

Dear Parents and Student Athletes,

The Massachusetts Interscholastic Athletic Association (MIAA) and Pioneer Valley Interscholastic Athletic Conference (PVIAC) govern Holyoke Catholic High School athletics. The following list is a compilation of several (not all) important rules each student/athlete must subscribe to in order to compete in athletics at Holyoke Catholic High School. A more complete explanation of rules may be found in the Holyoke Catholic Student Policy Handbook for HCHS rules and on the web at [www.miaa.net](http://www.miaa.net) for MIAA rules.

**RULES:**

- 1. HCHS/MIAA – Academic Eligibility:** HCHS - Because the primary purpose of Holyoke Catholic High School is to provide for a student's quality academic preparation, students not maintaining a C- average in a given quarter will be ineligible to participate in athletic contests for the entire next quarter. Students who fail to achieve the C- average 4th quarter may possibly remedy their situation by attending summer school in order to be eligible for fall sports. Ineligibility becomes effective the day report cards are issued and continues until the last day of the quarter. MIAA – A student must secure during the last marking period preceding an athletic contest a passing grade in the equivalent of four traditional year long major English courses or the student is ineligible to participate in any athletic contests for the entire next quarter. To be eligible for the fall marking period, students are required to have passed for the previous academic year the equivalent of four traditional year long major English courses. **\*\*Ineligibility becomes effective the day report cards are issued to all students and continues until the next report cards are issued to all students.**
- 2. MIAA – Transfer:** A student who transfers schools, not due to a change in their parents residence, is ineligible for one year in the sports he/she participated as a varsity athlete or its equivalent in the year prior to the transfer at the original school. In certain situations, waivers may be granted.
- 3. PVIAC – Game/Practice:** A student may only take part in one formal practice or the equivalent of one regulation event when school is in session. The contest **must** be at the same host site and immediately follow the first contest. Also, the single contest limit must not be exceeded. **\*\*Walk thru's, shoot arounds, batting practice, etc. are not considered a formal practice.**
- 4. HCHS – Detention:** A student who receives a detention **must** serve the detention on the first available detention session date of the following week. A student-athlete is excused from detention on the day of a contest but must serve the detention immediately at the next available detention session. **\*\*If a student-athlete accumulates over 1 ½ hours of detention, the student must serve the detention at the first available detention session date of the following week, regardless if the student has a contest or practice.**
- 5. MIAA – Student Disqualification:** If an official disqualifies a student from a contest, the student is ineligible for the next contest. If a student is so disqualified in a second occasion in one season, that student is ineligible in that sport and all sports for one year.
- 6. MIAA – Physical Examination:** A student must have a physical examination administered by a **LICENSED MASSACHUSETTS MEDICAL PHYSICIAN, NURSE PRACTICIONER, OR PHYSICIANS ASSISTANT**, or is ineligible to participate. **A physical examination is valid for ONLY 395 days (13 months). If a student participates in a sport when ineligible, the student shall be suspended for the number of contests in which he/she participated without a proper physical.**
- 7. MIAA – Age:** A student shall be under 19 years of age, but may compete during the remainder of the school year, provided that his/her birthday occurs on or after September 1 of that year.
- 8. MIAA – Substance Abuse:** A student who, regardless of quantity, uses, consumes, possesses, buys, sells, or gives away any item containing alcohol, marijuana, tobacco, steroids, or any controlled substance, is ineligible for the next 2 consecutive athletic contests or the next 2 weeks, whichever is the greater penalty. A second or subsequent violation renders a student ineligible for the next 12 contests or 12 weeks, whichever is greater.
- 9. MIAA –Hazing:** Massachusetts General Law states that it is a criminal offense to commit an act of "Hazing."
- 10. MIAA – Parental Consent/ Medical Authorization Form:** A parent must complete the school provided form that grants parental permission for their child to participate in athletics and medical authorization which contains a statement of parental permission for the school to seek emergency medical attention in the event that the parent is not present.
- 11. HCHS – Attendance: A student may not participate in a contest or practice when that student is not in attendance at school by 10:00 a.m. on that day, or the day preceding such contest or practice, if the contest or practice is to be held on a "non-school" day. For example, if a student is not in attendance at school on Friday and he/she has practice scheduled that Friday and a game the following day on Saturday, the student may not participate in practice on Friday or the game on Saturday.** The principal may waive this rule for good cause (e.g., emergency medical appointment, school-sponsored trip, college interview, etc.) The intent of the rule is to prevent "resting up for the contest." Coaches will impose appropriate penalties for non-excused absences from team practices.
- 12. HCHS – Equipment:** All school property such as uniforms and equipment issued to athletes by a team is the team member's responsibility. Failure to return this same equipment in good and clean condition makes the athlete financially responsible for the equipment. **\*\*Please note that seniors may not participate in any year-end events until all financial obligations are fulfilled.**

---

Thank you for your cooperation.  
Linda Kenny, Athletic Director