rules must be approved by the Athletic Director prior to coaches talking to any students or parents.

Volleyball:

7th and 8th Grade Team

The team will need to be first fielded by players in the 7th and 8th grade. The team will need to consist of no less than 8 players and no more than 12. If there are enough signups to constitute two teams (and the league permits it), the teams will be formed as an A and B team. The A team coach will select his/her players to field the most competitive team to represent the school. The B team coach will consist of the remaining players as a building program. If enough players are not available from the 7th and 8th grade to field a team, the coach can select from the 5th and 6th grade team only enough players to meet the minimum player requirements. A player may

also be pulled up from the 5th and 6th grade team for the season if a skilled position is lacking in the 7th and 8th grade team. If a player is pulled up for this reason that player must be a starter or 6th man to justify the move. During the season, the coaches may pull from the 5th and 6th grade team for individual games if they have a shortage of players. If a 5th or 6th grader is pulled up to the older division they are only allowed to play down if there is a shortage of players or they regularly attend both practices. This player cannot come down for playoffs unless they have participated with the team all season.

5th and 6th Grade Team

The team will need to be first fielded by players in the 5th and 6th grade. The team will need to consist of no less than 8 players and no more than 12. If there are enough signups to constitute two teams (and the league permits it), the teams will be formed as an A and B team. The A team coach will select his/her players to field the most competitive team to represent the school. The B team coach will consist of the remaining players as a building program. If enough players are not available from the 5th and 6th grade to field a

team, the coach can select from the 4th grade only enough players to meet the minimum players or not exceed the maximum players. During the season, the coaches may pull from the 4th grade for individual games if they have a shortage of players.

Volleyball Mercy Rules:

In order to assure that all PVCS teams strive to portray a Christ-like example on the court the following rules will be enforced by the AD to assure that we think of others at all times while competing.

3 game matches: If the first game is won by more than 15 points and the second game has a lead of 10 points the coach must substitute all available bench players for starters for a minimum of 5 total points. If this rule is violated the match **will be** forfeited to the league.

5 game matches: If the first two games are won by more than 10 points each the third game will be started by all bench players for a minimum of

7 total points. If this rule is violated the match **will be** forfeited to the league.

Flag Football:

The team will need to be first fielded by players in the 6th, 7th and 8th grade. The team will need to consist of no less than 10 players. There is no maximum amount of players and cuts are not to be instituted. If enough players are not available from the 6th, 7th and 8th grade to field a team, the coach can add the 5th grade to meet the minimum player requirements.

Football Mercy Rules:

In order to assure that all PVCS teams strive to portray a Christ-like example on the field the following rules will be enforced by the AD to assure that we think of others at all times while competing.

If our team is up by three touchdowns with five minutes left in the game, all skill positions will need to be replaced with second string players

until the score is back down to two touchdown differential. If this rule is violated the game **will be** forfeited to the league.

Basketball:

7th and 8th Grade Team

The team will need to be first fielded by players in the 7th and 8th grade. The team will need to consist of no less than 8 players and no more than 14. If there are enough signups to constitute two teams (and the league permits it), the teams will be formed as an A and B team. The A team coach will select his/her players to field the most competitive team to represent the school. The B team coach will consist of the remaining players as a building program. If enough players are not available from the 7th and 8th grade to field a team, the coach can select from the 5th and 6th grade team only enough players to meet the minimum player requirements. A player may also be pulled up from the 5th and 6th grade team for the season if a skilled position is lacking in the 7th and 8th grade team. If a player is pulled up for this reason that player must be a starter or 6th

man to justify the move. During the season, the coaches may pull from the 5th and 6th grade team for individual games if they have a shortage of players.

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individual games if they have a shortage of players.

Basketball Mercy Rules:

In order to assure that all PVCS teams strive to portray a Christ-like example on the court the following rules will be enforced by the AD to assure that we think of others at all times while competing.

If our team is up by 15 points all presses and fast breaks must be stopped. If the team is up by 25 points the coach must play all bench players accept one starter can be left in to facilitate the offense if required. Since basketball is a fast action game and players can break the rules by themselves or substitutions may not be possible at certain points the AD will be the judge if the attempt was made to control the game to not demoralize the other team. If this rule is violated based on the AD's discretion the game **will be** forfeited to the league.

Soccer:

The team will need to be first fielded by players in the 6th, 7th and 8th grade. The team will need to consist of no less than 8 players and no more than 16. If enough players are not available from the 6th, 7th and 8th grade to field a team, the coach can add the 5th grade to meet the minimum player requirements.

Soccer Mercy Rules:

In order to assure that all PVCS teams strive to portray a Christ-like example on the field the following rules will be enforced by the AD to assure that we think of others at all times while competing.

If our team is up by 5 goals with five minutes left in the game, all bench players will need to be placed into the game until the score difference is 4 points. . If this rule is violated based on the AD's discretion the game **will be** forfeited to the league.

Competitiveness and Playing Time:

It is a difficult challenge for a coach to try to balance being competitive, training, and fairness. If a coach only plays the top players it discourages the rest of the players to play in future years and provides no game time training. If the coach balances play time indifferent of skill levels, it tends to discourage the more competitive players if the team is consistently losing, possibly discouraging them from playing in future years. For this reason, the following guidelines are provided to assist the coaches. If the Athletic Director feels that the guidelines are not being given consideration, a warning will be given to the coach. If the guidelines are still not being followed, the coach may be removed.

The coach should play each game with the goal of winning. At the point a game becomes either clearly a win or no chance of winning, the coach should start rotating in other players in order to get playing time and game time experience. If a game is critical in winning league or playoffs and

is a closely contested match, then substitutions are not mandatory. If a coach knows a game will be very competitive and the chances of certain players not playing, it is recommended that the coach clearly explain it to those players ahead of time so they and their parents can be prepared. On the contrary, if a game is known ahead a time that it should be an easy win, the coach should plan on playing all players and informing the players to be ready. Obviously, sometimes games don't go as planned and the coach should always be prepared to change game plans. If a team has clinched a title and/or a playoff position, and final league games are not a factor in playoffs, then it is recommended that a rotation of players is used while still trying to balance wins. If a team has no chance of making playoffs, then it is recommended that a rotation of players be used to gain experience for the following season.

Parent Conduct:

Parents are the most important factor external to the court/field. Without the dedication of the parents to support your children we would have

no team. With this in mind, we try to be very open about your child's abilities, performance, requirements, failures and successes when it comes to the team. Our parents must be the role models on and off the court, and in and out of the stands. Yes, there will be referees who are just not up to par and make calls that are obviously prejudicial or just poor judgment. The coaches and parents must lead the way in helping the children play through this and continue to execute at the best of their abilities. Please realize you are representing Christ, the school, and the players when you are in the stands.

Banquets:

All banquets will be held at the school. No exceptions, unless it is approved by the school board.

Individual Awards:

If a team consists of 10 players or more a maximum of five awards can be given. If a team consists of less than 10 players the number of individual awards cannot exceed half the number

of players. For example 9 players = 4 awards, 8 players = 4 awards, 7 players = 3 awards, etc. The awards should be based on first and foremost that the player exhibits Godly character on and off the court. The player should consistently contribute to the team in practices and games, have respected all authority, and having used their talents to the benefit of the team and not individual statistics. Although it is the coach's responsibility to select the awards, all recipients' names and awards must be submitted to the Principal for approval to assure all qualities have been met off the court and displayed on the court. The principal has full authority to change or request the coaches to change the selections. Of the awards distributed, one award must be the Lion's award. This award should be emphasized at the banquet that it is the pinnacle of all the awards and awarded last, since it is awarded to the player that has displayed the best Christian character on and off the court, excelled in academics at the school, and contributed to the team in all aspects. There is no set policy on the grade point average required to receive the Lion's award, but the principal will consult the student's teachers to assure that the effort and

classroom behavior does not disqualify the student from the honor.