

Administrative Application	
Students 9320 <hr/> Elementary Extra-Curricular Sports	Last Reviewed /Approved on: February 20, 2026
	References: The Education Act, 1995, s. 179 Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports Policy 12 – Role of the Director
	Status: Operational

Preamble

Physical activity contributes to students' physical, academic, and social well-being and this is an important part of the educational program. Participation in the extra-curricular sports programs further develops these attributes. It is recognized that participants in extracurricular sports will play to win however, we believe in fostering sportsmanship, fair play and respect for others.

Definitions

1. **Extra-curricular Sports**

An extra-curricular sport refers to any athletic competition between school division elementary schools. The extra-curricular sports program also encompasses tryouts and, practices to prepare for competition.

Application

The Regina Catholic School Division (RCSD) is committed to an elementary extra-curricular sports program designed to develop students physically, emotionally, and spiritually.

1. This application applies to the instruction and conduct of extra-curricular activities in the classroom, gymnasium, playground and other areas appropriate for the conduct of athletic competitions, including non-school property.
2. The standard of care applied to the extra-curricular sports program is that exercised by a careful parent of a large family.
3. The Board authorizes designated extra-curricular sports.

A supporting document entitled *Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports, 2025* provides detailed procedures for all approved activities.

4. Volunteer school division staff, parents, or community members will lead extra-curricular sports.

5. The designated extra-curricular sports in which an individual school participates will be determined by the school administration, based upon the expertise and interest of the school staff, interest of students, and support of the community.

a. **Objectives**

The objectives of school division elementary extra-curricular sports are to:

- i. Encourage students to develop a healthy, active lifestyle.
- ii. Encourage students to develop their athletic talents in a league not specifically designed to develop high performance or elite athletes.
- iii. Teach students how to be competitive within an ethical framework.
- iv. Give students exposure to a wide variety of sports activities.
- v. Teach values of hard work, sacrifice, cooperation and sportsmanship within a team setting.
- vi. Provide a learning opportunity for coaches to develop their coaching skills.

b. **Structure**

The following gender specific sports are designated in the school division:

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|--------------------------|----------------------------------|
| i. Cross Country Running | Girls' Division – Boys' Division |
| ii. Aerial Football | Girls' League – Boys' League |
| iii. Volleyball | Girls' League – Boys' League |
| iv. Basketball | Girls' League – Boys' League |
| v. Badminton | Girls' Division – Boys' Division |
| vi. Track and Field | Girls' Division – Boys' Division |

c. **Competitive and Developmental League Designations**

Designated extra-curricular sports (see #2 above) may, as determined on an individual school basis, be organized for play in either a competitive league or a developmental league. Both leagues follow the same objectives (see #1 above) however; the developmental league will have increased focus on basic skill development. Developmental league structure will accommodate an increased balance of participation, with less emphasis on competition.

- d. The designated extra-curricular sports in which an individual school participates will be determined by the school administration, based upon the expertise and the availability of school staff, interests of students, and support of the community.

- e. If a school cannot organize a team for one gender in the team sports of basketball, volleyball, or aerial football, students may participate on teams organized for students of the opposite gender. Superintendent in charge of Elementary Extra-Curricular Sports and league coaches will determine the league the team participates in.