Dear Coach, Coordinator or Athletic Director in CYO Athletics,

On behalf of the young people, the families and the larger community you serve, I would like to thank you for your commitment to making a difference in the lives of our youth.

Our ability to offer a tangible and quality experience for them to grow in Christian discipleship through sports cannot happen without you. Because of your passion for sports and young people, you have chosen to respond to the baptismal call to service in this important way.

Much like St. Paul to the early Christians, I exhort you to coach and lead so as to win – to win the imperishable crown that is in line with the mission of the Catholic Church and the philosophy of CYO Athletics.

In CYO Athletics, we gather as both competitors and as one community in Christ, and thus it is our responsibility to take into account all our young participants and encourage their growth so that they might maximize their individual and team potential. In that way, they might grow into becoming the best they are capable of being – as individual athletes, as members of a team, as sons and daughters of God, and as members of the Body of Christ. Our goal is that they all become Champions in everything they do, in all facets of life.

My prayer is that through your example the athletes will grow to understand their faith in Christ as something they explore, engage and live every day – in order to respond to their own baptismal call and to make an impact on the world.

May you experience many blessings and abundant joy in your walk with young people on their journey of faith through athletics!

Sincerely in Christ,

Most Rev. J. Peter Sartain
Archbishop of Seattle
Archdiocese of Seattle - www.seattlearchdiocese.org
CYO Athletics is an extension of the ministry of the Archbishop of Seattle.

CYO Summer Camp - https://cyo.camp/
CYO Camps are the only summer camps in Washington that inspire campers to learn respect and dignity for themselves, others and the environment . . . all through Catholic teachings.

Youth Ministry - www.oyyae.org
CYO Athletics is one aspect of comprehensive ministry for youth and young adults in the Archdiocese of Seattle.

Young Adult Ministry and The Scroll – www.oyyae.org/youngadults
A weekly newsletter for young adult Catholics in Western Washington – find information on service, social, sports and spiritual opportunities!

Multicultural Youth/Young Adults - www.oyyae.org/multicultural
Promoting the pastoral outreach and accompaniment of youth & young adults in the different cultural communities across Western Washington. Visit the multicultural youth and young adult ministry webpage for information on events.

Play Like A Champion Today® - www.playlikeachampion.org
CYO Athletics has been a PLACT partner since 2007. It is research-based, child centered and starts from the premise that sports is ministry and coaches are youth ministers.
It is designed to:
1. Help us recognize the spiritual nature of sports;
2. Train youth sport coaches to be effective ministers;
3. Promote the moral and character development of our youth;

Safe Environment - http://www.seattlearchdiocese.org/SEP/
Program for the Prevention of Sexual Abuse, you can find access to more details on program requirements, how to fulfill them and direct links to the Virtus website.

Concussion Management Guidelines - policies for the management of concussion and head injury in youth sports – this link brings you to the webpage with required video and paperwork as well as additional resources.

NFHS Learning Center - http://nfhslearn.com/
Educational opportunities for coaches and administrators, including sport specific, philosophy and safety courses – including required Sudden Cardiac Arrest course.

JP2 Foundation 4 Sport - www.johnpaul2foundation4sport.org/
Inspired by John Paul II’s vision of sport, which has as its primary focus the building of spiritual character through excellence in sporting skills and fitness.
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PHILOSOPHY OF CYO ATHLETICS

MISSION STATEMENT
CYO Athletics is sports done a different way – as one community. Individuals and teams strive for greatness in accordance with Gospel values. To develop the whole person, we teach success is not measured solely by the scoreboard, but by the effort, team play, and fun of the experience.

ONE COMMUNITY
The CYO Athletics community is organized around the parish or school as its center of activities, as this is a natural environment that provides a resource of volunteers and financial support necessary for the implementation of activities for youth.

To support our parish community, CYO Athletics schedules around parish and school conflicts, and games will not begin before noon on Sundays to allow families to attend mass.

STRIVING FOR GREATNESS - PROGRAM GOALS
1) To provide opportunities for youth to grow in faith;
2) To increase self-confidence and self-reliance;
3) To increase interpersonal competence;
4) To increase a sense of caring toward others.

In other words, CYO Athletics is teaching Gospel values that aid boys and girls in their social, spiritual, physical and emotional development towards adulthood.

SPORTS AS MINISTRY
The Latin ministerium means “service”. All Christians, not just ordained, are called to ministry through baptism. CYO Athletics is a ministry of the Catholic Church. As such, sports becomes a vehicle for reaching young people, for providing opportunities to grow in their faith, to apply the lessons of faith to their daily lives. To our athletes, success should not be measured by the scoreboard, but by giving full effort, being the best teammate they can be, and having fun.

“All of us, in life, are in need of educators, mature, wise and balanced persons that help us grow in the family, in study, in work, in the faith. Educators that encourage us to take the first steps in a new activity without having fear of the obstacles and the challenges to be faced; that spur us to surmount difficult moments; that exhort us to have confidence in ourselves and in our companions; that are at our side be it in moments of disappointment and loss be it in those of joy and success. The sports coach, especially in Catholic environments of amateurish sport, can become for many young people one of these good educators, so important for the development of a mature, harmonic and complete personality.”

-Pope Francis
COMPASSIONATE COMPETITION

CYO Athletics should reflect an integration of the Gospel values we are called to live out through our baptismal call. It is not a choice between compassion and competition. It is not an either or proposition. One of the great elements of athletics is the aspect of competition. If we were to remove competition, we would remove one of the essential aspects of athletics that provides teachable moments and lasting memories. It is often competition that brings out the best in who we are and helps us become something more than we believed capable.

The word competition comes from the Latin *com* meaning “with” and *petere* meaning “to strive”. It is important to note that we do not compete against someone else, we compete with them. We strive with them to bring out the best in ourselves and those we compete with. Likewise, if we are to remove compassion from athletics, we remove the framework of our faith that should inform every action we take.

The word compassion comes from the Latin *com* meaning “with” and *pati* meaning “to bear, to suffer”. Compassion is the sorrow for the sufferings of another or others, accompanied by an urge to help. Christ’s passion is that which He suffered and endured on our behalf on the cross. His passion is in union with us and with God. Through this act, He reconciles us with God. We are called as disciples to take up that cross and to act in our lives with that same sense of suffering or endurance on behalf of others, to have and to show compassion for those we encounter.

One of the ways this is lived out specifically in CYO Athletics is in our lopsided score policy. Our emphasis on trying to eliminate lopsided scores comes from a number of values of the CYO Athletics program and the Catholic Church.

It is healthy for a coach to ask a player to focus on a less developed skill or weaker part of their skill set in order to grow as a player. That is not about reducing effort or achievement. It is simply redirecting effort from a skill that they clearly have grasped (or one they can achieve relative to their opponent) to one that they need to develop further.

In the end, while that player may not score a basket or a goal, they are better served as a competitive athlete for using lesser developed skills in a game environment and they likely made the game more competitive, which for most athletes and spectators is more fun. Because they have developed their skills, they will be better equipped to compete against a more skilled team.

“Our athletics should go hand in hand with our youth ministry. Sports well understood and practiced contributes to the development of the whole person because it demands generous effort, careful self-control, mastery of self and respect for others, complete commitment and team spirit.”

- Saint John Paul II
WHY HAVE PLAYOFFS?

This question is sometimes asked within and about CYO Athletics. With its emphasis on the development of all participants and the concept of compassionate competition, why do we have a season ending experience where some teams qualify and some do not? Why do we have championship tournaments or events where we hand out trophies? Is this really what CYO Athletics is all about? If we reflect on the prayer for the courage to be great that is based on the life of Blessed Pier Giorgio Frassati, known as "the Man of the Eight Beatitudes", there is congruence. Much like Pier Giorgio (www.FrassatiUSA.org) and the example of his life, we are called to seek greatness but not at the expense of others.

Striving for the highest goals is in line with the message of CYO Athletics that all participants should maximize their potential in order to become a champion. This is not limited to our involvement with sports. Like Pier Giorgio, the striving to be a champion as an athlete should be matched by the desire to do so in other areas of life – as a student, as a friend and family member, as a member of the community. To be a champion disciple encompasses all of these things.

Playoffs and championship competition provide an opportunity for individuals and teams of proven talent and ability to compete with other individuals and teams of like capability and accomplishment and bring out the best in themselves and others in the field of athletics. In most individual sports, the challenge is the athlete against the time or distance while in team sports the challenge is how a group of individuals can not only maximize their individual contributions but also their output as a team, all the while in dynamic competition with an opponent who is striving to do the same. Playoffs and championship competition are both an acknowledgement of achievement and an opportunity to refine excellence.

The difference in CYO Athletics is that the achievement and excellence should be rooted in the Gospel values that inform our entire lives as disciples, like Blessed Pier Giorgio. If there is an issue of reform this is where we need to be vigilant, to ensure that every level of competition reflects the cardinal virtues of prudence, temperance, fortitude and justice.

Prayer for the Courage to be Great

"Heavenly Father,
Give me the courage to strive for the highest goals,
to flee every temptation to be mediocre.
Enable me to aspire to greatness, as Pier Giorgio did,
and to open my heart with joy to Your call to holiness.
Free me from the fear of failure.
I want to be, Lord, firmly and forever united to You.
Grant me the graces I ask You through Pier Giorgio's intercession,
by the merits of Our Lord Jesus Christ.
Amen."

4
GUIDELINES FOR IMPLEMENTING CYO ATHLETICS’ PHILOSOPHY

The goal of coaches in CYO Athletics should be to assist every player on his or her team to utilize their God-given talents to the best of their ability in the hope that each child will leave the season with a feeling of individual accomplishment and an increased sense of self-worth. At practices, each youth will receive equal attention regardless of playing ability.

Each child who faithfully attends practice must be given meaningful opportunity to play in games. Each parish may determine specifics above and beyond the minimum requirements, but CYO Athletics has minimum playing time requirements specific for each sport.

PRE-EVENT PRAYER PROTOCOL
All competitions within CYO Athletics should begin in prayer (inside the front and back covers of this manual). While the cross country and track and field meets will begin with the “Prayer to See God in Youth Sports” prior to the start of the meet, the other sports should follow the protocol listed below.

PRE-GAME PRAYER
1. Coaches should discuss prior to gathering their teams when and where the prayer will be led. If the game ahead of you is running late, you do not need to do the prayer on the field or court, but please do it in a centrally located area – the expectation is that we do the prayer and handshake as an entire group not as separate teams;
2. If there is a non-Catholic team competing in the event that day, the players will stand respectfully lined up on their sideline or outside their dugout as the prayer takes place 5 minutes before game time;
3. Players shake hands after the prayer and return to their sideline or their dugout – if a non-Catholic school is participating in the game or match, those players will meet their opponents at midcourt, midfield or home plate for the Sportsmanship Handshake upon completion of the Prayer.

PRE-EVENT STATEMENT
In order to set the tone for friendly competition and good sportsmanship, a Pre-Event Statement is read. It is the responsibility of the home team to designate a parent to read the Pre-Event Statement before each contest in CYO Athletics (inside the front cover of this manual).

POST-GAME PLACT BANDS
In order to reinforce the expression and affirmation of the Cardinal virtues of fortitude, justice, prudence and temperance, CYO Athletics has instituted a post-game exchange of “Play Like A Champion Today ®” bands between competing teams and within each team. Resulting discussions about witnessed examples of these core virtues and the values of CYO Athletics may empower young athletes to identify them in each other and themselves. More information is available on the website.
Programs are administered by CYO Athletics staff in collaboration with the AAC and Sports Committees.

Director of CYO Athletics – Scott Bailey
Assistant Director – Kara Stranski

CYO ATHLETICS ADVISORY COMMITTEE (AAC)
The AAC is a consultative body made up of head commissioners from each youth sports committee whose primary function is to work in conjunction with the staff of CYO Athletics to develop its strategic vision in implementing a program of sports as ministry. As is necessary, they also review and provide insight and opinions on appeals from athletic directors of rulings by the staff of CYO Athletics or a sports committee. Appeals may be made to the AAC in regards to special requests, eligibility requests, and policy exceptions.

AAC members have extensive experience with CYO Athletics, and it is important to remember that these individuals and the sports commissioners are volunteers – giving of their time, expertise and passion to the community. Decisions of a sport committee are made in consultation with staff of CYO Athletics who are ultimately responsible for the decisions being made.

AAC MEMBERS
Mike Balicki (Soccer)
Bob Bubar (Baseball)
Paula Lavallee (Volleyball)
John O'Leary (Cross Country)
Mary Ormiston (Basketball)
Jamie Reding (High School Sports)
Kati Skeltis (Track and Field)

SPORTS COMMITTEES
Responsibilities include assisting with:
• The rules and decisions on rule changes in keeping with the overall policy of CYO Athletics.
• Scheduling league and tournament games.
• On-site observations to ensure games are played within the framework of the philosophy of CYO Athletics and to enforce the unsportsmanlike conduct and playing time rules, as well as the code of conduct.
• Preseason coaches meetings.
• Coaches clinics.
• Eligibility requests.
• Recruiting new commissioners.
• Ruling on all matters not specifically treated above.

AWARDS PROGRAM
The Champions of Faith Celebration takes place on June 5th, 2019 to gather the community and celebrate key contributions to the program and encourage and acknowledge athletes, coaches, administrators and volunteers who compete and achieve excellence in the spirit of CYO Athletics
PARISH/SCHOOL ATHLETIC DIRECTORS

All parishes and schools participating in the CYO Athletics program must have an athletic director. The athletic director will be the official parish/school recipient of all archdiocesan CYO Athletics information and will be responsible for promulgating this information within their parish or school.

AD RESPONSIBILITIES

• Making sure the CYO Athletics has their correct name, address, phone number, and email address on file.
• Recruiting qualified coaches for all parish/school teams and ensuring they receive all required trainings.
• Formulating a policy of screening coaches and ensuring that all coaches meet the Safe Environment requirements (including completion of an Archdiocesan Background Check form, signed policies form, and training) – submitting coach list for each sport season to parish SEP coordinator.
• Organizing the parish/school athletic program and support functions such as equipment acquisition, facilities, etc.
• Being knowledgeable of all aspects in the current CYO Athletics manual and ensuring that the philosophy of CYO Athletics is followed.
• Registering the parish CYO Athletic teams prior to the registration deadline for each sport.
• Checking the parish and school calendars for potential scheduling conflicts, and note on the registration form.
• Certifying eligibility of players on team roster, verifying accuracy and completeness with their coaches, submitting on proper form to CYO Athletics prior to roster deadlines.
• Representing the parish/school at all CYO Athletics meetings for parish/school athletic directors.
• Ensuring that all eligibility questions, concerns, and requests are handled appropriately and in a timely manner.
• Recommending having at least one annual Eucharistic Celebration planned by, for, with the athletes. A Mass of Thanksgiving for the talents God gave us and the opportunities athletics provides for utilizing these talents.
• Ensuring that all incident report forms originating from the parish/school are handled appropriately and forwarded on to CYO Athletics in a timely and comprehensive manner.
• CYO Athletics Code of Conducts for players, coaches and parents are signed and kept on file.
• Ensuring that coaches are managing behavior of fans and the care of the facilities where they play.
• CYO recommends that parish or school athletic associations establish and communicate expectations about what it means to fully participate in the team community in terms of attendance at scheduled practices.

Please note: Failure to adhere to the above responsibilities may result in probation for parish/school involved.

UNIFIED PROGRAMS

Parishes and schools may choose to request to combine for all sports they compete in for the duration of a program year. Because of the complexities of these combinations, including the costs and benefits that are felt across the entire
program year and in different, even opposing ways across grades, genders and sports, it is in the best interest of the participating communities that this relationship be considered for the long term instead of the short term.

It is recommended that multiple levels of participation and leadership from each program seeking to be Unified are given the opportunity for feedback on pursuing these relationships. CYO Athletics reserves the right to review these relationships on an annual basis to determine how they fit within the scope of the mission and values of the overall program.

This request must be:

a. Agreed to by the leadership of the Unified parishes or schools, signed off on by both pastors or principals depending on the circumstances and CYO Athletic Directors from each program
b. Submitted to CYO Athletics on or before the Fall Athletic Director meeting.

It will be reviewed by the AAC with, but not limited to, the following considerations:

- One or more of the parishes or schools does not have consistently viable numbers to field teams on their own.
- Access to practice facilities is enhanced for one or more of the parties in the relationship.
- There is a geographic proximity to one another that makes combination reasonable in terms of access and an opportunity to build community between the combining parishes or schools.
- There may be structures or governance of the parishes or schools that are shared.
- The combination is not done solely for competitive advantage.

TEAM REGISTRATION AND FEES

- The team fees are to cover the cost of officials, administration, and gym/field rentals when applicable.
- Registration forms received after the deadline will not be accepted.
- Teams who submit registrations after the deadline will be placed on a wait list. If a spot opens up in a division of the same age/gender, they will be entered into the league in the order the complete registration was received.
- Programs are responsible for full team fees for all registered teams by the drop deadline for each sport. Parishes/schools will be invoiced for team fees after the drop deadline.
- Additional items that should be submitted with team registrations – TBA’s, parish/school conflicts for scheduling purposes and special eligibility requests.
- Through its registration process for CYO Athletics, each parish/school is individually responsible for ensuring that all participants in CYO Athletics activities are adequately covered by the proper insurance and that their parents have signed a parish/school liability release form.
FACILITIES
As a community of faith, we are called to be stewards of the resources placed in our care. Whether we’re in the gym, out at the park, or up in the bleachers, we all have a role in creating the right environment for our events. As part of our use agreement with the Department of Parks and Recreation of the City of Seattle, we have very specific Field Maintenance Protocols in terms of how we are to care for the facilities.

In addition to the Field Maintenance Protocols detailed on our website, park users should also understand:

1. No metal cleats or sunflower seeds on turf fields.
2. No pets on the field of play (this includes no dogs at Cross Country or Track and Field meets).
3. Please respect the designated parking areas and parking regulations of the schools, parishes, and parks where our events take place.

FACILITY REIMBURSEMENTS
CYO Athletics appreciates that not all participating programs have access to their own gym or field. Parishes and schools who have resources to share with the community are compensated as described below. Understanding that parishes and schools have certain advantages by having a facility for their team’s home games, CYO Athletics encourages parishes and schools to host additional games by reimbursing parishes at a higher rate between two teams not affiliated to the host facility.

If your parish/school has a gymnasium that has been approved by CYO Athletics for league play, your parish/school will be reimbursed $20.00 for each basketball game and volleyball match where there is no team playing from that particular parish or school. CYO Athletics will reimburse $15.00 for each basketball game and volleyball match where there is at least one team playing from that particular parish or school.

If your parish/school has a field that has been approved by CYO Athletics for league play, your parish/school will be reimbursed $15.00 for each soccer or baseball game slot.

PRACTICE TIME ON CITY OF SEATTLE FIELDS
Parish/schools will be fully charged current hourly rates for soccer and baseball practice allocations from CYO Athletics for Seattle parks and school district fields.

TEAM ROSTERS
• Each member of a CYO Athletics team must be registered on the official roster form for his or her team and may not appear on more than one roster for the same sport.
• Minimum and maximum roster requirements can be found in the sport specific sections of this manual.
• Each team roster form must be completed in full by the coach and approved by the parish/school athletic director.
• Parishes/schools with multiple teams at a given grade and division level must split teams equally based on talent.
Rosters of all teams must be submitted to CYO Athletics office prior to the roster deadline in each sport. In the case of late rosters, all games played after the deadline and prior to roster submittal will be forfeited.

Names may not be added to the team rosters after the deadline date without approval from CYO Athletics.

In divisions with varsity and junior varsity team designations, a player on a junior varsity team may move up to varsity (or AA to AAA) based on need/or merit provided:
1) It occurs in the same grade division, and
2) That said player has not been a member or played on the team to which he/she is transferring, and
3) For AA to AAA requests, the AA team would need to have not qualified for playoffs.
4) The parish/school athletic director requests said transfer in writing to the CYO Athletics office, and receives approval from CYO Athletics.

All instances of a student playing in any division above their grade level or on an opposite sex team must be specifically approved by CYO Athletics.

3rd-8th Grade Soccer and all grade levels in Basketball are considered single gender sports, and coed is not allowed.

A player from a younger grade team may not be moved up for post season tournament play.

NOTE: The use of any ineligible player(s) either deliberately or unknowingly shall result in a forfeiture status for every game in which the player(s) took part, and the coach will be suspended for one game. Repeat offenders will be dealt with on a case by case basis.

TALENT ASSESSMENT AND SPLIT
Parishes/schools with multiple teams at a given grade and division level must split teams equally based on talent.

PRIOR TO THE SEASON:
1) CYO Athletics is not directly involved in assessment for teams prior to roster development;
2) When it is determined that parishes will have multiple teams in same grade/gender/division, representative of CYO Athletics will contact that AD/Sport Coordinator in writing to ensure clarity on policies and best practices;
3) Generally parishes/schools choose to have teams in different divisions for the sake of community, especially in the playoff eligible divisions. In this case, CYO Athletics would choose the divisions where teams are placed. However, parishes/schools may still choose to have multiple teams play in the same division for the sake of travel or other considerations;

BEST PRACTICES AT LOCAL PARISH/SCHOOL
1) These can be found on website under “AD Resources”
2) These are RECOMMENDATIONS. However, if an issue of talent imbalance arises within a parish/school, the documentation of the process that took place will be
evaluated against these best practices – therefore documentation should be saved for any future review;

3) The process that is undertaken should be consistent for all grade levels within that same program – formal evaluation processes should not be utilized until 5th grade;

4) While this document pertains specifically to those circumstances where teams must be divided equally by talent, these best practices are still pertinent to running assessments for teams that will be split into AA/AAA or JV/Varsity, etc.

AFTER SEASON BEGINS, concerns about talent splits need to be communicated to the parish/school involved and/or CYO Athletics prior to the 3rd scheduled competition in order to engage the following prescribed review process. If complaint arises then CYO discusses process and personnel used during the split with the AD and whoever oversaw the splits.

1) Caution should be exercised from simply observing one team or tracking scores/standings to determine if a talent imbalance exists between two teams.

2) When reviewing a complaint, combination of the following will be considered:
   a. How the assessment was conducted – review of associated documentation
   b. What have been the scores and circumstances of games/matches
   c. Determine level of participation of individual players from the entire roster of teams involved
   d. Observation from representatives of CYO Athletics – commissioners, staff, etc. – which will consist of more than one gamematch and more than one person;

3) Assessment will be made by Sport Committee and CYO Athletics staff in review of compilation of pertinent information and observation. The time for parish/school representatives to be engaged is prior to and during the review process. Because of the timelines involved, once rendered, there is no appeal of this decision;

CONSEQUENCES IF TALENT IMBALANCE IS OBSERVED
Parish/school will be notified of assessment and given the opportunity to adjust rosters during the season. These roster adjustments must be completed and new rosters submitted to CYO Athletics by the 5th scheduled competition of the season;

1) If parish/school makes the choice to not do this, then teams are ineligible for playoffs.

2) If this is attempted and teams are observed by CYO Athletics to not have achieved a balance of teams in spite of roster adjustment, teams are ineligible for playoffs.

3) Please note: If complaint from within the parish/school comes after the 3rd scheduled competition, there is no recourse. If complaint comes from outside the parish/school after the 3rd scheduled competition, is based on more than just team records or game scores and upon review of representatives of CYO Athletics an unequal talent split is assessed, disciplinary action may result.
PLAYER ELIGIBILITY
CYO Athletics is intended for youth playing on their parish sponsored team. Since it is a parish-based program, it is essential that all youth actively participating in a parish be given the opportunity to be involved. Parish athletic directors should make ALL parish members aware of CYO Athletics.

Due to the essential nature of the “social” aspect of CYO Athletics, participants in activities will be separated into divisions based on grade level in school.

- Age is not the primary factor in determining the level of participation, although this is subject to the discretion of the CYO Athletics staff and any exception it deems appropriate and necessary. Any deviance between age and “normal” schooling grade of 2 or more years as of January 1st should be sent to CYO Athletics for consideration.
- If a student has left a parish/school and still wants to participate in CYO Athletics, a written petition/request must be submitted each year.
- No individual player shall participate on more than one CYO Athletics team in the same sport.
- Requests to play a player up one grade division or more must be submitted by the Drop Deadline. Any request thereafter will not be considered.
- For each sport, athletes below the first grade of participation are not allowed to play up a grade in order to participate in CYO Athletics. Requests for exceptions will be considered on an individual basis by CYO Athletics staff and the Sports Committee involved. With regard to the Kindergarten division in soccer, kindergartners are not allowed to participate on 1st grade teams. With regard to the 3rd grade division in basketball, 3rd graders are not allowed to participate on 4th grade teams. With regard to the 4th grade division in volleyball, 4th graders are not allowed to participate on 5th grade teams.

CATHOLIC YOUTH
- All Catholic youth, regardless of school affiliation, may play for the parish in which they belong.
- Any Catholic youth attending a parish school outside his or her parish may play for either parish, but not both. NOTE: Any student attending Villa Academy or Assumption/St. Bridget must play for his/her school team, regardless of the family’s parish affiliation. If a team is not offered in a particular grade level, then, with the consent of CYO Athletics, the student may play for a neighboring parish team.
- A Catholic youth who belongs to a parish that will not be entering a team may play for a bordering parish provided:
  1) A letter signed by both parish athletic directors, stating their approval, is submitted to the Sports Committee with the team registration, and
  2) If youth is from a parish that does not participate in CYO Athletics, in the absence of a parish athletic director, approval from pastoral staff instead will be required.
  3) Permission to play for another parish is approved by CYO Athletics staff.
MULTIPLE PARISHES COMBINING FOR A TEAM

Instances where teams may combine for a sport, who are not combining as parish programs for all sports, must be requested. CYO Athletics staff will consider the following criteria before allowing the request to combine:

- A parish/school does not have viable numbers to field a team on their own.
- A parish/school does not have anyone able to coach.
- A parish/school would not have access to a practice facility without the combination.
- A parish/school is seeking to build community between neighboring parishes that historically have to combine to form viable teams.
- Creating the opportunity for players to compete at their own grade level, instead of having to play up a grade level to form viable numbers within the parish/school.
- The request must be mutually agreed upon by the parish/school AD’s involved (e-mail confirmation CC’ing AD’s involved in the request is acceptable).
- All registered/interested students in a grade/gender should participate at the same parish/school (either their own parish/school or the same neighboring parish/school).

**NOTE:** This does not necessarily mean they will end up playing on the same team. If X kids join a neighboring parish, and there are more than one team in that grade and gender, the X kids could be split up across multiple rosters.

- Each team combination request will be reviewed independently of one another.
- Exceptions to these criteria may be granted in extraordinary cases.
- **Recommendation:** where possible, it will be helpful to share players after the parish registration deadlines so that the number of possible kids to share is a firm number instead of one that is changing.

NON-CATHOLIC YOUTH

A non-Catholic youth attending a parish school may participate in the parish CYO Athletics program.

- For non-Catholic schools participating in CYO Athletics, all youth participating on a school team must be a student at the school.
- A non-Catholic youth not attending a parish school may play for a parish, provided:
  1. They have established some official, non-athletic contact with the parish at least 2 months prior to the first game of the season, and
  2. A letter signed by the parish pastor and athletic director explaining the youth's contact with the parish, other than athletics, is submitted on time with the team registration or will NOT be considered, and
  3. Permission to participate is approved by CYO Athletics staff. Each request will be handled on an individual basis and the decision is final.
UNIFORMS
Uniforms and how they are worn should meet the dress code for physical education of the participating parish and/or school. Parishes and Schools are responsible for ensuring each player is provided proper uniform for game play, and officials shall use their own good judgment in handling of duplicate numbers and other aspects of uniform problems.

- Uniforms should be age appropriate and modest in light of CYO Athletics as a Catholic youth sports program.
- Uniforms should be functional and not a distraction.
- Uniform choice should show care and concern for the self-esteem and body image of all participants.
- Consistency of uniforms (style, color, etc.) creates a sense of team unity and togetherness.
- No sponsorships shall be included on team uniforms.

Use of CYO Athletics Logo:
- It is the expectation that as programs replace uniforms that they add the logo of “CYO Athletics” to their uniforms.
- Logo can be obtained from CYO Athletics and should only be used on team uniforms unless approved in writing by the Director of CYO Athletics
  - Standard size: 2 ¼ “
  - Standard location: center back or left sleeve
- Uniforms should be used only in CYO Athletics events or competition approved by CYO Athletics. Requests for approval from the Parish/School Athletic Director should be sent to and approved by the Director of CYO Athletics prior to commencement of any outside competition.

TRANSPORTATION POLICY
- Archdiocesan Transportation Policies for Youth Ministry apply to all CYO Athletics events.
- The complete policy can be located on the website.

WEATHER POLICY
- It is the policy that when weather creates a challenge to attend league or tournament games, the Director of CYO Athletics, in consultation with the Sports Committee decide as early as possible on the cancellation of such events.
- If athletic events are cancelled, the games will not be made up. If games are played during a cancelled day, they will not count in league standings.
- Due to different weather conditions in various areas, CYO Athletics suggests all adults use common sense during difficult days of travel.
- All cancellations will be posted on the CYO Athletics voicemail message at 206.654.4643 as quickly as they are determined. If your gym/field is not listed as closed, it should be open.
- Please see the baseball section in regards to rainouts.

"To use the tools and techniques of sport and training to overcome the hurdles of life, to transcend, is the greatest gift a coach can give or an athlete can learn."

- Susan Saint Sing

"Spirituality of Sport - Balancing Body and Soul"
ALL coaches need to be listed on the official roster submitted to CYO Athletics and included on the list submitted to your parish/school Safe Environment Program Coordinators. This ensures that all coaches are tracked for compliance and that we are maintaining safety and consistency in regards to who is coaching in CYO Athletics.

High school and college persons are eligible to coach provided that team is registered in the name of a responsible adult coach (19 years of age or older) who will occupy a position on the team bench during each game. Coaches in boys and girls high school basketball divisions must be 25 years of age or older.

To clarify the Safe Environment requirement, refer to the following criteria for whether an individual is a coach:

- If an individual helps with more than half of the practices, they are a coach;
- If an individual devises coaching/playing strategy and/or sits with the team during competition, they are a coach;
- Placed in primary supervision for athletes on a team, they must be cleared and trained as a coach;
- Coaches are responsible for primary supervision of athletes, they do not transfer that primary supervision to a “parent helper” or underage coach (under 18 years old, who has not met SEP requirements) because that individual has not been authorized for that role in that context.

COACHES RESPONSIBILITIES

- Satisfying the Safe Environment requirements. This includes reviewing with any coach under the age of 18 years old the Prevention of Sexual Abuse policies and the basic principles covered in the program.
- Having attended PLACT in-person Sports as Ministry coaches training before coaching for a second season in CYO Athletics and staying current with requirements.
- Ensures compliance with Lystedt Law and Sudden Cardiac Arrest requirements by coach, parents and athletes.
- Attending the CYO Athletics preseason coaches meeting. In the event that this is not possible, the head coach must make sure an assistant coach, or at the very least, a parent helper represents the team.
- Conducting a preseason parents/coaches meeting to ensure everyone thoroughly understands the responsibilities of coaches, parents, and athletes.
- Verifying the eligibility of each player on one’s team through the parish or school. Use of an ineligible player(s) either deliberately or unknowingly shall result in a forfeiture of each game in which the player(s) took part.
- Making sure the proper roster form is filled out and submitted to the parish/school athletic director with eligible players so they may be verified and submitted to the CYO Athletics office prior to the roster deadline for each sport.
• Making sure that the signed CYO Athletics Code of Conduct is on file within their parish or school for themselves and for each member of their team and their parent(s)/guardian(s).
• Ensure parish/school conflicts have been received from parents and communicated to Athletic Director.
• Having first aid supplies (including ice or ice packs) at each practice and games and medical emergency forms for each athlete.
• Ensuring pre-game prayer and statement take place.
• Score Reporting - For 5th-8th grade teams, the coach of the winning team (both teams in case of a tie in soccer) each week will be responsible for either calling in (206.654.4643) or emailing (cyoscores@seattlearch.org) to report the game score by Sunday evening. Failure to report a score so that it can be posted and verified by end of business day the following Friday may result in a loss. It is recommended that coaches call in on game day to report. The score report should include the name of the team, the grade level, the gender, the division (i.e. North, AA Central or AAA South) in addition to the score listing who won and who lost. If auto-coach scoring is enabled through Team Sideline, score reporting may be done that way.
• Avoiding Practice Conflicts – Not scheduling practice during school hours of team members, or that will conflict with liturgies of any Holy Days.

SAFE ENVIRONMENT PROGRAM (SEP)
For the protection of our vulnerable population, it is required by the Archdiocese of Seattle that all parish and school volunteers (Head and Assistant Coaches) with ongoing unsupervised access to youth or vulnerable adults must:
1) Complete and pass a background check PRIOR to starting their volunteer work.
2) Read, understand, and sign the following policies within 3 days of their beginning service date.
   a) Policy for Prevention of & Response to Sexual Abuse, Sexual Misconduct & Sexual Harassment.
   b) Reporting Suspected Abuse or Neglect of Minors and Vulnerable Adults.
   c) The Code of Professional Conduct
3) First year coaches are required to complete the year 1 training (Protecting God’s Children, 3 hour course) within 90 days of their beginning service date. They can have no contact with youth after 90 days until this is completed.
4) Coaches under the age of 18 years are not required to complete the Safe Environment program, but the Prevention of Sexual Abuse policies and the basic principles covered in the program should be reviewed with them so they understand the context in which they are volunteering. Volunteers under 18 years of age must be supervised at all times by an adult (21 years of age and older) who has been cleared by a background check and has completed the Safe Environment training, and signed the Safe Environment Policies.

If a coach from the previous year (2017-18) has not completed the required SEP training, they are not allowed to coach until
they have done so. It is the responsibility of the parish/school to verify that coaches have completed the necessary training.

**NOTE:** these are minimum requirements, a parish or school may adopt more stringent requirements on a local level.

**Non-Archdiocesan schools (non-Catholic schools, Villa Academy, Forest Ridge, and Eastside Catholic)** are not required to participate in the same program, but are expected to submit a signed agreement that indicates that they conduct background checks, safe environment training, and have policies in place for the prevention of sexual abuse.

For more information, to register for training or to set up a training for your parish or school please go to the Safe Environment page on the Seattle Archdiocese website. You can also visit the Virtus website to register as a first time coach or log-in and see what you need to complete.

**PLAY LIKE A CHAMPION TODAY ® (PLACT)**

This coaches training program is research based, child centered and starts from the premise that sport is ministry and coaches are youth ministers.

It is designed to:

1. Help us recognize the spiritual nature of sports;
2. Train youth sport coaches to be effective ministers;
3. Promote the moral and character development of our youth.

CYO Athletics believes that by participating in this training and implementing both what is learned in the session and what is contained in the associated manual, coaches will be empowered in their effectiveness beyond the technical aspects of sports, enhancing their ability to create and maintain the positive environment that will GROW their youth participants.

While many coaches have participated in other coach presentations, we feel it is important that all coaches have the same training as they approach their role in CYO Athletics. While these other trainings, as well as those you may attend as a coach in other organizations, are excellent opportunities to grow as a coach, we see them as supplemental to the core training that we believe coaches obtain through PLACT.

We understand that being a volunteer coach is a commitment of time and energy for young people and those coaches juggle busy lives in order to do this ministry. That is why we give 1st year coaches more time to complete the training. Coaches have a season of grace to complete the requirement.
• Every coach (including assistant coaches) is required to attend the PLACT Sports as Ministry coaches training.

• Underage coaches (those under the age of 18 years old) are not required to take the in person, “Sports as Ministry” training but instead required to complete the online refresher, “Advanced Workshop” on or before the roster deadline for the sport that they are coaching. Unlike the coaches who are required to take the in person training, they do not have a season of grace.

• The initial training costs $30 and refresher costs $25. Depending on the parish and/or school, this fee may be paid by the parish/school or the coach themselves.

• There will be trainings prior to each season but it is recommended that coaches not wait until their season arrives to complete the requirement. There are facets of the training that should be incorporated substantially prior to the coaching season for maximum benefit.

• 1st year coaches in 2018-19 will have until prior to their next season of coaching to complete the training. This may be in the same sport in the following year or in the same program year but a different sport.

• ALL returning coaches (head and assistant) from 2017-18 or earlier must have completed the training prior to the beginning of their season to be eligible as a coach.

• If a team has a 2017-18 coach who has not completed their PLACT training as its head coach or as an assistant coach, that team will forfeit all games that they have coached in.

• Any coach, head or assistant, who is entering their 3rd year removed from taking the “Sports As Ministry” training, must complete the PLACT online “Parents as Partners” coaches training. Additionally, coaches 3 years removed from the Parents As Partners class are due for their online Coaching as Ministry Advanced Workshop, consisting of a more comprehensive refresher of the initial in-person training. The online trainings must be completed on or before the roster deadline for their sport. If not completed, coach is no longer eligible to coach in CYO Athletics.

• Please see the CYO Athletics website for dates, times and locations of trainings and to register.

“THE LYSTEDT LAW” HB 1824

(1). The law identifies that all school coaches will have to take training on the nature and risk of concussions and head injury including continuing to play after a concussion or head injury.

(2). On an annual basis, a concussion and head injury information sheet shall be signed and returned by the athlete and athlete’s parents/guardian prior to the youth athlete’s initiating practice or competition.

(3). All athletes suspected of suffering a concussion or brain injury will be removed from practice or competition and not returned to play until cleared in writing by a licensed health care provider.

This affects CYO Athletics in that there are requirements for non-profit youth organizations using school facilities:
• All coaches, players and parents of youth teams shall have similar training as outlined for school coaches, players and parents prior to the start of any practice;
• While CYO Athletics will work to make this information accessible, parish/school athletic directors should ensure coaches, parents and athletes have complied with the rules.

SUDDEN CARDIAC ARREST (SCA) (SSB 5083 – SCA AWARENESS ACT)
• Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S.
• Sudden Cardiac Arrest is the leading cause of sudden death in young athletes during sports.
• Each year, prior to participating in an athletic activity a sudden cardiac arrest form stating the online pamphlet was reviewed shall be signed by the youth athlete and athlete's parents and/or guardian and returned to the parish/school.
• Every three years, prior to coaching an interscholastic athletic activity coaches shall complete an online sudden cardiac arrest prevention program.
• Coaches shall provide a certificate showing completion of the online sudden cardiac arrest prevention program to the parish/school.
• Please check CYO Athletics website for more info.

PARENTS/COACHES MEETINGS
It is recommended that coaches schedule a preseason meeting for the parents of each player on his/her team. The purpose of this meeting is to ensure that everyone thoroughly understands the responsibilities of coaches, parents, and athletes. The Play Like A Champion Today ® manual has numerous resources to assist with this.

PLAYING TIME POLICY
A key theme of Catholic Social Teaching is the sanctity of human life and the dignity of all persons. CYO Athletics is committed to the dignity and worth of each child it serves, regardless of physical talents, mental strength, or emotional health, and supports this through its playing time policies. Each sport has a playing time policy to ensure participation, enjoyment and development for all athletes.
• Infractions of the playing time policy will result in a warning for the 1st offense. If witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach during the contest in question. If the playing time issue is not addressed by the coach within this game, the representative will confer with the Sports Committee and/or CYO Athletics staff and a forfeit of the game and suspension of the coach may result.
• If the first offense is not witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach via phone call. After the coach has received the warning, any subsequent verifiable offense of the playing time policy will result in a forfeit of the game for the team and suspension of the coach.
A second verifiable offense of the playing time policy in the same sport season (including playoffs) will result in a forfeit of the game for the team, two game suspension of the coach, and the coach will be required to attend the next available PLACT Sports as Ministry coaches training, to be completed prior to their next season of coaching.

**NOTE:** A coach who is suspended from coaching a team is not eligible to be present as a fan.

If a player will not be participating in a game due to illness, injury or athletic director approved concerns and will not complete minimum playing time policy, they may sit on the bench to be with their team but should not be suited up.

**PLAYOFF ELIGIBILITY POLICY**

All players competing in soccer, basketball, volleyball, and baseball will need to compete in half of their team’s scheduled games (rounded down, including non-counters) to be eligible for playoffs.

Coaches must bring a new Playoff Eligibility Form (found on the website) to each playoff game, signed to verify the eligibility of each player on the team roster.

This policy will be monitored by the parish/school athletic directors. If a violation occurs, the parish/school will inform the coach of the ineligibility of the athlete. If an injury to an athlete occurs or other issues arise, the athletic director should contact CYO Athletics to clarify eligibility. As in the regular season, any athlete not playing in a playoff game may not wear their uniform on the bench or sideline.

**CYO ATHLETICS CODE OF CONDUCT**

Each coach, player and parent/guardian will be presented with a CYO Athletics Code of Conduct at the beginning of their athletic season. All parties are required to sign this document and return it to their Parish/School Athletic Director, who will keep it on record for the athletic year. Players, coaches and parent/guardian(s) will receive a copy of this agreement so that all parties understand what is expected of them by CYO Athletics.

CYO Athletics activities should be examples of the meaning of sportsmanship and Christian values. The guiding principle behind the enforcement of this code of conduct is that the behavior of everyone involved in CYO Athletics should contribute to the positive environment for all of the youth participants.

No artificial noisemakers shall be used and fans should remember that we cheer for kids not against kids in CYO Athletics. Additionally, please refrain from using bleachers or other aspects of a facility to make noise as we want to be good stewards of the facilities that we use.

The code of conduct serves as a behavioral guideline for all coaches, players and parents to follow. Appropriate consequences will follow violations of these codes of conduct.
Key elements of the player, parent and coach codes of conduct are below. Full copies for signature and submission to your parish/school athletics program are on the website.

**COACH CODE OF CONDUCT**
- I will conduct myself in a Christian manner that will reflect credit on my parish, school and CYO Athletics and ensure that team members and team followers do likewise – this includes facilitating the pre-event prayer and statement, being good stewards of the facilities where we compete and intervening when behavior is not appropriate.
- I will teach and guide youth in a manner of sportsmanship that will increase their respect for authority, their sense of fair play, and their ability to adapt to the wins and losses of everyday life.
- I will respect the judgment of officials;
- I will be knowledgeable of all aspects in the current CYO Athletics manual and make sure that all rules and policies are faithfully observed.

**PLAYER CODE OF CONDUCT**
*As an individual:*
- I will develop my skills to the best of my ability and give my best effort in practice and competition.
- I will compete within the spirit and the letter of the rules of my sport, showing good sportsmanship and respect for the game officials.
- I will respect the dignity of every human being, and will not be abusive or dehumanizing of another individual.
*As a member of a team:*
- I will place team goals ahead of personal goals.
- I will be a positive influence on the relationships on the team.
- I will follow the team rules established by the coach.
*As a member of society:*
- I will display caring and honorable behavior off the field and be a positive influence in my community and world.

**PARENT/SPECTATOR CODE OF CONDUCT**
*Remember (all spectators):*
- That the players are youth and are playing for their enjoyment, not yours.
- To remain seated in the spectator area during all contests.
- To respect decisions made by contest officials.
- Be a role model by positively supporting both teams and not by shouting instructions or criticism to the players, coaches, or officials. Please do not coach from the stands!
- Make no derogatory comments or gestures (including making noise to distract) to players, coaches, or fans of your own or the other team.
- Remember that adults set the example for the behavior of their team. If you see negative behavior from fans of your own team, please try to appeal to their conscience at the appropriate time.

**Penalties:**
Participating teams and their coaches are responsible for the conduct of their spectators.

Any spectator who displays poor sportsmanship may be removed from the event by an official/referee, their team coach, a host-site gym supervisor, a CYO Athletics Sports Commissioner or a CYO Athletics Administrative Official.

Any spectator who interferes with the conduct of a CYO Athletics event may, at discretion of the spectator’s parish/school or the AAC, be barred from attendance at subsequent CYO Athletics events.

UNSPORTSMANLIKE CONDUCT
Definition: Unsportsmanlike conduct at a game site is any antagonistic action(s), including vociferous and/or persistent complaints directed toward an official, another coach, opposing players, and spectators. This may include any types of verbal or physical abuse.

- Any coach or spectator may be cited for unsportsmanlike conduct by a game official, a commissioner, or the staff of CYO Athletics. At the time of the alleged infraction, the above named are empowered to remove the accused offender(s) from the playing facility. If the accused offender(s) refuse to leave, the game will be forfeited in favor of the team not involved in the citation.
- Each citation is reviewed and its justification is discussed by the Sports Committee involved. No citation is official or formal until the committee votes on it.
- Someone other than a game official, a commissioner, or CYO Athletics staff may file a complaint, by using the official incident report form, for unsportsmanlike conduct.
- This form must be submitted by the parish/school athletic director to CYO Athletics. Emails or incident reports not submitted by the parish/school athletic director will not be considered for action.
- These complaints will be investigated and a citation could result. No one other than the above named are empowered to take any action regarding forfeiture. Once a decision has been rendered, it will be communicated to the parish/school athletic director(s) involved so that they can share with involved parties what the resulting action is.
- In most instances, the person(s) cited will be placed on probation and/or receive a one game suspension. A second citation will result in a three (3) year expulsion from participation in CYO Athletics. If the first infraction is flagrant (i.e. physically contacting someone in anger) a person(s) may be expelled from CYO Athletics on the first infraction. Expulsions may be appealed.
- In most instances where a coach is ejected, the coach will be required to attend a Play Like A Champion Today ® Sports as Ministry coaches training, to be completed prior to their next season of coaching.
- In most instances where an ejected spectator is a parent of an athlete, the parent will be required to attend a Parent Like A Champion Today ® workshop before returning to the spectator area of a CYO Athletic game/match.
In the case of athletes, penalties attached to citations will be handled on a case by case basis – generally, adults (coaches, fans, game officials) will be held to a higher standard of conduct than the athletes befitting their role as examples for our youth.

**NOTE: EACH TEAM, SPECIFICALLY ITS COACH, IS RESPONSIBLE FOR THE CONDUCT OF ITS FANS!**

**INCIDENT REPORTS**

- Incident Reports can be submitted online using the online form found on the CYO Athletics website.
- Please be advised that the Incident Report Form should go directly to your parish/school athletic director (AD).
- He or she will review your submission and determine whether or not action or response from CYO Athletics is necessary. Unless requiring action due to facility issues, incident reports regarding injuries will be utilized by the individual parish/school and will not be forwarded on to CYO Athletics.
- If forwarding on to CYO Athletics is warranted, as per policy, your AD will do so. Examples of this would be concerns around a referee, coach, spectator, or even player conduct.
- Depending on the nature of the incident, you (and the witnesses listed) may or may not be contacted by a CYO Athletics representative in the process.
- Representatives of CYO Athletics may contact any and all parties to the issue to determine the appropriate course of action.
- This may include but is not limited to: incident report writer and witnesses, individual or team who are the focus of the incident report, coaches and AD’s of parishes/schools involved, game officials, unbiased observers.
- A decision will be made in consultation with the appropriate Sports Committee, taking into account current policy and practice as well as historical precedent. Once a decision has been reached, CYO Athletics will communicate that decision to the AD’s of the parishes/schools involved.
- It is the responsibility of the AD’s of parishes/schools involved to follow up with the parties from their parish/school community that are involved, except in the case of citations against an individual which will be directly communicated by CYO Athletics and cc’ed to AD’s of parishes/schools involved.

**GAME FORFEITURE**

- Given that the CYO Athletics regular season is only 7 or 8 games long, it is incumbent upon registered teams to show up for their regularly scheduled games. Parish or school conflicts should be submitted with team registrations at the deadline so that they can be incorporated into the schedule. Even if you know you will be short the minimum number of players for a game, work with the opponent to share players to provide a “game” experience for the committed players.
- When a coach determines in advance they do not have the required number of players to compete as scheduled, they should reach-out to the coach of the team they are scheduled to play.
• First effort should be made to work with the other team to share players to provide a “game” experience for the committed players for both teams. The team unable to provide enough players to compete will forfeit to the other team.
• If this is not possible, the coach of the forfeiting team needs to notify the coach for the team they are scheduled to play by phone and/or email and ask for confirmation of the notification of forfeiture.
• The coach of the forfeiting team must notify CYO Athletics at cyoscores@seattlearch.org via email and carbon copy their athletic director (and sport coordinator, if applicable) and coach of the team they are scheduled to play. CYO will notify the paid officials.
• Each team scheduled for a contest shall be dressed and ready for play at the appointed hour. Should any team not be ready with the required number of players at the appointed hour (game time), the contest shall be forfeited.
• Should both teams not be ready with the required number of players at the appointed hour (game time), the game shall be declared a no contest, and both teams will be charged with a loss on their season’s record.
• Teams forfeiting a game or match will be fined $50.00 unless CYO Athletics and the opposing team have been notified of the impending "no show" at least 72 hours in advance. Fine is payable before the next scheduled contest.

CITATION APPEALS
Only those citations resulting in expulsion will be subject to appeal. The process for appeal is as follows:
• State the reason(s) for your appeal in writing to the AAC.
• The appeal must include a $50.00 fee that will be refunded if the appeal is allowed.
• The AAC will attempt to schedule a hearing within 45 days.
• During the appeal process the person charged with the citation will be ineligible to participate in CYO Athletics.
• The parish/school athletic director and the person involved in the citation will be the only people attending the citation hearing. In case of a hearing involving a parish/school athletic director, the pastor or another staff person as designated by the pastor may be present at the hearing.

ELIGIBILITY APPEALS
• If a parish/school athletic director is dissatisfied with an eligibility decision of a Sports Committee, that athletic director may ask the Director of CYO Athletics to review the decision with the committee.
• If the Director of CYO Athletics agrees with the committee decision, the parish/school may appeal to the AAC.
• The process for appeal is as follows: The parish/school is to be represented by the parish/school athletic director. The parish/school athletic director must include a $50.00 fee. The AAC will attempt to schedule a hearing within 10 days after the appeal is received at CYO Athletics. During the appeal process, the involved player(s) will not be allowed to play.
GAME OFFICIALS

Officials for all CYO Athletics scheduled games/matches (except for some younger age divisions) shall be members of an officials association. In some cases, CYO Athletics will provide and train its own officials. Regardless of their training or expertise, officials need to be given respect and care as a member of the community participating in the CYO Athletics experience.

- The game officials will be responsible for starting the game on time, but not at the expense of the pre-game prayer.
- They are expected to know the CYO Athletics specific rules.
- Officials in basketball, volleyball and baseball should be signing the scorebooks for both teams.
- Officials should display professionalism by arriving on time, using proper officiating mechanics and rotations, dressing appropriately and maintaining objectivity throughout competition. This includes not working games of family members.
- Officials, coaches and/or captains should use pre-game meeting as an opportunity to discuss points of emphasis, CYO Athletics specific rules and any special circumstances.
- If appointed official(s) fail to appear, the game in question may be played providing both opposing coaches mutually agree, prior to the start of the game, on the acceptability of an alternate official(s). Such a contest will be recognized as an official game without recourse as to the quality of the officiating.
- Game officials are empowered to remove any official scorekeeper and/or timekeeper at any time during the game for reasons of incompetence or any other reason which they consider to be good and sufficient. In this event, the officials may appoint anyone they feel is capable of doing the job.
- Coaches have primary responsibility for managing the behavior of their fans but game officials are empowered to enforce the CYO Athletics Unsportsmanlike Conduct rule when doing so is for the good of the game and fits as the appropriate recourse to any inappropriate language or behavior.
- They are asked to fill out an online evaluation form for a coach, team or community if behavior so warrants – positive or negative.
- They are also asked to fill out their own association report form in case of a circumstance that will require follow up from CYO Athletics to expedite the process.

The objective or absolute right or wrong of an official's call or non-call is never the point. Officials are non-partial and are doing their best. Their calls are judgments and a necessary part of the game.

CYO Athletics is always looking for more officials, and CYO Athletics participants should keep an eye out for confident individuals with a passion for sports. It can be a great experience for high school and college students looking to work weekends and develop the skills to eventually work in higher levels of sports.
SOCCER (Girls and Boys)

Registration Deadline: Friday August 10th, 2018
Drop Deadline: Friday August 24th, 2018
Roster Due: 4th-8th Grade: Monday Sept. 10th, 2018
K-3rd Grade: Monday Sept. 17th, 2018
League Games: September 8, 15, 22, 29
October 6, 13, 20, 27
Grades K-3 start on September 15
Tournament Games: Sun., Oct. 28th – Sat., Nov. 3rd, 2018
Divisions:
Grades 5 through 8
Grades 4 (Modified Soccer)
Grade 3 (Mini Soccer)
Grades K, 1 and 2 (Coed Micro Soccer)

Team Fees:
Kindergarten $165
1st-3rd Grades $225
4th Grade $275
5th-8th Grades $550

LEAGUES AND TOURNAMENTS
- During league play, a win will count for three points and a tie for one point.
- In the 6th through 8th grade divisions, there will be CYO postseason playoff tournaments. 8 teams will make playoffs (i.e. 4 from the North and 4 from the South). Play-in game will occur if there is a tie for the 8th place team. Head-to-head record will be first tie-breaker for seeding, followed by coin flip.
- During tournament play, if the score is tied at the end of regulation play, an additional five (5) minutes, each way, shall be played (no golden goal/sudden death). If the score remains tied, the game will be decided by a FIFA shootout, except in the finals, where if the game is tied after 10 minutes of over-time, the teams will be "co-champions."

EQUIPMENT
- Each team shall furnish a regulation soccer ball of good quality and condition for each match. Grades K-5 will use a #4 ball while Grades 6-8 will use a #5 ball. The referee will decide which ball will be used during the match.
- Recommendation - parishes/schools should spend the minimal amount on uniforms for grades K through 5. T-shirts are fine and no numbers are required.
- The home team is responsible for making sure their players bring a white T-shirt or different colored pinnies in case the opposing team has the same color.
- No jewelry, barrettes, beads, or bandanas may be worn while playing. This includes posts for pierced ears. All headwear should be soft, pliable, and functional. Unadorned, flat clips 2 inches or smaller will be allowed.
RULES

- All CYO soccer teams will play according to the current Federation Internationale de Football Association rules, unless otherwise specified in this manual.
- Every team must have at least one of its coaches attend the mandatory preseason coaches’ meeting. Failure to have coach representation will result in game forfeiture and a game suspension by coach to be determined by CYO Athletics. A coach who is suspended from coaching a team is not eligible to be present as a fan for that CYO Athletics event.
- Soccer rosters are limited to 25 players in all playoff eligible divisions – any team roster larger than 25 is ineligible for playoffs. An exception to this policy may be requested at the time of registration. This request will be reviewed by the soccer committee in consultation with staff. This policy is in place to protect the quality of the experience of all players as well as protect the integrity of competition among teams. Therefore, if a request is approved, conditional parameters may be applied – such as mandating equal playing time for all players or that all players must participate in 4 of 7 or 5 of 8 games to be playoff eligible. This will be determined on a case by case basis.
- All 4th-7th grade matches will consist of 30 minute halves with a 5 minute intermission. All 8th grade matches will consist of 35 minute halves with a 5 minute intermission.
- Slide tackling is not allowed for any age division. Penalty for this infraction will be left to the referee’s discretion.
- Headers – at the K-5th grade level, headers will not be allowed. Penalty will result in an indirect free kick. Headers will be allowed in 6-8th grade. Point of emphasis as coaches would be to teach correct techniques and head safety.
- Goalkeepers may not be charged within the six-yard line. Please note: offensive players have a right to play the ball until the goalie has control of it, at which point, no offensive player should charge the goalkeeper or attempt to make a play on the ball. Goalie control is at the discretion and interpretation of the referee.
- The referee will keep the official score during the match.
- The referee will keep the official time during the match.
- Players, coaches, and spectators must remain on opposite sides of the field. Coaches and players must remain within 10 yards of either side of midfield during the game. Anyone who will not abide by this rule will subject their team to forfeiture. No person is allowed behind the goal line.
- Games will be forfeited when a team cannot supply nine players 15 minutes after the official start time for the game.
- In the event a game must be suspended because of conditions which make it impossible to continue play, the referee shall declare it an official game if one complete half or more of the game has been played. If less than a half of a regular season game has been played, it will be considered no contest. For playoff games in which less than a half has been completed, whether to restart or resume game from
time of suspension will be determined in review of circumstances by soccer committee and staff.

- For 5th and 6th grade, a build out line will be established equidistant between the 18 yard-line and midfield. This line will not physically be on the field - CYO encourages the home team coach to delineate the line for each half with cones placed one yard beyond the touch line (off the field of play). Failure to move to the build out line will result in an indirect free kick for the team with the goal kick from the build out line.

LOPSIDED SCORE POLICY

- Please see the section on “Compassionate Competition for the reasoning behind this policy. While unfortunate, the occurrence of a lopsided score does not necessarily mean that a lack of sportsmanship took place. Representatives of CYO Athletics will use the online forms and communication with the involved coaches to review the circumstances and determine if any sanctions are warranted.
- Any game that is won by 6 goals in the 5th-8th grade divisions will be investigated and reviewed by the committee. It is expected that the winning coach, in particular, will make themselves available for discussing the game so as to expedite the decision making process.
- Both the winning coach and the losing coach are asked to submit an online form which describes which measures were utilized to mitigate the talent differential between the teams.
- Disciplinary action toward the winning coach may result (suspension of the coach for the next game, or in the case of repeat violations, suspension for the remainder of the season).

PLAYING TIME AND SUBSTITUTION POLICIES

- In Micro and Mini soccer, playing time must be equally distributed among all the players every game. In the 4-8th grade divisions, each player suited up must play a minimum of 10 minutes per half, including playoffs.
- Substitutions (UNLIMITED) must be made when the ball is out of play. An entering substitute must always report verbally to the referee and must not enter the field of play until the referee calls him/her. Substitutions will be at the official’s discretion and may be disallowed should the official determine that a coach was using it in a detrimental manner.
- If goalies play an entire half, he/she will not be required to play in the other half.
- Infractions of the playing time policy will result in a warning for the 1st offense. If witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach during the contest in question. If the playing time issue is not addressed by the coach within this game, the representative will confer with the Sports Committee and CYO Athletics staff and a forfeit of the game and suspension of the coach may result.
If the first offense is not witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach via phone call. After the coach has received the warning, any subsequent verifiable offense of the playing time policy will result in a forfeit of the game for the team and suspension of the coach.

A second verifiable offense of the playing time policy in the same sport season (including playoffs) will result in a forfeit of the game for the team, two game suspension of the coach, and the coach will be required to attend the next available PLACT Sports as Ministry coaches training, to be completed prior to their next season of coaching.

MINI, MICRO, MODIFIED SOCCER (K-4th GRADES) GENERAL RULES

CYO Mini, Micro and Modified Soccer are intended to help young players develop their soccer skills, improve their fitness, learn how to work with others as a team and build community. The overriding goal is to “let the children play and have fun!” All players should have frequent opportunities to touch the ball and learn the wonderful game of soccer.

Since the basic idea is to have fun, scores and standings will not be kept.

All players shall wear shin guards. No exceptions. Socks must be worn up and over the shin guards. All players shall wear footwear. A player may not play in their bare feet. A player shall not wear anything that may be dangerous to other players or themselves.

Coaching from the side line is permitted as long as it is done in a civil manner and the tone of voice is informational and encouraging, not demanding or critical.

Coaches should contact one another the week prior to a game in an attempt to facilitate different colored shirts.

The home team will be responsible for providing goals unless the opposing coaches have made some other arrangements.

A volunteer officiates the match; the home team will be responsible for providing a competent official for the match.

One team kicks off to start the 1st half and the opposing team kicks off to start the 2nd half. The teams switch ends of the field at half time.

When the ball goes out of play, the game is restarted by one of the following ways:

a. Over the sidelines, with a throw-in.
b. Over the goal line, with a goal kick or corner kick.
c. After a goal is scored, there is a mid-field kick-off.

After a goal is scored, the team who was scored upon takes the kick off. At the time of the kick off, every player will be in his/her half of the field. Every player of the opposing team shall be five yards from the center mark. The kicker shall not play the ball a second time until it has been touched by another player from either team.

A goal kick results when the ball goes completely over the end line having last been touched by an attacking player. A
A member of the defensive team kicks the ball from a designated area near the goal.

- A corner kick results when the ball goes completely over the end line having last been touched by a defensive player. A member of the offensive team kicks the corner kick from a spot within a one yard arc of the corner of the field nearest where the ball left the field. A goal may be scored directly from a corner kick.

- A throw in results when the ball goes completely over the touch line (side line). The throw shall be taken from the point where the ball crossed the line by a player of the opposing team. The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.

- If a foul throw is committed, the coach explains the correct method and lets the offender re-take the throw. Discretionary power is then given to the referee if another foul throw is committed but, most times, it won’t be called.

- Goals cannot be scored directly from a goal kick, a throw-in, a kick off or a free kick. If the ball goes completely across the goal line without being touched by a player other than the initial kicker on one of these set plays then the result is a goal kick for the opposing team.

**MODIFIED 4th GRADE SOCCER**

- The field is to be marked by cones at each corner and at the end line on both ends of the field. Cones are also needed along the sidelines 12 yards from each end line to signify the goal areas. Field dimensions: 80 yards long X 45 yards wide.

- The goal flags shall be placed in the goal cones along the end line. The poles should be approximately five feet high and should have a flag at the top.

- The goal cones should be 6 yards apart and equal distance from each sideline. Goals can be scored from anywhere but the ball must pass below the imaginary line across the top of the goals.

- 9 players per side, including the goalie.

- Recommendation - Minimum roster size is 12 players.

- Beginning in fourth grade, officials should begin to create an awareness of the offside rule. Players who gain an obvious advantage by being offsides should be called for the foul and it is advised that the officials and coaches use that opportunity to instruct the players. It is NOT an expectation that close decisions for offsides to be called.

**MINI 3rd GRADE SOCCER**

- The field shall be set up width wise on one half of a regulation soccer field. The field shall be set up as follows: a. Sidelines shall be the 6 yard goal area and approximately 5 yards from the centerline on the regulation field. The sidelines on both sides of the regulation field will act as end lines for the mini fields. Cones with flags similar to
goals should be on all four corners of the field with cones to be placed so that sidelines are established. Cones are also needed along the sidelines 8 yards from each end line to signify the goal areas.

b. The goal areas will consist of cones with flags approximately five feet high with the cones 6 yards apart. Goals can be scored from anywhere but the ball must pass below the imaginary line across the top the goals.

c. Field dimensions: 60 yards long X 30 yards wide.

- A game consists of two 20 minute halves. There is a 3 minute break between halves. There are no time outs in soccer.
- All players must be rotated in positions, including the goalie.
- 6 players per side, including the goalie.
- Playing time – Rotate players frequently! Players should be rotated so that they do not always play with the same teammates the entire game.
- Recommendation - Rosters to be a minimum of 11 players and a maximum of 18 players.
- Because of the small field size and the end-to-end nature of the game, the ball may go out of play frequently. Coaches should encourage parents to participate as ball parents to help the flow and enjoyment of the game.
- All infringements – tripping, handing, etc. – are punished by an indirect free kick (i.e. ball must be passed first before a shot can be taken). There are no penalty kicks (players of this age rarely commit deliberate fouls; and the indirect free kick encourages passing and co-operation).
- All opposing players must be at least five yards from the ball on free kicks, corner kicks and goal kicks.
- Offside is not called in Mini Soccer.

**MICRO K-2nd GRADE SOCCER**

- The approximate dimensions for a micro soccer field are 30 yards long by 20 yards wide. The goal posts or poles should be 3 yards (9 feet) apart along the end line and equal distance from each sideline. If poles without a crossbar are used, the ball must pass below the imaginary line across the top of the goal pole (which should be approximately 5 feet high) to count as a goal.
- Goal kicks should be taken approximately 2 yards in from the end line. The ball is in play when it crosses outside the goal area.
- **There is no goalkeeper in micro soccer. Any defensively positioned player should be encouraged to come out beyond the 6-yard goal area when the ball is on the other half of the field.** They also should be encouraged to come out to the midfield area to support the attack when the ball is near the opponent’s goal and for corner kicks.
- Teams play four players per side in Kindergarten and 1st grade and five per side in 2nd grade.
- Recommendation - Team rosters should consist of between 9-12 players for Kindergarten and 1st grade and 10-15
players for 2nd grade. Each player should receive equal playing time.

- Substitutions should be made frequently during the game. Unlimited substitutions are allowed. Players should be rotated so they play different positions and with different teammates. To the extent practical, all players should play the same amount of time each game.

- A game consists of two 20 minute halves. There is a 3 minute break between halves. There are no time outs in soccer.

- All rule infringements – such as tripping, pushing, or hand balls – result in an indirect free kick. (i.e. ball must be passed first before a shot can be taken). There are no penalty kicks (players of this age rarely commit deliberate fouls; and the indirect free kick encourages passing and co-operation).

- All players on the opposing team must be at least five yards away from the ball at the time it is first kicked on free kicks, corner kicks, goal kicks and kick offs.

- Offside is not called in Micro Soccer.

“May the game of soccer always be more of a means of teaching the values of honesty, solidarity and fraternity, especially among the younger generations.”

- Pope Benedict XVI,
CROSS COUNTRY (Girls and Boys)

Registration Deadline: Friday, Sept. 7th, 2018

Rosters Due:
- Lake Samm State Park: Mon, Oct. 1st, 2018
- Woodland Park: Monday, Oct. 8th, 2018
- Mt. Tahoma HS: Monday, Oct. 8th, 2018

Meet Locations:
- Woodland Park, Seattle
- Lake Sammamish State Park, Issaquah
- Mt. Tahoma HS, Tacoma

Woodland Park Meets:
- Sunday, Sept. 23rd, 2018
  - Group A @ 1:00pm & Group B @ 3:15pm
- Sunday, Sept. 30th, 2018
  - Group B @ 1:00pm & Group A @ 3:15pm
- K-3 Final: Sunday, Oct. 7th, 2018
  - Group A @ 1:00pm & Group B @ 2:30pm
- 4-8 Championship Meet:
  - Sunday, Oct. 14th, 2018 @ 1pm

Lake Sammamish Meets:
- Sunday, Sept. 23rd, 2018, 2pm
- Sunday, Sept. 30th, 2018, 2pm
- Championship Meet: Sunday, Oct 7th, 2pm

Mt. Tahoma Meets:
- Sunday, Sept. 23rd, 2018, 2pm
- Sunday, Sept. 30th, 2018, 2pm
- Sunday, Oct 7th, 2018, 2pm

Divisions:
- Grade K-8

Team Fees:
- 1-39 Participants $350
- 40-74 Participants $450
- 75-100 Participants $600
- 101 + Participants $700
- Mt. Tahoma Program - $5/runner

GENERAL RULES
- Coaches are responsible for attending the preseason coaches meeting. In the event that this is not possible, the head coach must make sure an assistant coach represents the team.

WOODLAND PARK RACE INFO
- Coaches are required to enter runners into athletic.net prior to each meet. If a runner is not entered, his/her results will not be recorded.
- Runners must finish at least one of the preliminary meets to be eligible for the championship meet.
Distances will be .4 miles for the K-2, .6 miles for 3rd graders, 1 mile for the 4th and 5th graders, 1.35 miles for the 6th and 7th graders, and 1.5 miles for the 8th graders.

Course set up begins at 10:00am

Coaches and Volunteers meet at 12:30pm (1pm Meet) and 2:45pm (3:15pm Meet)

There will not be an organized walk through at Woodland Park, but participants are welcome to walk the course prior to the start of the meet.

LAKE SAMMAMISH RACE INFO

Coaches are required to enter runners into athletic.net prior to each meet. If a runner is not entered, his/her results will not be recorded.

Runners must finish at least one of the preliminary meets to be eligible for the championship meet.

Distances will be .33 miles for the K-1st, .6 miles for 2nd-3rd graders, 1 mile for the 4th and 5th graders, 1.2 miles for the 6th graders, and 1.7 miles for the 7th-8th graders.

Course Set-up begins at 10:30am.

Coaches and Volunteers meet at 1:00.

Walk Through – at approximately 1:30 there will be walk throughs before each meet, walking everyone through the course they will run.

Meets will start at 2:00.

MT. TAHOMA RACE INFO

Coaches are required to enter runners into athletic.net prior to each meet. If a runner is not entered, his/her results will not be recorded.

Course Set-up begins at 12:15pm.

Coaches and Volunteers meet at 1:40.

Meets will start at 2:00.

VOLUNTEERS

Course monitors (volunteers) will be needed for all meets.

All monitors will need to attend an on-site walk-through meeting before each meet, to be trained on their assignment.

Volunteers should be willing to stay the entire length of the meet.

If volunteer requirements are not met, teams will be charged $50.00 per volunteer they do not supply per meet.

Volunteer sign-ups will be through Sign Up Genius.

Volunteers should check-in at the finish line at the time of the pre-meet coaches meeting for each meet.

WOODLAND PARK AWARDS

A sportsmanship trophy will be awarded to the team that most personifies the philosophy of CYO Athletics with input from the participating teams.

A Spirit of CYO Athletics trophy will be awarded to the team that most exemplifies the philosophy of CYO Athletics.
- Trophies for Overall Team – 3 in AAA and 5 in AA
- 1st Place Trophy for each Grade/Gender 4th-8th Grade
- K-3rd grade: each runner will receive a Participant Ribbon
- 4-8th Grade:
  1st-10th place will receive T-shirts
  11-20th place will receive Placement Ribbons
  Participant Ribbons for all other runners

LAKE SAMMAMISH AWARDS
- One Sportsmanship Trophy awarded – St. Paul Sportsmanship Award
- 1st-3rd Place Overall Team Trophies
- 1st Place Trophy for each Grade/Gender 4th-8th Grade
- K-3rd grade: each runner will receive a Participant Ribbon
- 4-8th Grade:
  1st-5th place will receive Placement Medals
  6th-10th place will receive Placement Ribbons
  Participant Ribbons for all other runners

MT. TAHOMA AWARDS
- K-8th grade: Participant Ribbons for all other runners

SCORING
- Parish/School team scores will be kept at the championship meet only. Runners will receive points as follow:

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<tr>
<th>Woodland Park</th>
<th>Lake Sammamish</th>
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<td>20th = 2</td>
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<tr>
<td>ALL other runners = 1</td>
<td></td>
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</tbody>
</table>

“Similarly, an athlete cannot receive the winner’s crown except by competing according to the rules.”

- 2 Timothy 2:5
BASKETBALL (Girls and Boys)

Registration Deadline: 4<sup>th</sup>-8<sup>th</sup> Grade – October 12<sup>th</sup>, 2018
3<sup>rd</sup> Grade Boys – January 18<sup>th</sup>, 2019
3<sup>rd</sup> Grade Girls – March 1<sup>st</sup>, 2019

Drop Deadline: 4<sup>th</sup>-8<sup>th</sup> Grade – October 26<sup>th</sup>, 2018
3<sup>rd</sup> Grade Boys – February 1<sup>st</sup>, 2019
3<sup>rd</sup> Grade Girls – March 15<sup>th</sup>, 2019

Roster Due Date: 4<sup>th</sup>-8<sup>th</sup> Grade – November 19<sup>th</sup>, 2018
3<sup>rd</sup> Grade Boys – February 25<sup>th</sup>, 2019
3<sup>rd</sup> Grade Girls – April 1<sup>st</sup>, 2019

League Games: 4<sup>th</sup>-8<sup>th</sup> Grade – November 17, 18
December 1*, 2, 8, 9, 15, 16
January 5, 6, 12, 13, 19, 20, 26, 27
*Pierce County starts December 1
3<sup>rd</sup> Grade Boys – Feb 22, 24
Mar 1, 3, 8, 10, 15, 17, 22, 24
3<sup>rd</sup> Grade Girls – Mar 29, 31
Apr 5, 7, 12, 14, 26, 28
May 3, 5, 10, 12

Tournament Games: Wednesday, Jan. 30<sup>th</sup> through
Sunday, Feb. 10<sup>th</sup>, 2019

Team Fees: 3<sup>rd</sup> Grade $50/game
4<sup>th</sup> Grade $550
5<sup>th</sup> Grade $550
6<sup>th</sup>-8<sup>th</sup> Grades $650
Pierce Co. 4<sup>th</sup>-8<sup>th</sup> Grade - $550

DIVISIONS

• 3rd – 5th grade teams will be divided into divisions as regionally as possible. There is no Varsity/JV distinction in 3rd-5th grade.

• The 6th grade will be divided into one varsity group, and one JV group. Both varsity and JV will be divided into divisions as regionally as possible.

• The 7<sup>th</sup> and 8<sup>th</sup> Grade Boys and Girls Varsity will be split AA/AAA, with the top 8 teams from the year before competing in AAA. Teams may request to play “up” to AAA, but cannot request to play “down” to AA.

• Playoffs will be available for all AAA teams, and all other varsity teams with 4 or more counting wins during the regular season. Pierce County 6<sup>th</sup>-8<sup>th</sup> Grade teams qualify for playoffs with 5 or more wins in the regular season.

• JV teams will be given a “seeded game” at the end of their season, based on their division record where the top team plays the 2<sup>nd</sup> best team, 3<sup>rd</sup> place plays 4<sup>th</sup>, and so on.

• There is no Varsity/JV distinction in Pierce County Divisions.

• If a parish/school has two teams in the same division (i.e. 6th grade Varsity), talent should be split equally across the teams, and they will be placed in different divisions. For the sake of travel, teams may request to play in the same division (i.e. both teams in 6<sup>th</sup> Grade Varsity North).
In 6th-8th grade, the Varsity/JV split must be based on individual skill levels, with the varsity league being the more competitive league.

EQUIPMENT

- All 3rd, 4th, 5th, and 6th grade boys divisions will use an intermediate size ball. All girls’ teams will use an intermediate or women’s regulation size basketball. 7th and 8th grade boys will use a regulation ball.
- Each team shall furnish a regulation ball of good quality and condition for each game. In the 6th-8th grade leagues, a leather ball will be used for tournament games.
- No jewelry, barrettes, beads, or bandanas may be worn while playing. This includes posts for pierced ears. All headwear should be soft, pliable, and functional. Unadorned, flat clips 2 inches or smaller will be allowed.
- To preclude the tracking of dirt on the gym floors, game shoes must be carried, not worn, to games.
- Numbers on each uniform must be 4 inch numbers on the front and 6 inch numbers on the back, and any shirt under a tank top jersey should match the jersey color.
- The designated visiting team must furnish a scorebook and a competent scorekeeper who will maintain the official score-book for that contest. The home team must furnish a game clock and competent timekeeper who will maintain the official game time. At the game site, coaches may mutually agree to switch scorebook and clock responsibilities.

RULES

All basketball teams in CYO Athletics will play according to the current National Federation of State High School Association rules unless otherwise specified in this manual or the rules herein outlined.

- Every team must have at least one of its coaches attend the mandatory preseason coaches’ meeting. Failure to have coach representation will result in game forfeiture and a game suspension by coach to be determined by CYO Athletics. A coach who is suspended from coaching a team is not eligible to be present as a fan for that CYO Athletics event.
- Basketball rosters are limited to 15 players in all divisions – any team roster larger than 15 is ineligible for playoffs. Please remember the playing time policy when making a decision concerning roster size.
- Players may be placed and participate on only one team roster for the entire season, including the playoffs.
- For playoffs, junior varsity players may move up to the varsity team (Or AA to AAA) based on need and/or merit with a written request. All written requests must be received by the Monday following the final regular season game. All players moved up will remain on the team throughout the playoffs, and must play according to playing time rules. The team roster cannot exceed 15 players including the additional players.
• 4th and 5th Grade games shall consist of 6 minute (stop clock procedure) quarters and 6th-8th grade games will be 7 minute quarters.

• Overtime shall consist of a 3 minute period (stop clock procedure). There shall be a one-minute break between quarters and a 5-minute break at half-time.

• In the event that a game clock is not available, a running clock of twelve minutes (per quarter) shall be used and overtime periods shall be assigned a running clock of three minutes. Teams in these games will be limited to two full time-outs per half, but may not take a time-out during the last two minutes of the fourth quarter or in an overtime period.

• Each team is allowed three full (1 minute) and two 30 second time-outs. In an overtime period, each team is allowed one full time-out regardless of how many were used in the course of the regular game.

• For the 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.

• Coaches must remain seated on the bench at all times. Infractions observed at the discretion of the designated officials shall result in a warning first and a technical foul (2 shot) thereafter.

• 3rd grade games will be officiated by two volunteers, one from each team. 4th and 5th grade games will be assigned one official. 6th, 7th, and 8th grade games will be assigned two officials.

• Players are not allowed to chew gum in the gymnasium.

3RD GRADE 3-ON-3 HALF-COURT GAME DAYS

• Games will be scheduled on the hour. The games will be four, 10 minute quarters running clock. There are no time outs, and the clock in the gym will run for both games, with 1 minute between quarters, and 5 minutes for halftime. There is no overtime. The score may be kept by a scorebook for each half of the court (optional).

• Games will consist of each team playing 3 players vs. an opposing team of 3 players on each half of the court. If a team does not have 6 players, then only one-half of the court will be used. Substitutions can be made during any dead ball.

• If both teams have at least 1 player on their bench, then both teams may add an “outlet” on the sideline of the half court. This outlet can receive a pass and pass the ball back into the game. The outlet player may not dribble, shoot or run with the ball. If both teams have at least 2 players on their bench, then both teams may add an outlet on each sideline of the half court, up to a total of 4 outlet players from each team, 2 on each half of the court.
All other 4th grade rules will apply, including free throws on shooting fouls.

An imaginary line that exists at the top of the key and extends from side line to side line is where the defending team must cross back across to initiate their offense. When the defending team recovers the ball from the offense (rebound or turnover), they are allowed “free backs” to go back to the top of the key and initiate their offense.

Each participating team will provide a volunteer referee, with one working each half-court. The referee should be aware of the rules of the format, and help the kids navigate the half-court rules including the rules with the “outlet” teammates and the “free backs” to go from defense to offense.

4TH AND 5TH GRADE SPECIFIC RULES

- No Zone Defense, No Double Teams, No Backcourt Defense.
  - Infractions will result in a warning for the first offense, and a team foul for subsequent offenses. The offense will keep possession, and will take the ball from out of bounds. The team foul will not result in free throws, even if the team is in the bonus or double bonus.
- 4th and 5th graders are allowed to press in back court during the last 10 seconds of the game.
- In the 4th and 5th grade divisions, free throw shooters must start their shot behind the free throw line, but may cross over the line before the ball hits the rim.
- In 4th and 5th grade divisions, technical fouls will be an automatic two points and possession.
- Three point shots will not be awarded in 4th grade divisions.

6TH, 7TH, AND 8TH GRADE SPECIFIC RULES

- 6th graders are not allowed to press in the backcourt with the exception of the last two minutes of the game and entire periods of any overtime.
- 7th and 8th Grade junior varsity teams may not play any type of backcourt defense until the 4th Quarter plus any overtime.
- Infractions, as observed by and at the discretion of the designated officials, shall result in a warning first, and a technical foul (2 shot) assessed to the bench thereafter.

LOPSIDED SCORE POLICY

- Please see the section on “Compassionate Competition” for the reasoning behind this policy. While unfortunate, the occurrence of a lopsided score does not necessarily mean that a lack of sportsmanship took place.
- When 7th and 8th grade teams have a 20-point lead and 4th through 6th grade teams have a 15-point lead (regular season), they may not press in the backcourt, they may not employ a 1/2 court trap, and they may not fast break. Infractions observed by the designated officials shall result in a warning first and a change of possession thereafter.
- Any game that is won by 20 points or more in the 4th through 6th grade divisions and 25 points in the 7th and 8th
grade divisions will be investigated and reviewed by the committee. It is expected that the winning coach, in particular, will make themselves available for discussing the game so as to expedite the decision making process.

- Both the winning coach and the losing coach are asked to submit an online form which describes which measures were utilized to mitigate the talent differential between the teams.
- Disciplinary action toward the winning coach may result (suspension of the coach for the next game, or in the case of repeat violations, suspension for the remainder of the season).

PLAYING TIME POLICY

- In the 4th-8th grade varsity and junior varsity divisions, each player suited up is expected to play a minimum of 1/4 of the game for both regular season and playoff games (excluding overtime).
- Infractions of the playing time policy will result in a warning for the 1st offense. If witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach during the contest in question. If the playing time issue is not addressed by the coach within this game, the representative will confer with the Sports Committee and the Director of CYO Athletics and a forfeit of the game and suspension of the coach may result.
- If the first offense is not witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach via phone call. After the coach has received the warning, any subsequent verifiable offense of the playing time policy will result in a forfeit of the game for the team and suspension of the coach.
- A second verifiable offense of the playing time policy in the same sport season (including playoffs) will result in a forfeit of the game for the team, two game suspension of the coach, and the coach will be required to attend the next available PLACT Sports as Ministry coaches training, to be completed prior to their next season of coaching.
- **NOTE:** A coach who is suspended from coaching a team by CYO Athletics is not eligible to be present as a fan for that CYO Athletics event.

PIERCE COUNTY 4TH-6TH GRADE BASKETBALL RULES

- 2 – 20 minute running halves and a 2 minute half time. The clock stops in the last two minutes of each half.
- Teams are allowed 2 – 30 second time outs per half and time outs cannot be accumulated from one half to another. 1 time out per team is allowed in the event of overtime.
- No zone defense or trapping (double teaming) will be allowed, with the exception of when the ball handler goes into the key area and/or once the dribble is picked up anywhere on the floor.
- Key violations: 6th grade – 3 seconds. 4th & 5th grade – 5 seconds.
• (6th grade only) Full court defense is only allowed during the last 2 minutes of each half for the team that is behind in score. The same defensive rules apply when in full court defense. If a team is ahead in score or the teams are tied, no full court defense is allowed by either team. No full court defense allowed in the 4th & 5th grade leagues. Full court defense applies to both contested and uncontested plays.
• No fast breaks are allowed by a team that’s ahead by 20 points or more.
• The 3 point line is in effect for all grades.
• During running time of both halves, a player fouled in the act of shooting will be awarded one point and possession. If a foul is committed and the shot is made, two points will be awarded and possession (see exception below for the 6th grade league).
• Free Throws & Team Fouls: In each half the 7th team foul will result in the single bonus and the 10th team foul will result in the double bonus. (6th grade only) When the opposing team reaches the single bonus (7 team fouls) in each half and on all technical & flagrant fouls, the running clock will stop and free throw shots awarded. (4th & 5th grades) During running clock time only, single bonus will result in an award of 1 point and possession and double bonus, flagrant & technical fouls will result in an award of 2 points and possession. (All grades) In stop clock time (under 2 minutes of each half), free throw shots are awarded if fouled in the act of shooting, in the bonus or flagrant & technical fouls. Team fouls do not carry over from the 1st to 2nd halves but they do carry over from the 2nd half to overtime.
• 6th grade: use the regular free throw line. 4th & 5th grades: use the closer free throw line.
• Technical and flagrant fouls are as follows: Technical Fouls: After 1 warning for delay of game; illegal defense (zone or trapping); full court defense; 1st offense of inappropriate behavior from players, coaches or fans; off the bench interference by players, coaches and fans; arguing of official rulings by players, coaches or fans. Flagrant fouls: Over excessive physical play; hard fouls and intent to harm another player. No warnings given. Results: (6th grade only) Shooting of 2 dead ball free throws and possession; (4th & 5th grades) 2 points and possession awarded during running clock period or 2 free throws during stop clock period and possession. Players who receive a technical foul also get a personal and team foul awarded. If a player receives two technical fouls in one game, he/she is disqualified from that game and possibly from future games (determined by CYO Athletics staff and commissioners).
• Overtime rules are as follows: 1 – 2 minute, stop clock, regular free throw period will be played. In the event of a tie at the end of the overtime period, the game will end with a tie and no additional period will be played.
Registration Deadline: Friday, November 30th, 2018
Drop Deadline: Monday, December 10th, 2018
Roster Due Date: Monday, January 7th, 2019
League Games: January 5, 6, 12, 13, 19, 20, 26, 27
February 2, 9, 10, 16, 17,
*games at Echo Glen will be week nights
Tournament Games: Tuesday, Feb. 19th through
Sunday, Mar. 3rd, 2019
Team Fees: $650

RULES
All basketball teams in CYO Athletics will play according to the current National Federation of State High School Association rules unless otherwise specified in this manual or the rules herein outlined.

- Every team must have at least one of its coaches attend the mandatory preseason coaches’ meeting. Failure to have coach representation will result in game forfeiture and a game suspension by coach to be determined by CYO Athletics. A coach who is suspended from coaching a team is not eligible to be present as a fan for that CYO Athletics event.
- Teams entered in the Sophomore and Senior Divisions must have someone at least 25 years of age in charge of the bench at all league games.
- Athletes participating on a high school basketball team (any level) are ineligible to play on a CYO Athletics basketball team.
- Sophomore and Senior High School divisions will play 8 minute quarters.
- 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.
- The high school league (boys and girls) will have post-season tournaments.

THE VALUE OF SPORTS IN THE CHURCH
"Team sports can provide occasions for both personal and group fulfillment. Team work offers excellent opportunities for individuals to develop the value of loyalty (supporting each other, win or lose), fair play (learning to play by the rules of the game), generosity (putting the needs of the team ahead of individual interests), friendship (a way to meet new people) and a spirit of cooperation (learning how to work with others in order to accomplish a specific goal)."

- Saint John Paul II
VOLLEYBALL (Girls and Boys)

Registration Deadline: Friday, January 18th, 2019
Drop Deadline: Friday, February 1st, 2019
Roster Due Date: Monday, February 25th, 2019
5th – 8th Grade Matches: February 23
March 2, 3, 9, 10, 16, 17, 23, 24, 30
4th Grade Matches: Feb. 24, Mar. 3, 9, 17, 24, 31 Apr. 7
Tournament: April 3rd – 14th, 2019
Divisions: Grade 4th through 8th League
Team Fees: 4th Grade $325
5-8th grades $525
Pierce County 4th-8th Grade $350

REGISTRATION
• All teams should be divided equally by talent if a parish has multiple teams in the same grade/gender/division.
• 7th and 8th grade girls leagues will be divided AAA (top 16 teams from the year before) and AA (all other teams). Parishes/Schools which register two teams or more in 7th and 8th grade girls will automatically place one team in AAA and the other(s) in AA. Requests to play “up” to AAA will be considered. Requests to play “down” to AA will not be considered.
• In the 6th through 8th grade divisions, there will be a postseason playoff tournament.
• Scheduling conflicts known before the season must be submitted with the team registration. All requests for a re-schedule or TBA match must be submitted to the CYO Athletics office by the registration deadline and will be granted for school/parish-related functions only.
• Re-scheduling TBA matches are the responsibility of the coach who requested the TBA and must notify CYO Athletics when TBA matches are re-scheduled.
• Non-TBA games re-scheduled by both coaches will not be accepted and all games rescheduled without the authorization of CYO Athletics will result in forfeiture by both teams involved!

PLAYING TIME AND SERVING POLICY
• Because 4-6th grade teams use automatic rotation, there are no playing time policies in these grades.
• In the 7th and 8th grade divisions, each player suited up is to play 25% of each match, including playoff matches.
• All players MUST serve at least once during the match.
• The 3rd game of the match (if there is one) is included in determining the overall number of points played for playing time, but coaches should not plan on needing a 3rd game to meet the playing time/serving policy requirement.
Infractions of the playing time and server policy will result in a warning for the 1st offense. If witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach during the contest in question. If the playing time issue is not addressed by the coach within this match, the representative will confer with the Sports Committee and the Director of CYO Athletics and a forfeit of the game and suspension of the coach may result.

If the first offense is not witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach via phone call. After the coach has received the warning, any subsequent verifiable offense of the playing time and server policy will result in a forfeit of the game and suspension of the coach.

A second verifiable offense of the playing time policy in the same sport season (including playoffs) will result in a forfeit of the game for the team, two game suspension of the coach, and the coach will be required to attend the next available PLACT Sports as Ministry coaches training, to be completed prior to their next season of coaching.

NOTE: A coach who is suspended from coaching a team by CYO Athletics is not eligible to be present as a fan for that CYO Athletics event.

EQUIPMENT

All uniform jerseys should have numbers on the front and back. No duplicate numbers. This will be required during tournament play.

Knee pads are REQUIRED for all players in all matches.

A player displaying body paint, temporary tattoo(s), or glitter on their hair, face, uniform, or body will be asked to leave the game at the discretion of the official. Thus, avoiding contact of substance(s) to the ball.

No jewelry, barrettes, beads, or bandanas may be worn while playing. This includes posts for pierced ears. All headwear should be soft, pliable, and functional. Unadorned, flat clips 2 inches or smaller will be allowed.

To preclude the tracking of dirt on the gym floors, game shoes must be carried, not worn, to games.

Each team shall furnish a volleyball of good quality and condition for each match. 6th grade boys and all 7th and 8th grade leagues (boys & girls) will use a regulation size ball. 5th and 6th grade girls and 5th grade boys (if there are enough teams for a 5th grade only boys league) will use a “Lite” ball (for example the Baden VX450L lightweight composite game ball). The official will decide which ball will be used during the match (NOTE: Colored balls may be used. 1/3 of the ball must be white, it cannot be more than 3 colors, and there may not be any logos or designs on the ball other than the manufacturer’s.)

The net height for 8th grade boys = 7'6", 7th grade boys and 8th grade girls = 7'4". All other divisions = 7'0".
RULES

All volleyball teams in CYO Athletics will play according to the current volleyball guide of the National Federation of High School Volleyball rules unless otherwise specified in this manual or the rules herein outlined.

- Every team must have at least one of its coaches attend the mandatory preseason coaches’ meeting. Failure to have coach representation will result in game forfeiture and a game suspension by coach to be determined by CYO Athletics. A coach who is suspended from coaching a team is not eligible to be present as a fan for that CYO Athletics event.
- Volleyball rosters are limited to 15 players in all divisions – any team roster larger than 15 is ineligible for playoffs.
- Each team must furnish a competent scorekeeper who will maintain the official scorebook for that contest.
- Each team must furnish one competent line judge.
- In all divisions, six players will constitute a playing team. In an emergency, games may begin with 5 players, but in 6th – 8th grade, the “6th player” still exists on the line-up and score sheet in terms of the position, and therefore when the 6th server spot comes up, there will be an automatic side-out, loss of serve and point for opponent, unless a player arrives late and can fill that spot. The vacant service position must be the 6th service spot. 4th and 5th grade continue playing and serving with a 5 person rotation. **NOTE:** You may not drop below five players on the court.
- Each team will share the court for a five-minute pre-match warm-up, and two minutes serving.
- Once the lineup sheet has been submitted to the scorer’s table and entered into the score sheet, it cannot be changed.
- **Matches will be best two out of three games, with NO TIME LIMIT.**
- In the event of a forfeit, only the first game shall be forfeited at game time. If the team in question is not ready for play 11 minutes after the appointed hour, then the complete match will be forfeited.
- The “libero position” is not used in CYO Athletics volleyball.
- Games will be scheduled on the hour. If matches finish in less than 40 minutes, teams may play an additional game. The game will not count. If teams play beyond the official match, they must clear the floor 15 minutes before the next scheduled match.
- All teams will play rally scoring with the first two games to 25 points, and the third game to 15 points.
- Teams do not switch courts in the middle of the third game.
- All forms of the “ace” chant are prohibited. This includes Ace, Point, or any other word used after each point that can be perceived as demoralizing to the opposing team. Please remember that all cheers should be positive and supportive of all players.
- Coaches are to remain seated at all times and may not approach the referee’s platform at any time during a match.
• No gum chewing in the gymnasium.
• Server need not toss the ball.
• The ball must be served within 8 seconds of referee's whistle.
• Fans and players must remain silent when a player is attempting to serve.

4TH GRADE SPECIFIC RULES
• Follow 5th grade rules with the following exceptions:
  ▪ 4th grade volleyball is Co-Ed.
  ▪ 4th grade serves underhand from the attack line or overhand from the 25 foot line.
  ▪ 4th grade server is limited to three consecutive "point scoring" serves, after which they must rotate to the next server on the same team.

5TH & 6th GRADE SPECIFIC RULES
• In the 5th and 6th grade division, the server is limited to five consecutive "point scoring" serves, after which they must rotate to the next server on the same team.
• 5th and 6th grade teams will automatically substitute players every rotation. Players sub out after position 1 (server spot) and sub back in at position 6. The players sub into the game in the same order they leave the game.
• However, in the case of the first game of the match - the team that receives first does not rotate out a player. This is the only time during the match that a player would not rotate out.
• After each game, the players stay in the same position on the floor (and same order for substitutes on the bench) to start the next game.
• However, if you have first serve, if the player served (even if only once) they have served and thus would rotate out. They do not get to start serving for the next game. If the winning point was earned by a rally point and the player did not get to serve, they would be the first server. So, if they served - they rotate out. If they did not serve - they stay in and are first server.
• Managing player(s) leaving the gym during a match, late arriving players, and injuries and Illness:
  ▪ If a player has to leave a set early for another function, that position on the court will remain vacant - continue play until that position rotates out. (No Substitutions - continue play with 5 players.) The scorekeeper will write "left" on the scoresheet. When that position rotates to the serving position it will be vacant, creating a side out and rally point for the receiving team, in 6th grade. (Proper procedure for playing with 5 players.) Then on the next rotation, the next player in line will enter as usual putting 6 players back on the court. When the missing player is then supposed to enter, the next player in line will enter. This will keep all players in their correct rotation order. If there is another set after this one, the rotation will continue as if the missing player...
was never present. Fourth and fifth grade do not lose a point, and serve when the vacant position rotates to the serving position. Instead the next serving spot in order will serve with all 6 players on the court in serve order.

- If a player arrives late to the match and has not been crossed off the line-up sheet, they may enter the court as long as they are in the proper rotation order. Notify the referee that the player is ready to play. There will be no time-out charged to the arriving player’s team. If the player arrives after their scheduled time to enter the game, the coach can then decide to not play the player and cross them off the lineup, or play that set without them, keeping the position open, playing with 5 players as discussed above. The player may then enter the set when they arrive.

- If a player has to leave a set due to injury/illness, that position on the court will remain vacant - continue play until the position rotates out. (No substitutions, continue play with 5 players.) Loss of serve occurs in 6th grade as instructed above when that position moves into the serving position. When that position rotates back in, the injured/ill player may reenter the set. If the player is still unable to play, the scorekeeper will write “injured/ill” on the scoresheet and the next player on the scoresheet will enter that position. The injured/ill player then may not play in that set, but may play in the next set(s) if able. If a player must come out a second time because of illness or injury, they may not reenter that set.

- The 5th and 6th grade division service line will be an imaginary (unless marked) line 25 feet from, and parallel to the centerline.

**PIERCE COUNTY VOLLEYBALL RULES**

- Spiking or ‘Tomahawk’ double fist sets from the front row is not permitted on serve returns. Front row players are expected to ‘set’ with two hands on their side of the court prior to return. Return serves must either be ‘dugged/bumped’.

- Due to the number of teams, each match will be composed of two 20 point sets and if necessary, one 15 point set. The Team must win by at least two points in each set played.

- 4th-6th grade - Each server will have a maximum number of 5 consecutive serves. Team performs a full rotation after the 5th service and the team retains possession.

- Players will serve ~20’ away from the net in 4th and 5th grade and ~25’ in 6th grade. Feet may not cross the line when serving.

- 4th-5th Grade use a net height of 7’0” and 6th-8th Grade use a net height of 7’4”.

“**But you, man of God, avoid all this. Instead, pursue righteousness, devotion, faith, love, patience, and gentleness. Compete well for the faith. Lay hold of eternal life, to which you were called when you made the noble confession in the presence of many witnesses.**”

- 1 Timothy 6:11-12
High School Coed Volleyball

Registration Deadline: Friday, April 12th, 2019

Roster Due Date: Monday, April 29th, 2019

League Games: April 28
              May 5, 19
              June 2, 9

Team Fees: $50 per match

EQUIPMENT

- It is strongly recommended that all uniform jerseys have numbers on the front and back.
- Knee pads are required for all players in all matches!
- Each team shall furnish a volleyball of good quality and condition for each match. HS Coed Volleyball will use a regulation size ball. **(NOTE: Colored balls may be used. 1/3 of the ball must be white, it cannot be more than 3 colors, and there may not be any logos or designs on the ball other than the manufacturers.**
- The net height shall be 7'6".
- No jewelry, barrettes, beads, or bandanas may be worn while playing. This includes posts for pierced ears. **Unadorned, flat clips 2 inches or smaller will be allowed.**

PLAYER ELIGIBILITY AND ROSTER

- HS Co-Ed Volleyball rosters are comprised of youth in high school grades 9-12 who are parishioners at a Catholic parish or students at one of the Catholic HS – exceptions should be submitted to CYO Athletics. All players should be listed on the roster – no players not on a roster should play in any match.
- Each team must furnish a competent scorekeeper who will maintain the official scorebook for that contest.
- Each team must furnish one competent line judge.
- Six players will constitute a playing team. In an emergency, games may begin with 5 players.
- **Because there are no standings or post season play, teams are encouraged to share players to meet player or gender minimums in order to create opportunity to play.**

RULES

All volleyball teams in CYO Athletics will play according to the current volleyball guide of the National Federation of High School Volleyball rules unless otherwise specified in this manual or the rules herein outlined.

- Teams participating in HS Co-ed Volleyball must have someone at least 25 years of age in charge of the bench at all matches and supervising all practices – this individual must be SEP and PLACT trained and cleared.
MATCH FORMAT AND TIME

- Each team will share the court for a five-minute pre-match warm-up, and two minutes serving.
- All teams will play rally scoring with the first two games to 25 points, and the third game to 15 points.
- Matches will be best two out of three games and must be completed, along with the warm up, within the hour. The third game will be played to a score of 15 points and a team is at least two points ahead (to a maximum of 25 points), or until the one-hour time limit is reached (win by one point) whichever comes first.
- Matches will be scheduled on the hour. If matches finish and time allows, teams may play an additional game. If both teams play beyond the official match, they are responsible for providing an official and must clear the floor and benches prior to the next scheduled match!

MATCH PLAY

- Teams will automatically substitute players every rotation. Players sub out after position 1 (server spot) and sub back in at position 6. The players sub into the game in the same order they leave the game.
- At least 2 players of each gender must be on the floor at all times and 3 males or females may not be placed in 3 consecutive positions.
- To maintain this order, separate male and female rotations may be established at start of the match.
- If a player of one gender must remain on the floor to maintain gender balance, they stay on the floor, team rotates and next substitution will take place gender for gender (i.e. male->male, female->female).
- The "libero position" is not used in CYO Athletics volleyball.
- Back row players may not come forward for blocking and there shall be no back row attacks.
- For safety reasons, no kicking, or attempting to kick, the ball

SERVING

- Server need not toss the ball.
- Ball must be served within 8 seconds of referee's whistle.

DECORUM, STEWARDSHIP AND SPORTSMANSHIP

- Coaches are to remain seated at all times and may not approach the referee's platform at any time during a match – designated floor captain may approach the referee.
- All forms of the "ace" chant are prohibited. This includes Ace, Point, or any other word used after each point that can be perceived as demoralizing to the opposing team. Please remember that all cheers should be positive and supportive of all players.
- Fans and players must remain silent when a player is attempting to serve.
- No gum chewing in the gymnasium.
BASEBALL

Registration Deadline: Friday, February 15th, 2019
Drop Deadline: Friday, March 1st, 2019
Roster Due Date: Monday, March 18th, 2019
League Games: March 17, 24, 31
April 7, 14, 28
May 5, 12
Tournament Games: Wednesday, May 15th, 2019 through Sunday, June 2nd, 2019
Team Fees: $600

DIVISIONS/LEAGUE SCHEDULING
- There will be two 5th/6th grade divisions, the National League (teams consisting of predominantly 5th graders), and the American League (teams consisting of predominantly 6th graders).
- There will also be two 7th/8th grade divisions, the National League (teams consisting of predominantly 7th graders), and the American League (teams consisting of predominantly 8th graders).
- There will be a post-season playoff tournament for all divisions/leagues at the conclusion of the regular season. Team qualification will be determined by the Director of CYO Athletics and the Baseball Committee.
- TBA requests will be granted for school-related functions and parish-related functions only and must be received by the registration deadline. Re-scheduling TBA games is the responsibility of the coach who requested the TBA. CYO Athletics must be notified when TBA games are re-scheduled.

RAINOUTS
- The home team coach is responsible for checking the field prior to game time to determine whether or not the field is playable. If the field is unplayable, he or she must notify the umpires association at 206.954.7833 and the opposing coach at least TWO hours before game time and CYO Athletics via email to athletics@seattlearch.org.
- The home team coach shall be responsible for re-scheduling rained out games (in agreement of the opposing coach) and notifying CYO Athletics via email to athletics@seattlearch.org. A full week’s notice is necessary to provide umpires for the makeup game. The baseball committee and staff have the authority to forfeit games that are not re-scheduled.

"Dear young people: if you are rooted in Christ, you will fully become the person you are meant to be."
- Pope Benedict XVI
RULES

All CYO baseball teams will play according to the National Federation of State High School Associations rules unless otherwise specified in this manual or the rules outlined below.

- Each coach is responsible for having a copy of the rulebook and bringing the book to the game site.
- Every team must have at least one of its coaches attend the mandatory preseason coaches’ meeting. Failure to have coach representation will result in game forfeiture and a game suspension by coach to be determined by CYO Athletics. A coach who is suspended from coaching a team is not eligible to be present as a fan for that CYO Athletics event.
- All games shall consist of seven innings or a time limit of 2 1/2 hours unless the game is tied. If a game is called on account of darkness or weather, four innings shall constitute a regulation game. Umpires are to record the game start time in the official scorebook.
- 5th/6th grade divisions will use a base distance of 60 feet and pitching distance of 46 feet. 7th/8th grade divisions will use a base distance of 80 feet and a pitching distance of 54 feet.
- No team may score more than 5 runs in an inning. If a team is ahead by ten or more runs at the end of 5 innings, the game will be called using a “ten run rule”. (Note of clarification: 5 run rule does not apply to what would be the last inning of play)
  o If it is the bottom of the 7th inning, Home team may score any number of runs and try to win the game.
  o If it is the top of the 7th inning, Away team may score any number of runs (as with all rules within CYO Athletics, the spirit of intent is important. An away team with a sizable lead should still use compassionate competition in their assessment of what is reasonable in this situation.)
  o If the umpire determines due to weather or darkness that the final inning will be prior to the 7th inning, then the 5 run rule does not apply for that new final inning.
  o The 5 run-rule would still apply in all other innings if the umpire did not make the determination that it would be the final inning: therefore, if a team is down 15 runs or more in the 5th or 6th inning, they may still bat, but they will not be allowed to score more than 5 runs, and would still lose as a result from the “ten run rule”.
- 5th/6th grade division batters may not run on a dropped third strike.
- If a runner maliciously slides or runs into a player, the runner will be removed from the game by their coach.
- Any runner sliding head first other than as part of a pick-off play will be called out.
- A runner must slide at home when a play can be made.
- 5th/6th grade players will be called out for leading off (leaving early) prior to a pitched ball crossing the plate.
- Teams may not use a designated hitter.
• All teams must have 9 players to start a game, but may finish with less than 9 players if an injury or the substitution rule makes it necessary.

POST-SEASON/PLAYOFF TOURNAMENT RULES:
• The same lineup, substitution and playing time rules from the regular season apply.
• No time limit for playoff games.
• A coin toss will decide the home team in the championship.
• “Ten run rule” does not apply for championship games.

EQUIPMENT
• Each team is to supply two new baseballs for each game. 5th/6th grade divisions will use a Little League approved baseball and the 7th/8th grade divisions will use a Babe Ruth or Pony approved baseball.
• 5th/6th grade divisions may use Little League approved bats that in diameter at the thickest part are 2 5/8" or less. E-mail the CYO Athletics office for a link to the current online list of banned bats.
• 7th/8th grade divisions may use wood bats only; BBCOR certified composite wood bats are permissible (not fungo bats).
• 5th/6th graders must wear tennis or rubber cleated shoes only. 7th/8th graders may wear steel cleated shoes.
• The designated home team must furnish a scorebook and competent scorekeeper who will maintain the official score book for that contest.

INNINGS REGULATIONS
These regulations are to promote the competitive balance of the league as well as the development aspect for all players.
• Teams place every player on the roster in the batting line-up. It is required that each player plays 2 innings in the field every game, including playoffs. There may be unlimited substitutions.
• A pitcher removed from the pitching position may pitch again provided that at least one batter has been put out or reached base, or a third out has been made. Other pitching regulations still apply.
• The allowance of courtesy runners in the 7th/8th grade division is a speed-up rule that may be used for the pitcher and catcher. In CYO Athletics, when requested and the umpire grants time out, the last player out who is not also a pitcher or catcher may be inserted to run for the pitcher or catcher.
• For late arriving player:
  o Coach may place player at end of the batting lineup unless that spot in the order has already come and gone; OR
Coach may choose to place player at end of the batting lineup at the beginning of the game and as long as they arrive before the last spot in the order comes up, there would be no penalty. If they do not arrive prior to the spot coming up, every time that spot comes up in the order, it is an automatic out.

In either case, a late arriving player must arrive in time to be able to play 2 innings in the field and get an at bat or that player is not eligible to play.

- Infractions of the playing time policy will result in a warning for the 1st offense. If witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach during the contest in question. If the playing time issue is not addressed by the coach within this game, the representative will confer with the Sports Committee and/or the staff of CYO Athletics and a forfeit of the game and suspension of the coach may result.

- If the first offense is not witnessed by a designated representative of CYO Athletics, warning will consist of a verbal address to the coach via phone call. After the coach has received the warning, any subsequent verifiable offense of the playing time policy will result in a forfeit of the game for the team and suspension of the coach.

- A second verifiable offense of the playing time policy in the same sport season (including playoffs) will result in a forfeit of the game for the team, two game suspension of the coach, and the coach will be required to attend the next available PLACT Sports as Ministry coaches training, to be completed prior to their next season of coaching.

- **NOTE:** A coach who is suspended from coaching a team by CYO Athletics is not eligible to be present as a fan for that CYO Athletics event.

- 5th/6th grade division players may only pitch a total of 4 innings in any one game, and may pitch a total of 8 innings during any 72 hour period.

- 7th/8th grade division players may only pitch a total of 10 innings during any 72-hour period.

- Scheduled game’s starting time to scheduled game’s starting time shall be the criteria used in the 72-hour rule.

- Delivery of a single pitch constitutes having pitched an inning. The inning pitch count shall apply to all organized baseball. Infractions of this rule will result in forfeiture.

**PITCH COUNT REGULATIONS**

These are done on an honor system, we do not expect nor do we encourage opposing teams to track pitch counts for the opposition. To the contrary, we do expect teams to track the pitch counts for their own team to maximize the health, experience and development of their entire squad:

**IN GAME:**

- A pitcher who throws over 40 pitches cannot assume the catching position at anytime. That means that a player who has caught earlier in the game and then pitches cannot throw more than 40 pitches;
A catcher who catches 4 innings cannot pitch. That means if a player has caught 3 innings and has pitched, they are not eligible to catch a 4th inning.

- BETWEEN GAMES: If a pitcher throws . . .
  - 24 pitches or less, they can pitch the next day;
  - 25 pitches or more, they must rest one day;
  - 50 pitches or more, they must rest two days;
  - 60 pitches or more, they must rest three days;
  - 75 pitches or more, they must rest four days;
  - 85 pitches are the maximum to be thrown;

Please note: a double-header is to be treated as a single game.

- Coaches are responsible for knowing which players are playing on other teams and incorporating the pitch count limits accordingly. This is not the responsibility of CYO Athletics; it is an issue of what is right for the healthy development of the athletes. This is a shared responsibility for coaches, parents and athletes. While this may take some additional coordination and communication, CYO Athletics knows that coaches and parents are interested in the wellbeing of those in their care and so will trust that these expectations will be followed.

- If CYO Athletics has to look into a situation where a player is injured which may have resulted due to over pitching and determines that the coach knowingly did this, that coach will be suspended for at least 1 game. If it is determined that the player or the player’s parents are not communicating with the coach about pitching for other teams, the player will be suspended for at least 1 game.

“Never forget beauty: the beauty of life, the beauty of sport, that beauty which God has given us. Sport is a very suitable path for this discovery, to open ourselves, to go outside of our own walls and get in the game. This is how we learn to participate, to overcome, to struggle together. And all this helps us to become active members of society and also of the Church; and it helps society itself and the Church to overcome all forms of discrimination and exclusion.”

- Pope Francis
Registration Deadline: Friday, April 12th, 2019

Roster Due Date: Monday, May 13th, 2019
*Must Include Bib Numbers to be worn at the Qualifying Meet

Preliminary Meet: Saturday, May 4th, 2019
10:00am & 2:30pm

Relay Meet: Saturday, May 11th, 2019
10:00am & 3:00pm

8th Grade Pentathlon: TBA

Qualifying Meet: Saturday, May 18th, 2019
10:00am & 3:00pm

Championship Meet: Saturday, June 1st, 2019
(Individual and Team Awards)
All-Comers 10:00am
Championship Meet 12:00pm

Divisions: Grades 4 through 8

Team Fees: 1-49 Participants $650
50+ Participants $700

EQUIPMENT

- All teams must have uniform tops of the same color with team name clearly defined. T-shirts will be fine.
- 7th and 8th grade athletes may wear up to 1/4” track spikes. All 4-6th grade athletes must wear non-spiked athletic shoes; this excludes all spiked track shoes even if the spikes are removed. Any participant discovered to be using illegal shoes will be automatically disqualified by CYO officials and/or commissioners.
- All participants are required to report to running and field events with 2-inch x 4-inch label name tags color-coded by grade attached to their team shirt. The label MUST list all of the following for the child to compete:
  o First and Last Name in that order
  o Grade and Gender
  o The events they are competing in.
  o Where applicable their tags must list A or B heat.
- Name Tags must match these colors:
  o 4th grade (3rd) – blue
  o 5th grade – pink/red
  o 6th grade – green
  o 7th grade – yellow
  o 8th grade – orange
- The color-coded name tags 1) help to ensure children participate in their correct grade division for individual events and 2) reduce the time spent recording results at the finish line.
- At the Qualifying Meet ALL participants are also required to report to running, relay, and field events wearing their bib
numbers pinned to the front of their t-shirt. Coaches must submit completed Bib Number Form by due date. Bibs will expedite recording of event results.

- Penalty for an athlete competing in an event they should not have.
  - If noticed prior to the event taking place (i.e. at the start line, or as they sign in for a field event), they will be informed they cannot compete in this event, and directed to the right one if it has not taken place.
  - The coach will be informed of the mistake, but this will not count as an official warning.
  - If the infraction is noticed after the fact, the competing athlete will be disqualified, and the coach will be given a warning. As this infraction may occur more than once at a given meet, the warning will cover the entire meet. However, in every occurrence the athlete will be disqualified.
  - For subsequent offenses occurring at a later meet, the athlete will be disqualified in every instance, and the coach will be required to attend the next available PLACT Sports as Ministry coaches training, to be completed prior to their next season of coaching.
  - NOTE: A coach who is suspended from coaching a team by CYO Athletics is not eligible to be present as a fan for that CYO Athletics event.
  - If the suspended coach does in fact attend a meet after they have been suspended, and refuses to leave, their team will forfeit any points scored at the Championship Meet.
  - In all instances when a warning or a suspension has occurred, the AD will be communicated with so there is a full understanding of the consequences.

- 6th grade boys and 6th, 7th and 8th grade girls will use a 6-lb shot. 7th and 8th grade boys will use an 8-lb shot.
- Turbo Jav participants will use the 300 gram turbojav.
- In Relays/Medleys teams shall provide their own batons. Tape, stickers, and adhesive are not permitted on batons.

RULES

All CYO Athletics Track and Field teams will participate in accordance with the current National Federation of State High School Association rules unless otherwise specified in this manual or the rules herein outlined.

- Coaches are responsible for attending the preseason coaches meeting. In the event that this is not possible, the head coach must make sure an assistant coach represents the team.
- Penalty for not attending the coaches meeting:
  - The coach will need to volunteer at the preliminary meet which their team is not competing in if they miss the coaches meeting.
  - If they fail to do so, their team will forfeit the opportunity to score in the Team Championship meet.
All parishes/schools wanting to combine to form a team must submit a request to the CYO Athletics office before the registration deadline. Each case will be reviewed independently, and all decisions will be determined by the staff of CYO Athletics in consultation with the Track & Field Committee. The review will be based on the number of programs involved and the total number of athletes participating. We desire a situation where no cuts occur, but we want every athlete to be able to compete in multiple events. **Combination Teams** may not exceed a roster size of 85, but **Unified Programs** and individual parishes may exceed a roster size of 85.

**A, AA and AAA configuration will be determined once the rosters are turned into the office of CYO Athletics. Designations will be based on a combination of roster size and team performance at the Qualifying Meets.**

All teams are responsible to provide volunteers for all meets. Volunteer assignments will be given out at the coaches meeting and will be on the lane assignment sheet.

Each team’s volunteers must sign-in at the appointed time for volunteers and sign-out at the conclusion of duties.

Volunteers should be willing to stay the entire meet.

If volunteer requirements are not met the team will not score at The Championship Meet. In addition, teams will be charged $50.00 per volunteer they do not supply per meet.

**CYO Track & Field is for 4th graders and up. You may add 3rd graders to your roster only when you have less than eight (8) 4th grade boys or girls, and then you may add only enough 3rd graders to bring your total 4th grade team roster to 8 boys or 8 girls.**

A contestant must remain in the same grade division for all events in which they compete. An exception to this rule allows a youth to run in an older grade division relay while still competing within his/her own grade division in the individual events.

In the 4th through 8th grade sprints, there will be "A" heats for the quickest runners and "B" heats for the remaining competitors.

All 400m races are run in lanes with one participant per lane.

Coaches must remain in the stands during all meets (except for the Preliminary Meet, where coaches may briefly accompany a child to the start of an event but may not station themselves on the field/track for the duration of the Preliminary Meet). Only contestants who are participating, or whose event has been called shall be on the track or field.

**Contestants must start from a standing or crouching set position only.** In all running events where lanes are assigned, runners must remain in their assigned lanes.

**Relay Judge Instructions**

1. Red Flag while kids find their lanes, identify their pass zones and where they will start the race
2. White Flag up while kids are ready – hold white flag up until the end of the race if there are no disqualifications
3. Red Flag for Disqualification if you see –
a. Baton exchanged outside of the pass zone (position of the baton, not the runners, govern the exchange)

b. Runners leave their lane – can be before or after exchange (incoming runners must stay in lane until course is clear)

c. Baton is dropped and picked up by the next runner instead of the runner who dropped it

d. In retrieving a dropped baton, runner interferes with or impedes another runner

4. Communicate to meet official what you saw if there was a disqualification, remembering which team was disqualified, so we can write it down on a Disqualification Form.

- Contestants will be disqualified for impeding runners in other lanes.

- All Shuttle Relay teams will be right hand to right hand. Teams will be disqualified for using a running start in a Shuttle Relay. Both feet of the runner must be behind the starting line until they have touched the hand of the oncoming runner.

- When a tie occurs in the Long Jump, Turbo Jav, and Softball Throw, a jump off/throw off will be implemented to determine placement. For Shot Put, the tie is broken by tied competitors’ next longest put of the three already executed. For High Jump, break ties as follows: a) least misses at last height cleared; b) least total misses. If still tied, bar will be moved to previous height cleared for one jump. If both clear the jump, it will be considered a tie. If both miss the jump, one more jump will be taken by each contestant. If both either make or miss this 2nd jump the competition will be deemed a tie.

- Meet Committee – composed of CYO Athletics staff, commissioners, and volunteers – will rule upon any issues that arise during a track meet.

- Disqualifications – for any possible DQ, the head coach for the team(s) under review will be called to the finish line tent to discuss the issue with meet officials. A DQ form will be filled out with the relevant information and statements, reviewed by the meet committee and ruled upon. All decisions of the meet committee are final.

- Extra heats will not be run when participants miss an event.

*The important thing in the Olympic Games is not the winning but the taking part.*

*The important thing in life is not the triumph but the struggle.*

- Pierre De Coubertin
  Founder of the Olympic Games, 1896
A team may enter the following number of participants per team, per grade, per gender (except where indicated):

**Running Events**
- Sprints – 4th and 5th graders: 50m, 60m, 75m, 100M, 200M
  - A-heats - one participant
  - B-heats - unlimited participants
- Sprints – 6th, 7th and 8th graders: 75m, 100M, 200M
- 400m – 4th-8th graders, 3 participants
- 800m – 4th-8th graders, 4 participants
- 1600m – 4th-8th graders, 4 participants

**Field Events**
- Long Jump – 2 participants
- Turbo Jav. – 4th and 5th graders – 3 participants, and 6th, 7th and 8th graders – 2 participants
- Softball Throw – 4th and 5th graders – 3 participants, and 6th grade – 2 participants
- Shot Put – 6th grade – 2 participants, 7th and 8th graders – 3 participants
- High Jump – 6th grade – 2 participants, 7th and 8th graders – 3 participants

**Relay/Medley Events** – no B-heats
- Shuttle Relay – 4th and 5th graders – one relay/team/grade/gender
- 4x100 Relay – 4th-8th graders – one relay/team/grade/gender
- 4x200 Relay – one relay/team/gender
- Sprint Medley (100m, 100m, 200m, 400m) – one medley/team/gender
- 4x400 Coed Relay – one relay per team (must be coed)

**Note**: At the Preliminary and Qualifying Meets each athlete may participate in only one running event, one field event, one Shuttle or 4x100 Relay and either the 4x200 Relay, Sprint Medley, or 4x400m Coed Relay.

**RELAY MEET**
This extremely fun and competitive meet is designed to create opportunities for all athletes to participate in running and field event relays, to build community, and to promote team bonding through team work and accountability. Smaller teams may combine grades or with other teams to create viable relays for participation in this meet. Ribbons will be awarded for 1st, 2nd, and 3rd place teams in every heat and field event. The top 3 field event winners will also be announced.

**Running Event Relays at the Relay Meet**:
- 60m Shuttle Relay – 4th and 5th grades – two relays/team/grade/gender
- 100m Shuttle Relay – 4th, 5th, 6th, 7th, and 8th grades – one relay/team/grade/gender
• 4x100m Relay - 4th, 5th, 6th, 7th, and 8th grades – two relays/team/grade/gender
• 4x200m Relay - 4th, 5th, 6th, 7th, and 8th grades – one relay/team/grade/gender
• 800m Sprint Medley (100m, 100m, 200m, 400m) – one medley/team/gender
• 1600m Sprint Medley (200m, 200m, 400m, 800m) – one medley/team/gender **7th and 8th graders ONLY
• 4x400 Coed Relay – one relay per team (must be coed)
• 4x800m Distance Relay – one relay/team/gender

Field Event Relays at the Relay Meet
• Long Jump Relay – 4th, 5th, 6th, 7th, and 8th grades - one team/grade/gender – 2 jumps per competitor
• High Jump Relay – 6th, 7th, and 8th grades - one team/grade/gender
• Shot Put Relay – 6th, 7th, and 8th grades - one team/grade/gender
• Softball Throw Relay – 4th 5th, and 6th grades - one team/grade/gender
• Turbo Jav Relay – 4th, 5th, 6th, 7th, and 8th grades - one team/grade/gender – 2 throws per competitor
• Field event relays shall consist of a minimum of two and maximum of three team members.
• Each field event relay member’s marks will be added together for a cumulative team score.

Note: At the Relay Meet each athlete may participate in three running relays and one field event relay.

ALL-COMERS MEET
• For the All-Comers, which is held prior to the Championship Meet, all non-qualifiers for the Championship Meet are invited to compete.
• Any athlete competing for an A-heat, Field Event or Relay/Medley in the Championship Meet may not participate in the All-Comers.
• The All-Comers includes the 50m and 60m (for 4th and 5th graders only), and the 75m, 100m, and 200m for all grades.
• Ribbons will be given to participants in the All-Comers.
• All-Comers participants are also eligible to run in one B-heat at the Championship Meet.

CHAMPIONSHIP MEET
• A-heats are for qualified athletes only
• Field Events are for qualified athletes only
• Relay Teams are for qualified athletes only (substitute from team roster is permitted if original qualifier is absent).
• Teams may enter unlimited participants in the following B-heats: 50m and 60m (4th and 5th grade only), 75m, 100m, 200m, 400m, and 800m. Clearly indicate B-heat on name tags.
The top eight finishers from the combined results of the two Qualifying Meets in each sprint, relay and medley will qualify to compete for medals and team points in the Championship Meet.

The top 16 finishers in each field event from the combined results of the two Qualifying Meets will qualify to compete for medals and team points in the Championship Meet.

Note: Field event qualification requires at least one legal attempt. Athletes who scratch all three attempts, or do not clear the minimum height in high jump will not qualify.

All 800m and 1600m participants who complete the Qualifying Meet race qualify for the Championship Meet.

The fastest 8 times from all A-heats and the B-heat winners’ times will determine the qualifiers in the Sprints.

Lanes for the Championship Meet will be determined by the order of finish.

Athletes who do not qualify for an A-heat Running Event are eligible to run in one B-heat at the Championship Meet.

**INDIVIDUAL AND TEAM AWARDS AT CHAMPIONSHIP MEET**

Medallions will be presented to the first three finalists in each event at the Championship Meet.

Fourth through eighth place finishers will be awarded ribbons.

The Championship Meet scoring is:

1st place = 10 points  
2nd place = 8 points  
3rd place = 6 points  
4th place = 5 points  
5th place = 4 points  
6th place = 3 points  
7th place = 2 points  
8th place = 1 point  
B-heat winner = \frac{1}{2} point

More than one participant from a team may earn points in the same event.

The following trophies will be awarded at the Championship Meet. Awards are based on the total points earned in each category.

1) **1st, 2nd, and 3rd places for the A, AA, and AAA Overall Team Championship based upon the highest combined total of points for all grades and genders.**

2) **1st place overall Girl’s Team Championship - based on the highest combined point total for A/AA and AAA**

3) **1st place overall Boy’s Team Championship - based on highest combined point total for A/AA and AAA**

4) **1st place Girl’s Team Championship - each grade for A/AA and each grade for AAA**

5) **1st place Boy’s Team Championship - each grade for A/AA and each grade for AAA**
RECORDS
CYO Track and Field records can be found on the website. They may be set in the A-heats and field events at the Qualifying and Championship Meets.

8TH GRADE PENTATHLON
A pentathlon will be held for 8th grade boys and girls. The events participated in include the 100m, 400m, 800m, long jump and shot put. Only 8th graders on the team roster may participate. There is a $6 entry fee per contestant. The first six place finishers in both girl’s and boy’s divisions will receive trophies which are presented at the Championship Meet.

- The first five finishers for both genders in the 8th grade pentathlon will earn team points. They are scored as 10-8-6-4-2 and these points are used for the overall team championship tally only, NOT grade title.
- Every other participant in the 8th grade pentathlon who scores in all events will accrue 1 point for the overall team championship.

“I have competed well; I have finished the race; I have kept the faith. From now on the crown of righteousness awaits me, which the Lord, the just judge, will award to me on that day, and not only to me, but to all who have longed for his appearance.”

- 2 Timothy
Adult Coed Softball

Registration Deadline: Friday, May 3rd, 2019
Drop Deadline: Friday, May 10th, 2019
Roster Due Date: Monday, June 10th, 2019
League Games: June 4, 6, 11, 13, 18, 20, 25, 27
July 9, 11, 16, 18, 23, 25, 30
August 1
Teams play one game a week, either Tuesday or Thursday
Tournament Game: Saturday, August 10th
Team Fees: $650

EQUIPMENT
- Both coaches will provide the umpire with one 11” and one 12” ball in good shape prior to the game. The official softballs are to be marked as either MSP-44, COR-44, MSP-47 or COR-47.
- Men bat using a 12-inch ball, women use an 11-inch ball. Any color of softball is authorized.
- The bats banned by the ASA will not be used the date of the list will be determined each year. A copy of the current list is available from the CYO Athletics Office.
- No metal cleats. Players must wear closed toed shoes.
- Catchers must wear a mask.

RULES
- Games are 7 innings long; if a team is ahead by 10 or more runs after 5 innings of the game, the team with the lead will be declared the winner and the game will end. Bases are 65 feet apart and the pitching rubber is approximately 50 ft from home base. Only 1 minute between half innings.
- In regards to a 6 PM game no inning may begin after 7:15 PM. The game may begin as late as 6:15pm, but will not end late. At 7:30 the games end, the score goes back to the score at the end of the last full inning. For all other games no inning may begin after 1-1/4 hours of play. Tie-breakers will be distributed at time of tournament.
- Unlimited foul balls are permitted.
- All batters begin with a one and one count. If a player (woman or man) gets a walk with a 4-1 count (3 straight balls thrown to her/him), the batter will advance to second base, the following batter has the option to advance to first or to bat.
- Unlimited defensive substitutions are permitted. A courtesy runner is permitted, for an injured player, but it must be the last out of the gender of the injured runner.
- All players attending the game must bat. Only ten players may play the field at any one time, with no more than 6
players of one gender. The minimum number of players is 8 (6-2). If no player of a gender is available to bat (because they are on base), there will be an automatic out, and the next gender will bat. Men and women must alternate in the batting order. There will be two batting orders; one for women and one for men, either a woman or a man may lead off. If a team wishes they may lead off each inning with the same gender, i.e. a man each inning, but it must be declared before the start of the game.

- A "No slide, no crash" rule will be in effect for all bases, including home. NO SLIDING IS PERMITTED. ANY and all incidents will be an automatic out. Returning to a base or slipping is not considered sliding. The runner has an obligation not to crash into the defensive player.
- A player must turn to the right and may not be tagged out if they are overrunning a base. Any attempt to decoy the fielder cancels the "run by" rule and the runner may be tagged out.
- **Defensive players may not block a base.** If a runner has to miss the base to avoid a collision, it is the umpire’s discretion whether the runner will be awarded the base or not.
- No encroachment is allowed. This will not be called if the situation occurs at home plate. On the first offense a warning will be issued to the team. On the second offense, the umpire will nullify any out that has occurred because of the encroachment. The batter and runners will be placed assuming that the ball has been dropped. If the encroachment does not result in an out, another warning will be given. This rule applies to both men and women.
- Every pitch must be one continuous motion.
- A runner scores by crossing the scoring line.
- A runner who has broken the plane of the commitment line (halfway between 3rd base and home plate) will be called out if a defensive player is touching home plate while holding the ball before the runner breaks the plane of the scoring line. Normal tag out rules apply to any runner who has turned for home, but who has not passed the commitment line. If a runner touches home plate they will be called out.
- When the game is on a field with outfield grass and a skinned infield no outfielders are permitted to be on the skinned infield until after the ball is hit.
- **Tournament Rule Only** – in the case of extra innings, each new half inning starts with a runner on second base (the last male player called out in the previous inning).
- Each game will begin with the CYO Athletics Pre-event prayer by Knute Rockne.
Adult Coed Volleyball

Registration Deadline: Friday, August 31st, 2018

Roster Due Date: Monday, Sep 17th, 2018

League Games: Sep 10, 12, 17, 19, 24, 26
Oct 1, 3, 8, 10, 15, 17, 22, 24
Teams play one game a week, either Monday or Wednesday

Tournament Game: Saturday, October 27

Team Fees: $300

EQUIPMENT
- Each team shall furnish a volleyball of good quality and condition for each match. Adult Coed Volleyball will use a regulation size ball. (NOTE: Colored balls may be used. 1/3 of the ball must be white, it cannot be more than 3 colors, and there may not be any logos or designs on the ball other than the manufacturers.
- The net height shall be 7'6”.
- No jewelry, barrettes, beads, or bandanas may be worn while playing. This includes posts for pierced ears. Unadorned, flat clips 2 inches or smaller will be allowed.

PLAYER ELIGIBILITY AND ROSTER
- Adult Co-Ed Volleyball rosters are comprised of adults 21 years of age or older who are parishioners at a Catholic parish – exceptions should be submitted to CYO Athletics. All players should be listed on the roster – no players not on a roster should play in any match. Each player must sign the Hold Harmless Agreement for Adult Sports prior to playing in a match, to be maintained by the team coach at each game.
- Home team must furnish a competent scorekeeper who will maintain the official score for that match. This can rotate depending on who is on the bench.
- Six players will constitute a playing team. In an emergency, games may begin with 5 players.
- Teams are encouraged to share players to meet player or gender minimums in order to create opportunity to play.

RULES
All volleyball teams in CYO Athletics will play according to the current volleyball guide of the National Federation of High School Volleyball rules unless otherwise specified in this manual or the rules herein outlined.

MATCH FORMAT AND TIME
- Each team will share the court for a five-minute pre-match warm-up, and two minutes serving.
- Each game will begin with the CYO Athletics Pre-event prayer by Knute Rockne
• All teams will play rally scoring with the first two games to 25 points, and the third game to 15 points.
• Matches will be best two out of three games and must be completed, along with the warm up, within the hour. The third game will be played to a score of 15 points and a team is at least two points ahead (to a maximum of 25 points), or until the one-hour time limit is reached (win by one point) whichever comes first.
• Matches will be scheduled on the hour. If matches finish and time allows, teams may play an additional game. If both teams play beyond the official match, they must clear the floor and benches prior to the next scheduled match!

MATCH PLAY
• Teams will automatically substitute players every rotation. Players sub out after position 1 (server spot) and sub back in at position 6. The players sub into the game in the same order they leave the game.
• At least 2 players of each gender must be on the floor at all times and 3 males or females may not be placed in 3 consecutive positions.
• To maintain this order, separate male and female rotations may be established at start of the match.
• If a player of one gender must remain on the floor to maintain gender balance, they stay on the floor, team rotates and next substitution will take place gender for gender (i.e. male->male, female->female).
• The “libero position” is not used in CYO Athletics volleyball.
• Back row players may not come forward for blocking and there shall be no back row attacks.
• For safety reasons, no kicking, or attempting to kick, the ball.

SERVING
• Server need not toss the ball.
• Ball must be served within 8 seconds of referee’s whistle.

DECORUM, STEWARDSHIP AND SPORTSMANSHIP
• Only the designated floor captain may approach the referee.
• Please remember that all cheers should be positive and supportive of all players.
• Fans and players must remain silent when a player is attempting to serve.
• No gum chewing in the gymnasium.