2018-2019 CYO Athletics Manual Changes

Rules/Compliance/Officiating Committee (RCO) – removed from manual. Rulings be Sport Committees and CYO Athletics staff can be appealed to the Athletics Advisory Committee (AAC) without the intermediary step of appealing to the RCO.

Facility Reimbursements – previously only applied to Snohomish and King Counties, now apply to Pierce County as well (all CYO participating programs can receive field and gym reimbursements for hosting games).

Player Eligibility – Soccer (3rd-8th grade) and Basketball (all grades), coed is not allowed in these sports.

Game Protest – no longer allowed in CYO Sports, but the Incident Report process can be used for concerns around a referee, coach, spectator or even player conduct.

Definition of a “Coach” or “Parent Helper” – now clarifies that we are defining these roles as it relates to who needs to be Safe Environment trained. The definition of a coach for Play Like A Champion Today will continue to be at the administration of the Athletic Director, to ensure volunteers who are coming back to coach a second season in CYO Athletics are trained in Play Like A Champion. This might mean they are a “Parent Helper” the first season, but coming back for a second season, it is important to identify them as a “Coach” and let them know to attend the in-person training. Definition of a “Team Representative” at a coaches meeting has been updated to reflect our conversation at the Spring AD Meeting, that this should be the Head Coach, or an Assistant Coach, or as a last resort, a “parent helper”, but there should be one person from each team at the coaches meeting, to ensure as much as possible, that the Team Representative at the coaches meeting is actually someone who will be attending games for that team (not just coaching them in practice).

Divisions/Playoffs – structures for how divisions are formed and who qualifies for playoffs are now listed in the Sport specific sections of the manual.


Pierce County Basketball – now listed in the manual.

Basketball – eliminated the JV Jamboree. There will be an additional “Seeded Game” at the end of the season on Saturday, February 9th.

Basketball Rules – 6th, 7th and 8th grade games will be 7 minute quarters. New rule for second half of all games, if a team has at least a 20 point lead in 4th-6th grade or at least a 25 point lead in 7th and 8th grade, the clock will be treated as a running clock (only stops during a timeout). Stop clock procedure would still be in effect whenever the score differential falls below these thresholds.
Basketball 4th and 5th Grade Specific Rules – 4th grade still has no 3-pointers, but 5th grade will now score a 3-point basket. Defense rules will now simply state “no zone defense, no double teams, no backcourt defense”.

Basketball – 7th and 8th grade JV teams may now full court press the entire 4th quarter and any overtime periods.

HS Basketball – For the second half of all games, if a team has at least a 25 point lead, the clock will be treated as a running clock (only stops during a timeout). Stop clock procedure would still be in effect whenever the score differential falls below these thresholds.

Volleyball – if playing the 3rd game “just for fun”, teams now need to clear the floor 15 minutes before the next scheduled game. Previously, this rule said at least 10 minutes.

Pierce County Volleyball – now listed in the manual.

HS Coed Volleyball – now listed in the manual.

Baseball – 5th/6th grade “Little League” approved bats as of 2017 can be up to 2 5/8” barrels.

Track and Field – Pentathlon scheduling is TBA. We are planning to move this to another day than Mother’s Day.

Track and Field – Shot Put and High Jump 7th and 8th Grade maximum participants per team went up from 2 to 3.

Track and Field – Relay Meet no longer has B Heat relays, but teams can put up to 2 different relay teams per grade/gender in the 60m Shuttle Relays and any of the 4x100m relays.

Track and Field – Relay Meet – for the sake of timing, Turbo Jav and Long Jump relay teams now will only have two attempts per competitor.

Track and Field – Relay Meet – athletes may now participate in 3 running relays and one field event relay (last year athletes could only compete in a maximum of 2 running relays and a field event relay).

Track and Field – All-Comers meet will not offer the 400m race anymore.

Track and Field – Championship meet will not offer 1600 B heat race anymore.

Adult Coed Softball – now listed in the manual.