

Lettering Criteria for Varsity Sports

Rocky Bayou Christian

General

Parents/students are responsible for purchasing their own Letterman jacket. RBCS has a vendor selected that will sell the approved RBCS letterman jacket.

RBCS will award each student-athlete with a letter (first time meeting criteria), a sports pin (sport lettered in), and a bar (for each sport) for each additional year the student met the criteria.

These are the general guidelines for each sport/team of RBCS.

- Strong Character
 - Honesty
 - Integrity
- Committed to the Team
 - Attendance to all practices and competitions.
 - Unless excused by coach/administration.
 - Contributes to the success of the team.
 - Embraces whatever role team needs.
- Solid Work Ethic
 - Accomplishes tasks and duties well.
 - Does not cut corners.
- Positive Attitude
 - Plays and competes to win in all situations and scenarios.
 - This includes practices, training sessions, workouts, and competitions.
 - Respects and encourages all involved with team.
- Compete at Varsity level
 - Age, or grade, does not matter.
- Good Academic Standing
- Complete Season
 - Athletes injured any time during the season may still be awarded a letter, if in the opinion of the head coach and Athletic Director that individual would have met necessary criteria.

Baseball/Softball

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Played in half of the innings of the season.
- Top thirteen (13) on the depth chart for half the season.
- Top four (4) on pitching depth chart for half the season.
- Dressed out for any FHSAA State Series Playoff Game beyond round one of District tournament.

Basketball

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Played in half of the quarters of the season.
- Top eight (8) on the depth chart for half of the season.
- Dressed out for any FHSAA State Series Playoff Game.

Cross-Country

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Qualified/Advanced to the Regional Meet.
- Met the following times at any meet during the season:
 - Boys – 20:00
 - Girls – 24:00

Football

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Played in half of the quarters for the season.
- First, or second, string on offense or defense for half of the season.
- First string on any special teams unit for half of the season.
- Dressed out for any FHSAA State Series Playoff Game.

Golf

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Play in six, 9 hole matches through the season.
 - **first requirement to letter in golf. If this is the only criteria met, no letter is awarded. One of the following criteria must also be met.*
- Qualify/advance to Regional Meet.
- Met the following score at any official meet during the season:
 - Score of 90 on an 18 hole course.
 - Score 45 in two 9 hole course matches.

Soccer

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Played in half of the playing time of the season.
- Top fifteen (15) on the depth chart for half the season.
- Dressed out for any FHSAA State Series Playoff Game.

Swim

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Any Individual or Relay Team Member who qualifies/advances to the Regional Meet.
- Any Individual who scored in their event at the District Meet.
- Any Relay Team Member whose relay team placed in the top four at the District Meet.
- Any athlete who meets any of the criteria at any FAT meet during the season:

Event	Boys	Girls	Event	Boys	Girls
50 Free	23.9	27.9	200 IM	2:10	2:25
100 Back	1:01	1:08	500 Free	5:40	6:20
100 Breast	1:06	1:15	200 Medley Relay	1:48	2:03
100 Fly	1:01	1:06	200 Free Relay	1:41	1:55
100 Free	52.8	59.8	400 Free Relay	3:45	4:20
200 Free	1:57	2:07			

Track and Field

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Any Individual or Relay Team Member who qualifies/advances to the Regional Meet.
- Any Individual who scored in their event at the District Meet.
- Any Relay Team Member whose relay team placed in the top four at the District Meet.
- Any athlete who meets any of the criteria at any FAT meet:

Event	Boys	Girls	Event	Boys	Girls
110/100 Meter Hurdles	18.1	19.9	3200 Meter	12:30	14:50
300 Meter Hurdles	51.7	59.5	Long Jump	5.1 m	4.2 m
100 Meter	12.5	14.2	Triple Jump	10.6 m	8.2 m
200 Meter	25.1	29.9	High Jump	1.6 m	1.4 m
400 Meter	58.2	69.5	Pole Vault	3.0 m	2.4 m
800 Meter	2:17	2:42	Shot Put	11.5 m	7.0 m
1600 Meter	5:30	6:30	Discuss	33.5 m	22.86 m
4x100m Relay	46.9	55.9	4x800m Relay	9:45	11:30
4x400m Relay	3:50	4:50			

Tennis

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Qualify/Advance to the Regional Meet.
- Top six (6) on the depth chart for half the season
- Compete in 3 Varsity matches

Volleyball

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Played in half of the games played during the season.
- Top nine (9) on the depth chart for half the season.
- Dressed out for any FHSAA State Series Playoff Game.

Weightlifting

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Qualify/Advance to Regional Meet.
- Secured a scoring position at the District Meet.
- Met the following criteria at any official meet during the season:
 - Bench – 140% of body weight.
 - Clean and Jerk – 130% of body weight.

Wrestling

Meeting any one of the following criteria will allow a student-athlete to earn a varsity letter.

- Compete in 20 varsity matches (must meet this requirement as a minimum)
- Place in top four at Districts
- Qualify/Advance to Regional Meet.