

# **EASTERN REGIONAL HIGH SCHOOL**

*Home of the Vikings*



## **CUT POLICY FALL - WINTER - SPRING**

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Jason Hill  
Vice Principal of Athletics

## CUT POLICY

1. The denial of a student's right to participate in a school activity is a most serious decision that a coach can administer. As such it must be implemented in a fair and impartial manner.
2. Students may not be cut from athletic teams until they have participated in six (6) practices and have performed in at least one inter-squad scrimmage. Subsequent cuts will be after one (1) interscholastic scrimmage.
3. A three (3) year player who has attained a varsity letter their junior year will be retained on the team in their senior year.
4. Prior to try outs, the coach will provide the following information to all candidates for the team:
  - A. Extent of try out period
  - B. Criteria used to select the team
  - C. Number to be selected
  - D. Team rules
  - E. Practice commitment if they make the team
  - F. Game commitments if they are to make the team.
5. A player profile sheet will be completed for each candidate.

## ADMINISTRATIVE PROCEDURE

### Interscholastic Athletic Program

Each sport offered in the interscholastic athletic program shall be open to all students who desire to participate. Female students may participate in male activities provided the criteria of the NJSIAA are met.

Every effort shall be expended to provide for all interested students. However, it is recognized that certain limitations exist. These limitations are defined for each sport.

Two basic types of sports shall be recognized. The **first group** is that in which each participant contributed to a team effort; when an individual's skills are joined with the skills of others in a close working cooperative relationship. The **second group** of sports are those in which competitions occurs on an individual basis. The concept of levels within the sport – varsity, junior varsity and freshman – is not truly present. Using tennis as an example --- tournament play is based on putting the strongest player against the strongest competition with a team member.

# **SQUAD SELECTION**

## **Philosophy**

1. Selection of the athletic teams is the sole responsibility of the coaching staff.
2. Sub-varsity programs will follow the same selection standards established by the head coach when selecting team rosters.
3. Prior to tryouts, the coach will provide the following information to all candidates for the team.
  - a. Extent of try-out period
  - b. Criteria used to select the team
  - c. Approximate number of athletes to be selected
  - d. Team rules and expectations
  - e. Practice commitments
  - f. Game commitments

## **Procedure**

1. When the squad process is finalized, the process will include the following:
  - a. A minimum of six (6) practice sessions.
  - b. Have performed in at least one inter-squad scrimmage.
  - c. In sports where objective criteria are used to select the squad a coach developed player profile will be completed for each candidate assessing the candidate's skills.
  - d. The athlete will be informed of the cut by the coach in person or by letter, and given an assessment leading to the decision.

## GROUP 1 AND GROUP 2 INTERSCHOLASTIC PROGRAMS

Two basic types of sports shall be recognized. The **first group** is that in which each participant contributed to a team effort; when an individual's skills are joined with the skills of others in a close working cooperative relationship. Therefore, the selection to the team will require the coaching staff to evaluate the student athlete by the use of a rating (player profile) instrument that will identify measurable criteria in the final selection process. The **second group** of sports are those in which competitions occur on an individual basis. The concept of levels within the sport – varsity, junior varsity and freshman – is not truly present. Using tennis as an example --- tournament play is based on putting the strongest player against the strongest competition with a team member. Head to head competition will prevail in the selection process.

Group 1	Group 2
Baseball/Softball	Bowling
Basketball	Cross Country
Field Hockey	Golf
Football	Swimming
Lacrosse	Tennis
Soccer	Track and Field
Volleyball	Winter Track and Field
	Wrestling

### **BASEBALL / SOFTBALL**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 12 – 16 players

JV & Freshman Squad Range: 12 – 20 players

Maximum Total Number of Participants: 56 players

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: First Friday in March – June

Selection Criteria:

Objective:

- A. Arm speed and accuracy
- B. Arm strength
- C. Foot speed
- D. Bat speed
- E. Bat contact
- F. Performance in scrimmages

Subjective:

- A. Acquired mechanics – visual
- B. General knowledge and awareness
- C. Field Skills – acquired techniques
- D. Enthusiasm and hustle

## **BASKETBALL**

Levels: Varsity/JV/Freshman

Varsity/JV Squad Range: 16 - 24 players

Freshman Squad Range: 10 - 15 players

Maximum Total Number of Participants: 39 players

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: Friday after Thanksgiving - March

Special Considerations:

- A. Some JV players may be swing players – playing for both JV and Varsity games
- B. The JV Team will be composed of juniors, sophomores and freshman
- C. Basketball only allows for five participants in the game at one time. For this reason limiting the number of participants is usually necessary and “making the team” difficult.

## **FIELD HOCKEY**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 11-16 players

JV Squad Range: 12 -18 players

Freshman Squad Range: 11 – 25 players

Maximum Total Number of Participants: 59 players

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: August - November

Special Considerations:

- A. Underclassmen that do not play in more than one varsity half may play in the JV game.

Selection Criteria:

Objective:

- A. Standardized skill tests – USFHA sanction tests involving shooting, push passing, dribbling and stopping.
- B. Conditioning
  - 1. Timed 2 mile run – varsity in 17:15, JV in 18 minutes
  - 2. 100 yard sprint
  - 3. 50 yard sprint

Subjective:

- A. Positioning, stick work, passing, spatial awareness, movement of the ball, movement off the ball and age level ability.

## **FOOTBALL**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 25 - 40 players

JV & Freshman Squad Range: Based upon appropriate individual achievement

Maximum Total Number of Participants: 140 players

Coaching Staff: 1 Head Coach, 6 Assistant Coaches

Season: August - November

Special Considerations:

All male students are encouraged to participate. Continued participation on the team requires fulfilling the requirements for attendance, meetings, games, etc. Athletes are expected to fulfill all academic responsibilities and matters of school citizenship/discipline in a mature adult manner.

## **BOYS LACROSSE**

Levels: Varsity/JV

Varsity Squad Range: 14 - 20 players

JV Squad Range: 10 - 25 players

Freshman Range: 15 - 25 players

Maximum Total Number of Participants: 70 players

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: First Friday in March - June

Special Considerations:

Underclassman who do not play in more than one varsity half may play in the JV game.

## **GIRLS LACROSSE**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 14 - 20 players

JV Squad Range: 10 - 25 players

Freshman Squad Range: 15 – 20 players

Maximum Total Number of Participants: 45 - 70 players

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: First Friday in March - June

Special Considerations:

Underclassman who do not play in more than one varsity half may play in the JV game.

## **SOCCER**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 13 - 22 players

JV Squad Range: 13 - 18 players

Freshman Squad Range: 15 - 25 players

Maximum Total Number of Participants: 65 players

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: August - November

Special Considerations:

Underclassmen that do not play in more than one varsity half may play in the JV game.

Selection Criteria:

Objective:

- a. Passing skills
- b. Trapping skills
- c. Heading skills
- d. Dribbling skills
- e. Defensive skills
- f. Offensive skills
- g. Shooting skills
- h. Field vision
- i. Team work
- j. Individual skills
- k. Field versatility

## **VOLLEYBALL**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 9 - 12 players

JV Squad Range: 12 - 18 players

Freshman Squad Range: 12 - 20 players

Maximum Total Number of Participants: 50 players

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: August - November

Selection Criteria:

- a. Serving
- b. Passing
- c. Spiking
- d. Setting
- e. Game play

## **BOWLING**

Levels: Varsity/JV

Varsity Squad Range: 5 – 7 boys and 5 - 7 girls

JV Squad Range: 5 – 10 boys and 5 – 10 girls



Maximum total Number of Participants: 30

Coaching Staff: 1 Head Coach

Season: November 15 - March

Special Considerations:

Seniors must be in the top six averages and juniors must be in the top ten averages after the sixth practice in order to make the team.

## **CROSS COUNTRY**

Levels: Varsity/JV

Varsity Squad Range: 7 - 12

JV Squad Range: 7- 12

Maximum Total Number of Participants: 24

Coaching Staff: 1 Head Coach & 1 JV Coach

Season: August - November

Selection Criteria:

If cuts need to be made they will be made based upon the results of intra-squad races. Coaches may cut student athletes that they do not predict will contribute to the varsity squad during their careers.

## **GOLF**

Levels: Varsity/JV

Varsity Squad Range: 6

JV Squad Range: 10 - 18

Maximum total Number of Participants: 24

Coaching Staff: 1 Head Coach

Season: First Friday in March to June

Selection Criteria:

The cutting process is done by a ladder elimination. Everyone is challenging to move up the ladder. Included in the tryout period are scrimmages and intra-squad competitions.

Special Considerations:

The home golf course and opponents golf courses may limit the number of participants at practices and matches.

## **SWIMMING & DIVING**

Levels: Varsity/JV

Squad Range: 50 - 65 Swimmers – Boys and Girls combined

Coaching Staff: 1 Head Coach for the Boys and Girls Program, 1 Assistant for the Boys and 1 Assistant for the girls

Season: November 15 - March

Special Considerations:

Movement into dual meet competition is determined by ongoing time standards within the team.

There is a cut policy for swimming. Cuts, if necessary, are determined by time-trials within the team. Coaches may cut student athletes that they do not predict will contribute to the varsity squad during their careers.

## **TENNIS**

Levels: Varsity/JV

Varsity Squad Range: 9 - 12

JV Squad Range: 9 - 12

Maximum total Number of Participants: 18 - 24

Coaching Staff: 1 Head Coach

Season: August – November (Girls)  
First Friday in March – June (Boys)

Special Considerations:

1. Playing position is determined by challenge matches (best of three sets) that establishes a ladder from #1, #2 and # 3 singles and #1 doubles and #2 doubles. All NJSIAA rules and regulations regarding challenge matches are to be followed. Doubles

teams and positions are determined by challenge matches, attitudes, personalities and aggressive tendencies that must match their partners.

2. The JV consists of as many doubles as space permits. Placement on the JV ladder is by challenge match (8 game pro set).
3. The top 9 – 10 players become members of the varsity team. 12<sup>th</sup> grade players cannot be members of the JV squad. 11<sup>th</sup> grade players must be one of the top twelve players.
4. The coach may or may not have challenge matches during the season.

## **TRACK & FIELD**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 32 - 46

Maximum total Number of Participants: 120

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: First Friday in March - June

### Special Considerations:

1. There will not be cuts as long as student athletes meet the team requirements as to practice, effort and competition.
2. The level that an athlete competes, Varsity, JV or Freshman, will be determined by measured ability level in each event.
3. Coaches may cut student athletes that they do not predict will contribute to the varsity squad during their careers.

## **WINTER TRACK & FIELD**

Levels: Varsity/JV/Freshman

Maximum total Number of Participants: 40 boys and 40 girls

Coaching Staff: 1 Head Coach for the Boys and Girls Program, 1 Assistant for the Boys and 1 Assistant for the girls

Season: Monday after Thanksgiving - March

### Special Considerations:

1. The level that an athlete competes, Varsity, JV or Freshman, will be determined by measured ability level in each event.

2. The primary purpose of Winter Track is to provide an opportunity for large numbers of students to compete.
3. There are no cuts if the number of athletes is 80 or less as long as the student athlete meets team requirements. If the number of participants is greater than 80, cuts will be based upon ability and performance.
4. Qualifying times for making the team will be determined by the coaches.
5. Coaches may cut student athletes that they do not predict will contribute to the varsity squad during their careers.

## **WRESTLING**

Levels: Varsity/JV/Freshman

Varsity Squad Range: 14-20

Maximum total Number of Participants: 60

Coaching Staff: 1 Head Coach, 2 Assistant Coaches

Season: Friday after Thanksgiving - March

### Special Considerations:

1. Movement into the starting line-up will occur by the defeat of a squad member at a weight class in an inter-squad competition.
2. Competitive challenges will take place during the season at the discretion of the coaching staff.