



San Francisco Athletics Guidebook

2009 - 2010

A Program of Catholic Charities CYO

TABLE OF CONTENTS

Purpose and Organization of CYO Athletics.....	2
CYO Athletics Philosophy	2
CYO Athletics Code of Conduct.....	3
CYO Office Staff.....	4
Girls Athletics Calendar	5
Boys Athletics Calendar	6
CYO Athletics Entry Fees	7
Athletics Advisory Board Members and Organization.....	8
To All Athletic Directors.....	10
 Section One — GENERAL RULES APPLICABLE TO ALL ATHLETIC ACTIVITIES	
Achievement Series Games.....	12
Awards	12
Coaches Fingerprinting	13
Coaches Training	13
Fee Structure	14
Forfeit, Withdrawal, Damage, Fees and Penalties	14
Forfeited Games	16
Game Postponements.....	17
Game Results & Standings.....	18
Mandatory Meetings.....	18
Officials	18
Player Eligibility.....	19
Playoffs and Championships	25
Protests	27
Registration.....	28
Rules Interpretations.....	29
Scheduling of League Games	29
Team Entry and Rosters	30
Team Classifications.....	31
 Section Two — CONDUCT	
General – Bench Area, Coach, Spectator	33
Basketball – Coach, Player, Spectator	34
Soccer – Coach, Player, Spectator	35
Volleyball – Coach, Player, Spectator.....	36
 <u>Athletic Activities</u>	
Section Three	GIRLS VOLLEYBALL RULES..... 37
Section Four	CROSS COUNTRY RULES..... 47
Section Five	SOCCER RULES..... 48
Section Six	BASKETBALL RULES..... 53
Section Seven	TRACK RULES 61

PURPOSE AND ORGANIZATION OF CYO ATHLETICS

The mission of the Catholic Youth Organization (CYO) is to respond to the spiritual, social, physical, intellectual and emotional needs of youth. As a part of this larger mission, CYO Athletics seeks to promote the development of Christian faith and values within the context of a faith community – the parish.

The foundation and cornerstone of the CYO Athletics Program is the parish. Parishes are responsible for hiring athletic directors, establishing athletic boards, selecting, preparing and supervising coaches, registering participants and entering teams.

CYO, through its staff and advisory board, supports the parish athletic program by organizing the sports leagues, assigning officials, scheduling facilities, maintaining rule books, and providing support and resources to the parishes of the Archdiocese of San Francisco with regard to sports and recreation activities for youth.

NON-PARISH PARTICIPATING PROGRAMS AND THOSE OUTSIDE THE ARCHDIOCESE OF SAN FRANCISCO

Non-parish programs such as private schools and youth community organizations and youth-serving clubs have requested and been allowed to participate in the CYO Athletics leagues.

Although the primary focus of CYO is in assisting parishes in organizing recreation opportunities for youth, schools and community youth organizations may apply to participate in the CYO sports leagues.

There have been instances when parish programs or community organizations from outside the Archdiocese of San Francisco have requested to participate in CYO leagues. CYO believes these programs should be involved in their own communities whenever possible, and usually will not grant such a request. If an exception is made, participating programs outside of the geographical boundaries of the Archdiocese of San Francisco must play all of their games within the Archdiocese.

CYO ATHLETICS PHILOSOPHY

As an integral part of Catholic Charities CYO, the CYO Athletics Program has three main objectives and purposes:

1. To promote and encourage the development of Christian values (character) through interaction with peers;
2. To provide as much participation as possible among all youth involved;
3. To develop the concept of community through team sports identified with the various parishes.

As Christians, we are constantly challenged to better ourselves. In team sports we strive for growth and improvement, both as individuals and as a team. The development of such values is the primary objective of CYO Athletics, and CYO Athletics is the arena in

which the young person practices the principles of Christian values. Within this arena the coaches, directors, and participants must manifest and exemplify the ideals of a Christian life.

Athletic activity plays an important part in the growth and development of children. Team sports, competitive contests and special outdoor activities are opportunities to keep the body fit and the mind fresh. For these reasons, CYO Athletics encourages the participation of all youth – not merely the skilled athletes – in order to encourage wide participation and to foster Christian attitudes. CYO Athletics must be built upon a strong foundation: parish participation, dedicated coaches, and youth open to learning and playing.

The parishes and families provide the foundation for CYO Athletics. The parishes and families provide the basis of Christian life and are one of the first experiences of teaching Christian values. The concepts of "Team Spirit" and "Sportsmanship" cannot be overstated, for it is in these ideals that participation in a community is possible for each young person in CYO Athletics.

CYO Athletics has a duty to each of its participants (coaches, players, officials, parents), to provide the best possible atmosphere of competition. Such competition should not be based solely on winning or losing, but it should be understood in terms of participation, improvement, enjoyment, and self-confidence. It is an ideal, but it is the basis of CYO Athletics. The participants must become gracious winners and losers, understanding that "how the team played" is immensely more important than who won the game. The youngsters are then freed to become the best that they can possibly be - and to encourage the best in their teammates, peers, friends, and competitors.

CYO ATHLETICS CODE OF CONDUCT

The guiding principle behind the enforcement of the code of conduct is that the behavior of everyone involved in CYO shall not detract from the children's enjoyment of the sport. CYO Athletics has a duty to each of its participants (coaches, players, officials), and that is to provide the best possible atmosphere of competition. All players, coaches, officials, directors and spectators must be treated with respect regardless of race, creed, color, gender or ability.

SPECTATORS

- Remember that the players are children who are playing for their enjoyment – **"THE GAME IS FOR THE KIDS"**
- Do not coach from the stands
- Remain seated in the spectator area during the games
- Respect decisions made by contest officials
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches or officials
- Make no derogatory comments or gestures to officials or league administrators, players, coaches, or parents of the opposing team

PENALTIES

- Participating teams and their coaches are responsible for the conduct of their spectators both home and away
- Any spectator who displays poor sportsmanship shall be removed from the facility by an official, their team coach, a league official or the host gym director in charge
- Any spectator who interferes with the conduct of a CYO activity may be barred from attendance at subsequent CYO activities

CYO ATHLETICS OFFICE STAFF

Courtney Clendinen, CYO Athletics Director, cclendinen@cccyo.org, 415-972-1253

Christine Sellai, CYO SF Athletics Manager, csellai@cccyo.org, 415-972-1348

Mary Beth Johnson, CYO Athletics Administrative Coordinator, mbjohnson@cccyo.org, 415-972-1252

Issues, complaints, and concerns must be made by the Athletic Directors only to the CYO San Francisco Athletics Manager, Christine Sellai, 415-972-1348.

Any decisions made regarding coach suspensions are given to the Athletics Director, not the individual coach. It is the responsibility of each respective Athletics Director to notify their coaches of any decision made by the CYO Athletics office. Communication is through the CYO Athletics office and the Athletics Directors not the individual coaches.

GIRLS CYO ATHLETICS 2009-2010 CALENDAR

Athletic Directors Meeting – Wednesday, Sept. 2, 7:00 pm, St. Emydius gym

Volleyball:

- Pre-Season Tournament: Sept. 8 - Sept. 12 (Grades 3-5)
- Coaches Clinic (3rd-5th): Sunday, Sept. 13, 12:00 pm - 2:00 pm
- Coaches Clinic (6th-8th): Sunday, Sept. 13, 3:00 pm - 5:00 pm
- Coaches Clinic (3rd-5th): Monday, Sept. 14, 6:30 pm - 8:30 pm
- Coaches Clinic (6th-8th): Tuesday, Sept. 15, 6:30 pm - 8:30 pm
- Team Rosters Due: Monday, Sept. 14 by 5:00 pm
- Regular Season Starts: Friday, Sept. 18
- Regular Season Ends: Saturday, Nov. 7
- 8th Grade Achievement Games: Monday, Nov. 9
- Post-Season Starts: Tuesday, Nov. 10
- Post-Season Ends: Saturday, Nov. 21

NOTE: Games are scheduled Fridays 5 pm – 9 pm; Saturdays 9 am – 6 pm; Sundays 12 pm – 6 pm; and week nights 5 pm – 9 pm.

Girls Basketball:

- Pre-Season Tournament: Tuesday, Feb. 23 - Saturday, Feb. 27 (Grades 5-8)
- Coaches Clinic (3rd-5th): Sunday, Feb. 28, 12:00 pm - 2:00 pm
- Coaches Clinic (6th-8th): Sunday, Feb. 28, 3:00 pm - 5:00 pm
- Coaches Clinic (3rd-5th): Monday, March 1, 6:30 pm - 8:30 pm
- Coaches Clinic (6th-8th): Tuesday, March 2, 6:30 pm - 8:30 pm
- Team Rosters Due: Monday, March 1 by 5:00 pm
- Regular Season Starts: Friday, March 5
- Easter Break – No Games: Thursday, April 1 - Sunday, April 11
- Regular Season Ends: Saturday, May 8 (no games Mother's Day 5/9)
- Post-Season Starts: Monday, May 10
- Post-Season Ends: Sunday, May 23
- 8th Grade Achievement Games: Monday, May 24

NOTE: Games are scheduled Fridays 5 pm – 9 pm; Saturdays 9 am – 6 pm; Sundays 12 pm – 6 pm; and week nights 5 pm -9 pm.

Cross Country Meet

Golden Gate Park Polo Fields Sunday, Nov. 8

Track – Spring Meet

St. Ignatius College Preparatory TBA

BOYS ATHLETICS CALENDAR 2009-2010

Athletic Directors Meeting – Wednesday, Sept. 2, 7:00 pm, St. Emydius gym

SOCCKER:

- Coaches Clinic (3rd-5th) – Tuesday, Sept. 8, 6:30 pm - 8:30 pm
- Coaches Clinic (6th-8th) – Wednesday, Sept. 9, 6:30 pm - 8:30 pm
- Team Rosters Due: Tuesday, September 8 by 5:00 pm
- Regular Season Starts: Saturday, Sept. 12*
- Regular Season Ends: Saturday, Oct. 31 and/or Nov. 7**
- Post-Season Starts: Saturday, Nov. 7 and/or 14**
- Post-Season Ends: Saturday, Nov. 14 and/or 21**
- 8th Grade Achievement Games: Saturday, Nov. 14 and/or 21**

*Games are primarily played Saturdays 9 am - 5pm, with occasional games Sundays 12 pm - 5 pm.

**Dates are subject to change due to potential rain-out/make-up games.

BOYS' BASKETBALL:

- Pre-Season Tournament: Monday, Nov. 23 - Saturday, Nov. 28 (Grades 5-8)
- Coaches Clinic (3rd-5th): Sunday, Nov. 29, 12:00 pm - 2:00 pm
- Coaches Clinic (6th-8th): Sunday, Nov. 29, 3:00 pm - 5:00 pm
- Coaches Clinic (3rd-5th): Monday, Nov. 30, 6:30 pm - 8:30 pm
- Coaches Clinic (6th-8th): Tuesday, Dec. 1, 6:30 pm - 8:30 pm
- Team Rosters Due: Monday, Nov. 30 by 5:00 pm
- Regular Season Starts: Friday, Dec. 4
- Christmas Break - No Games: Sunday, Dec. 20 – Sunday, Jan. 3
- Regular Season Ends: Sunday, Feb. 7
- Post-Season Starts: Monday, Feb. 8
- Post-Season Ends: Sunday, Feb. 21
- 8th Grade Achievement Games: Monday, Feb. 22

NOTE: Games are scheduled Fridays 5 pm – 9 pm; Saturdays 9 am – 6 pm; Sundays 12 pm – 6 pm; and week nights 5 pm – 9 pm.

Cross Country Meet

Golden Gate Park Polo Fields Sunday, Nov. 8

Track – Spring Meet

St. Ignatius College Preparatory TBA

CYO ATHLETICS FEES

Team Entry Fees

Girls Volleyball (Archdiocesan programs)	\$475.00
Girls Volleyball (Non-Archdiocesan programs)	\$525.00
Girls Basketball (Archdiocesan programs)	\$475.00
Girls Basketball (Non-Archdiocesan programs)	\$525.00
Boys Soccer (Archdiocesan programs)	\$475.00
Boys Soccer (Non-Archdiocesan programs)	\$525.00
Boys Basketball (Archdiocesan programs)	\$475.00
Boys Basketball (Non-Archdiocesan programs)	\$525.00
Girls and Boys Cross Country	NONE
Girls and Boys Track Meet	NONE

Penalty Fees

Late Entries (Program)	\$200.00
Late Entries (Each Team)	
(before schedules are posted)	\$100.00
(after schedules are posted)	\$150.00
Withdrawal Before Season Begins	
(before particular grade is scheduled)	\$100.00
(after particular grade is scheduled)	\$150.00
Withdrawal After Season Begins (Each Team)	
Archdiocesan	\$475.00
Non-Archdiocesan	\$525.00
Forfeit	\$ 55.00
Damage to Facilities	(As Required to Repair)
Protest Fee (If Denied)	\$ 50.00

Other Fees

Coaches Fingerprinting Fee	\$ 31.00
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CYO ATHLETICS ADVISORY BOARD MEMBERS

Daisy Capilli
Vince Delucca
Barbara Foy
Pete Franceschi
Sandra Guerrero
Carol Grewal
Joe Hagarty
Jon Kurpinsky

Joanne McDonnell
Maureen Moriarty

Vinny Toth
Dimitrios Tsokas
Jennifer Woodall
Peggy Youngblood

COMMITTEE CHAIRS

Girls Volleyball –
Boys Soccer – Paul Buckley
Cross Country – Dimitrios Tsokas
Basketball – Barbara Foy
Track – Gilbert Bagaman
Eligibility – Maureen Moriarty

OFFICIALS' SUPERVISORS

Volleyball – Dave Lee
Soccer – Paul Buckley
Basketball – Steve Foy
Derek Turner

CYO ATHLETICS ADVISORY BOARD

The CYO Athletics Advisory Board is a committee of volunteers who assist and advise the CYO Director and SF Athletics Manager regarding operations of the CYO Athletics programs, rules, policies, tournaments and clinics. This board has representatives from all areas of our diverse city and fully represents the organizations of our parishes and the youth we serve.

This Athletics Advisory Board meets three times a year to discuss sport committee reports and all recommendations and proposals for changes in rules and policies. In addition, special board meetings are called whenever the SF Athletics Manager deems it necessary for the entire board to discuss and advise on a specific rules issue.

The primary functions of the Athletics Advisory Board are:

- to review and vote upon all major rule and policy changes that are presented by its' standing and special committees, athletic directors, and individual board members
- to assist when necessary at all special events
- to assist in providing the philosophical leadership of the program
- to assist in the review and enforcement of the general rules and code of conduct requirements as stated in the guidebook

A. MEETINGS AND FUNCTIONS

1. Board meetings shall be scheduled and chaired by the SF Athletics Manager, and proper notice shall be given to all board members.
 - a. The general board meeting shall be scheduled in the summer preceding the upcoming school year, and its' agenda shall include all final committee reports, all recommendations and proposals for changes in rules and policies.

- b. A special board meeting shall be scheduled whenever the SF Athletics Manager deems it is necessary for the entire board to discuss and handle any particular matter. The agenda for any special meeting must be sent to all board members prior to the meeting, and board actions at said meeting shall be confined to items on said agenda.
- c. At the end of the year, final committee reports and all individual recommendations from athletic directors and board members must be submitted to the SF Athletics Manager before the general meeting in the summer.
- d. Membership on the Advisory Board shall be confined to persons who respect and do not contradict, in their work or by public or private example, the teachings, philosophy and ethics of the Roman Catholic Church.

B. Vacancies, Removal and Resignation

1. The Board may, with the approval of the Athletics Manager, remove a member who has been declared of unsound mind by a final order of a court, or convicted of a felony, or upon the determination of the Board that the member has been absent without excuse from more than three consecutive meetings of the board.
2. The Board may, with the prior approval of the SF Athletics Manager, remove any board member from the office with or without cause at any time.
3. Any member may resign by giving written notice to the SF Athletics Manager. The resignation shall be effective when the notice is given unless it specifies a later time for the resignation to become effective.

C. Term of Office

1. Members of the CYO Athletics Advisory Board shall hold office for a term of three (3) years, or until a successor member has been designated and qualified, with staggered terms, and may serve a maximum of three consecutive terms provided. Members may, however, serve more than three consecutive three-year terms with the prior approval of the Athletics Manager. Notwithstanding the foregoing, the Manager shall not be limited in the number of consecutive terms he/she may serve.

D. Quorum, Notice and Effectiveness of Meetings

1. A quorum for the transaction of business of the Advisory Board shall consist of a majority of the members of the Advisory Board then serving.
2. Every action taken or decision made by a majority of the Advisory Board present at a duly held meeting at which a quorum is present shall be an act of the Board.

E. Standing and Special Committees

1. Standing committees are formed by the board and continue until dissolved by the board.
2. Special committees, when formed, are automatically dissolved at the end of the sports year unless continued by board decision.

3. Each committee has a committee chairperson. The committee chairperson is responsible for the work of the committee and to help make the decisions of the committee, and he/she shall make certain there are enough committee members to do the necessary work. Committee members are not required to be board members, as any and all advisory board authority is through the committee chairperson.
4. Committee procedures are determined by the committee chairperson and shall be reported to the SF Athletics Manager.
5. Reports in writing must be prepared when required by the SF Athletics Manager, and he/she, at his/her discretion, may specify items to be included therein. A committee must work in harmony with other committees when cooperation is required, and the SF Athletics Manager is the arbiter of any disagreements.
 - a. The SF Athletics Manager determines the general work assignments for each committee, and is an ex-officio member of all committees.
 - b. Whenever a committee sets aside or fails to follow any provision contained in the guidebook, the committee chairperson must inform the SF Athletics Manager.
6. All finance transactions and operations of CYO Athletics are under direct control of the CYO Athletics Administration.
7. The Athletics Advisory Board has currently authorized the following standing committees: Volleyball, Soccer, Cross Country, Boys Basketball, Girls Basketball, Track, and Eligibility.

TO ALL ATHLETIC DIRECTORS

As Athletic Director, you share responsibility with your pastor and principal for your parish athletic program. Realistically though, you are the one who organizes the program, resolves problems and deals with questions regarding the rules and their enforcement.

This current edition of the CYO Guidebook is meant to be one of your chief aids in administering your parish program. Too often our guidebook is only referred to in times of violations or crises. However, if you review it thoroughly at the beginning of the year and before each sport, you can avoid most of these difficulties.

Given the framework of our philosophy that cannot become lost in the heat of the game, the opportunity exists for healthy competitions, learning from good role models, and the passing along of positive values to children through CYO sports.

When we succeed in teaching a child to participate in an athletic activity in a sportsmanlike manner, we help mold tomorrow's successful adult – a goal-oriented adult with character, who will be graceful in life's triumphs and dignified in the face of life's adversities. Essentially, we are using athletics as a vehicle to create the future of our community.

Let's do our best to use this program to make an investment in the future of our community. We will make this investment by applying the philosophy of CYO as articulated in this guidebook. By applying our CYO philosophy we will reap a great

return on our investment in the children and in the community, and we will ensure ourselves a successful season.

Unlike many of the rules contained in these pages, our CYO Athletics philosophy has remained constant for over 20 years. Because coaches change from year to year, it is the primary role of an AD to impart CYO's philosophy to all your coaches. This is our foundation, and pages of rules and regulations are meaningless without demonstrated support and education by you to your coaches to ensure a better CYO program.

Let us be mindful of the fact that the results and scores of these athletic activities will soon be forgotten. However, the lessons of sportsmanship, fair competition, socialization and emotional maturity will be remembered. Those lessons are the ones that will contribute to the healthy growth and development of our children and will provide the foundation on which we will build tomorrow's community.

Every year teams are penalized and people are disappointed when CYO sports committee members are forced to notify Athletic Directors when they have failed to follow important and required procedures, ranging from checking rosters and making sure teams understand their schedules, to supervising players, coaches and fans.

When the problems that we all face every day are coupled with cutbacks in other sports programs, our CYO Athletics program grows in value as we continue through the years.

The CYO Athletics office staff and the members of our Athletics Advisory Board are available to assist you when questions and problems arise. Please feel free to contact us.

THE ROLE OF THE ATHLETIC DIRECTOR

The parish Athletic Director is responsible for the overall conduct of the parish CYO athletic program. She/he is responsible to the pastor and/or the Catholic school principal. All parishes/schools participating in the CYO program must have an athletic director who has been appointed by the pastor and/or principal.

Athletic Directors will receive information from the CYO Athletics office. They are responsible for disseminating this information to their parish programs, coaches and parents.

Responsibilities of the Athletic Director include but are not limited to:

1. Recruiting and training qualified coaches for all teams. Providing coaches with coaches training workshop information and ensuring that the coaches are fingerprinted and trained for their sport season.
2. Conducting an information meeting for all coaches prior to each season to discuss rules and rule changes, league information, CYO and coaching philosophy, and other necessary information for the coming year.
3. Representing the parish program in league meetings (or send a representative) and contribute to league activities.

4. Being knowledgeable of the CYO Bylaws and the league constitution and rules. Ensuring that the philosophy of the CYO program is followed. Being certain that all players are eligible to participate.
5. Organizing the parish/school athletic program and support functions including:
 - Arranging for registration of team players. Distributing registration materials; setting time and location for registration.
 - Scheduling practice facilities.
 - Communicating team entries, scheduling requests and other information to the league office.
6. Checking with the parish and school calendars to avoid schedule conflicts. Meeting, at least annually, with the pastor, Catholic school principal, and DRE to discuss the CYO program. Working with parish leaders to avoid conflict with other parish programs and to promote the CYO program in the parish.
7. In conjunction with parents and parish leaders, arranging to evaluate teams and coaches after each season.

Section One – GENERAL RULES APPLICABLE TO ALL ATHLETIC ACTIVITIES

Achievement Series Games

1. Every team that completes the season and plays the 8th grade division of CYO Volleyball, Soccer and/or Basketball is entitled to select one of its players to participate in the 8th Grade Achievement Games.
2. Assignment of selected players to various teams, selection of coaches, all rules and regulations, scheduling and supervision of play will be determined by the Special Standing Committee for the particular sport. **If a program sends two players from the same team with the expectation that they will play, neither player will be allowed to participate in the Achievement Game.**
3. All information pertinent to this activity will be made available to all athletic directors either by the Special Standing Committee or the CYO Athletics office.

Awards

1. The Athletics Advisory Board will determine suitable awards for all CYO Athletics activities.
2. Each and every player participating in his/her team's championship game is entitled to an individual award. NOTE: If awards are to be picked up, the school Athletic Directors will be notified of the pick up date and time. Failure to pick up team awards may disqualify the team from receiving awards in the future.
3. Each and every player in all grades, for all team sports, will receive an individual award. Awards are presented to league winners and runners-up.

Coaches Fingerprinting

The league will operate all programs in accordance with the Archdiocesan policies regarding the screening and training of Athletic Directors, coaches and other adults with regular contact with children.

These requirements will pertain to the following people for CYO Athletics programs:

	Fingerprinting	Background check	Recognizing, Reporting and Preventing Child Abuse Training (NOT TEEN SAFETY COURSE)	Coaches Clinic
Athletic Director	X		X	X
Head Coach	X		X	X
Assistant Coach		X	X	X
Coaches Under 18			X	X

The coaches will have 48 hours from their first game to submit verification of completion of the requirements by fax (415-972-1279) to the CYO Athletics league office.

To complete the Recognizing, Reporting and Preventing Child Abuse training, **NOT THE TEEN SAFETY COURSE**, please visit: <http://www.shieldthevulnerable.org>

Fingerprinting/Background Check Forms

Fax the completed forms (signed by your Athletic Director) to 415-972-1279.

Coaches can be fingerprinted at 180 Howard St., SF, during regular business hours by calling 415-972-1200 to request a fingerprint appointment. The fee of \$31 must be paid at the time of the appointment. Coaches can also be fingerprinted at any Livescan site (to find a site closest to you click the link below). If you go to a Livescan site please use the CYO Athletics form and fax CYO Athletics a completed copy at 415-972-1279.

To find a Livescan site near you please visit:
<http://ag.ca.gov/fingerprints/publications/contact.htm>.

Coaches Training

All CYO coaches are required to take an annual coaching education course prior to coaching in their first game. CYO Athletics will offer a free in-person training prior to the start of each sport season (the dates of these trainings can be found at cyo.cccyo.org). At the conclusion of the training, each coach will receive their coaching certification card, which they will present to the official prior to the start of each CYO game.

If a coach cannot attend the in-person training, he/she is required to take the Catholic Coaching Essentials course online. The link for the training can be found at cyo.cccyo.org under the "Coaches Info" link. At the completion of this course coaches must print the Certification of Completion and show that prior to the start of each CYO game.

Fee Structure

1. Failure to pay all outstanding fees by the due date (or make an acceptable guarantee of payment), may disqualify an athletic organization from participation in CYO Athletics until such fees are paid. Fees are due prior to the start of the next CYO season. Any athletic organization that has delinquent fees will not be permitted to participate until the bill is paid in full. Failure to pay a team's entry fee makes such fee delinquent, and the Athletic Director will be notified, either verbally or in writing. The athletic organization's continued participation is at the discretion of the CYO Athletics office. The CYO Athletics office may order such team(s) to be withdrawn from further CYO participation, and such withdrawal does not absolve or relieve the athletic organization from payment in full of said fee.
2. Participating programs must pay their bills before making any inquiry or protest about them. Any concern expressed after payment is received will be addressed, and if an error has been made, an appropriate refund will be authorized.
3. Damage fees shall be billed as soon as possible after the incident takes place that warrants the assessment. Any such fee becomes due and payable immediately, and when any such fee is not paid within fifteen (15) days after being billed by the CYO office, an additional \$100.00 shall be added. Failure to pay both the original fee and the additional penalty fee within fifteen (15) days of its billing by the CYO office makes the program subject to further action at the discretion of the CYO Athletics office.
4. The entry of a team from any registered athletic organization will always be accepted if said entry is received on or before the entry due date for the activity.
 - a. Late entries WILL NOT BE ACCEPTED unless authorized by the CYO Athletics office. There is an additional **\$100.00** penalty fee **per team** fee for any late entry accepted before the particular grade has been scheduled. There is a **\$150** penalty fee **per team** after the particular grade has been scheduled.
 - b. A team cannot legally and properly play a CYO game unless there is a head coach present who 1. takes responsibility for the team and for the conduct and well-being of all participating team members and 2. has their coaching card. If the head coach is not available, an assistant coach, substitute coach or other adult or high school student can substitute as long as each coach has in his/her possession his or her own coaching card or Certificate of Completion.

Forfeit, Withdrawal, Damage, Fees and Penalties

1. Once a program has entered a team in CYO league play, that team may not be withdrawn unless the CYO Athletics office is notified.
2. Such notice must be given by the Athletic Director in writing, and it should be addressed to the CYO Athletics Manager. No reason for the withdrawal needs be stated.
3. Once a proper withdrawal notice has been received at the CYO Athletics office, that team may not participate further in CYO league play.
4. There is a withdrawal fee of \$100.00 per each team which is withdrawn prior to the scheduling of that particular grade, and a withdrawal fee of \$150 after the particular grade is scheduled and before the league begins. If a team withdraws after the league begins, the entry fee shall not be refunded. If a team is withdrawn for a violation of rule(s), the entry fee shall not be refunded.
5. There is a forfeit fee of \$55.00 per game forfeited.
6. If any team forfeits a game for any reason (except eligibility violations), there is a possibility of forced withdrawal.
7.
 - a. Any team whose roster has not been received in the CYO Athletics office one week before league play begins will forfeit their first game (no exceptions!)
 - b. Any team whose roster has not been received in the CYO Athletics office by the league starting date will be withdrawn and the entry fee will not be refunded.
 - c. For failure to properly submit rosters, the responsible Standing Committee may, at its discretion, enforce the same penalties as stated in parts a & b above. Such failure might include (but not be limited to) unwarranted clerical errors, failure to complete rosters, and failure to follow any policies or procedures for which proper notification has been given by the Advisory Board and/or the responsible Standing Committee. If a roster is deemed unacceptable by the Eligibility Committee because it is unreadable or incomplete, it will be returned and considered as having been "not received."
 - d. Such penalties are not limited solely to rosters. Penalties may also be imposed at the discretion of the responsible Standing Committee for other administrative failures by Athletic Directors and/or coaches.
8. If a team forfeits two (2) games for any reason(s), that team may be withdrawn from further CYO play at the discretion of CYO Athletics management. If said team is withdrawn, the entry fee will not be refunded.
Exception: This provision does not apply to forfeiture for eligibility violation(s).
9. When it is verified that participants in a CYO activity have willfully caused damage to facilities made available for their use either immediately before, during or immediately after such activity, their athletic organization may be assessed a damage fee which shall be payable to the CYO Athletics office.
 - a. Participants in all CYO Athletics activities must be instructed that they are to take special care in the use of facilities and equipment provided for their use or a damage fee will be assessed.

- b. All coaches and managers must cooperate with any supervisors, directors and/or custodians in charge of either public or private gyms, soccer fields, running tracks and other facilities, since this is a prerequisite for the use of such facilities by all CYO teams.
- c. CYO Athletics is not responsible for damage to private or public property by participants in scheduled CYO activities, whether such damage is directly or indirectly associated with the activity. Athletic Directors are cautioned that individuals of organizations making claims against CYO Athletics for such damage may be advised by CYO Athletics to seek such relief from the athletic organization responsible for the damage.

Forfeited Games

Any Coach Who Plays An Ineligible Player On Their Team Will Be Automatically Suspended For 15 Months From The Date Of Infraction.

1. In its first league game, any team using an ineligible player forfeits the game. In any subsequent league game, any team using an ineligible player forfeits the game and all previous games played, regardless of whether or not the ineligible player was a participant in those games. If the team forfeits two (2) or more games, the team may complete the season if enough eligible players remain on the roster, but ineligible players may not continue to play.

NOTE: This provision only applies to a person who actually plays in a game. However, should an ineligible squad member be listed on a roster, it will be the Athletic Director's responsibility to verify (to the satisfaction of the responsible Standing Committee) that he/she did not play in any game.

2. For an ineligible player violation discovered during playoffs, the Standing Committee shall forfeit whatever games, and, if it chooses, reschedule whatever games which, in its judgment and at its discretion shall nullify the violation. The team in violation must be disqualified.
3. If a team wins its league, and an eligibility violation by said team is then discovered, that team shall be disqualified.
 - a. If league playoffs were held, the defeated playoff finalist will be declared the league winner unless the Standing Committee, at its discretion, schedules additional playoffs.
 - b. Otherwise, the team with the next best overall record shall be declared the league winner.
 - c. The replay of any semifinal or final is at the discretion of the Standing Committee.
4. Unless a postponement is declared, or the rules of a specific activity declare otherwise, or the CYO Athletics office or the Standing Committee in charge makes an exception, the scheduled start of game time is forfeit time.
5. Games may be declared forfeited for failure to properly withdraw.
6. Games may be declared forfeited for violation of any part of the player eligibility rule.

7. Games may be declared forfeited for violation of any part of the postponement rule.
8. Games may be declared forfeited per the Protest Rule # 6.
9. Games may be declared forfeited by the working official(s) for UNSPORTSMANLIKE CONDUCT or other willful and/or persistent violations of the specific Rules of the sport being played. In such cases, the official(s) must notify the CYO Athletics office and explain the circumstances resulting in forfeiture.
10. Games may be declared forfeited by the Sport or Event Committee in charge for unsportsmanlike conduct by a team's coaches, players and/or supporters. Whether such conduct takes place immediately before, during and/or immediately after a game, when such conduct is reported and/or verified by CYO workers, CYO Board Members, gym or field directors, working officials and/or other interested parties.

Game Postponements

1. Games must be played as scheduled unless the Standing Committee in charge makes any changes, at its discretion, in which event said game(s) must be played as rescheduled.
2. Games may only be changed for the following reasons:
 - a. First Communion, Confirmation or any additional church-related activities involving the majority of the players on the team.
 - b. Committee error in scheduling.
 - c. A gym is removed from the schedule.
3. Teams cannot postpone or reschedule games on their own initiative, as penalty for such action will be forfeiture or double-forfeiture.
 - a. A game change request can only be submitted to the CYO Athletics Manager by the program's Athletic Director for consideration.
 - b. A game change request will only be considered if it involves a conflict with First Holy Communion, Confirmation, or church-related activity involving the majority of children on the team. At least one week notice must be given.
4.
 - a. In the event of rain or other factors that may render a gym or field unplayable, an authorized CYO Athletics staff member, gym director, or official may rule postponement when at the playing site.
 - b. When in doubt whether or not a postponement has officially been made by phone by an authorized CYO representative, it is the responsibility of the program Athletic Director to check with the CYO Athletics offices by phone and/or by checking the CYO website, cyo.cccyo.org. No other entities have the authority to postpone a game.
5. Athletic Directors are cautioned to inform their teams of their obligations to show up to play where doubtful weather conditions might or might not warrant a postponement, as failure to do so may result in forfeiture.

Game Results & Standings

1. The CYO Athletics office shall update standings that are available on our website at cyo.cccyo.org.
2. Athletic Directors shall be responsible for keeping an accurate record of their teams' game results and they shall promptly report any possible error in standings to the CYO Athletics office. Any errors not reported by the seventh week of league play will stand as stated for playoff positions.

Mandatory Meetings

1. When an Athletic Director is notified of any mandatory meeting that is scheduled by the CYO Athletics Advisory Board and/or its responsible standing committee:
 - a. If the meeting is for coaches, his or her program must have a representative for each team entered.
 - b. If the meeting is for Athletic Directors, his or her program must have a representative if any team is participating.
2. When an approved CYO official is notified of any mandatory meeting, he/she is expected to attend, unless excused in advance, and he/she is subject to action by the standing committee or supervisor for failure to do so.

Officials

1. Assigning of Officials -
All CYO officials assignments shall be the responsibility of CYO Athletics.
2. Authority of Game Officials to Restrain Participants -
Game officials are authorized by the CYO Athletics administration to use physical restraint when necessary to prevent any overt physical act between participants in any CYO Athletics activity.
3. Assaulted Officials – Investigation of Allegations -
Whenever it is alleged in writing from eyewitness account(s) that a CYO official has been assaulted, charges will automatically be filed against any alleged guilty party. An investigation will be conducted by the SF Athletics Manager. The SF Athletics Manager shall decide who shall be asked to participate in the investigation.
The minimum penalty for any offender is one (1) full year suspension from all CYO activity, effective from the date of the incident, and a more severe penalty may be imposed at the discretion of the CYO Athletics office. Until the matter is decided, the Athletics Manager, at her discretion, may suspend from all CYO activities any alleged guilty party, and forfeit penalties can be enforced if any suspended individual

participates in any CYO activity. Until this matter is decided, only the SF Athletics Manager, at her discretion, may authorize the postponement of any game.

Player Eligibility

1. The player eligibility to participate in CYO is as follows:
 - a. **Eligibility verification must be provided within 2 business days, upon request from CYO Athletics for any child not attending your parochial school or not being a member of your parish's CCD for a minimum of 6 months. This proof must be provided in the form of a parents driver's license for proof of address, proof of school attendance (i.e. report card, school ID). If the parent and the child have different last names, then the parent must present the child's birth certificate.**
 - b. SPECIAL RESTRICTION – Any child who has dual eligibility must obtain a waiver or release from the program in which they have first participated (if they are still eligible in that program) before they may participate in another program where they reside or attend Catholic school. No child who has dual eligibility may be released to a third program. A child with dual eligibility must remain in the same program for the entire school year. They may not switch back and forth.
 - c. CAUTION to all Athletic Directors: Whenever there are new participants in your program, verify they have never participated in another CYO program, or, if they have participated in another CYO program, they are no longer actively participating in the other program.
 - d. Whenever a waiver or release is required, it must be in writing from the Athletic Director of the program, and submitted to the CYO Athletics office, unless the SF Athletics Manager makes an exception.
2. An entrant may play with only one team and in only one division for any particular sport during the CYO season (see Track for specific exceptions).
3. An entrant may participate in a league higher than the actual grade in which he/she is registered.
4. No entrant can participate for any team whose classification is more than one (1) grade higher than the grade in which he is registered during the fall school semester.
5. Whenever a participant is promoted in school, he/she remains eligible for the team he/she is playing for, or, at the Athletic Director's immediate discretion, he/she may be placed on a team playing at the higher grade level. The SF Athletics Manager shall be notified whenever such promotion takes place.
6. An entrant may not participate in a league lower than the actual grade in which he/she is registered.
7. CYO Leagues will not be organized below the third grade level. Third grade leagues are presently authorized on the same basis as all other grade levels.

8. At no time will a boy or girl below the third (3rd) grade level be allowed to participate in any CYO League or activity.
 - a. Third grade teams must consist of 3rd grade players only — 2nd grade boys and girls are never eligible to play.
9. A boy or girl living on a street marking a parish boundary line will be considered to belong to that parish closest to the side of the street on which they live.
10. A boy or girl moving from one parish to another during the season of a particular sport will remain on the team on whose roster their name originally appeared.
11. To be eligible for the grade division as listed herein, a player must be born on or after the following:

<u>Grade of Play</u>	<u>Birthdate</u>
3 rd	January 1, 2000
4 th	January 1, 1999
5 th	January 1, 1998
6 th	January 1, 1997
7 th	January 1, 1996
8 th	January 1, 1995

NOTE: This is in addition to the player being in the same grade or one grade lower than the grade division of play.

12. Special Eligibility Exceptions
 - a. The granting of special exceptions to CYO Eligibility Rules is at the discretion of the CYO Eligibility Committee and/or the Athletics Manager.
 - b. Procedures for submitting eligibility requests:
 - 1) All requests for eligibility exceptions must be submitted in writing to the CYO Athletics office prior to the deadline dates of submitting the rosters.
 - 2) All requests must be signed by the Athletic Director. Letters from coaches and/or parents may accompany the request, but the Athletics Manager cannot act on a request that is not signed by the Athletic Director.
 - 3) Requests must include all pertinent information, including any letters and/or certifications required by the Guidelines as written in part 12-C herein.
 - c. Guidelines for considering eligibility requests:
It is the position of the Athletic Advisory Board that all children, grades 3rd thru 8th, should be provided with an opportunity to participate in all CYO authorized activities. To this end, the Athletics Manager will permit all eligible children to have access to a functioning parish program in all sports. Parishes are encouraged to make every effort to accommodate all children in their parish who wish to participate in all CYO Athletics activities.
 - d. Age Exceptions – Age exceptions can only be granted by the Athletics Administration.
 - e. Residence Exceptions
 - 1) Exceptions will not be considered in cases where a player living in one parish or attending a particular school with a CYO program wishes to play in another parish or school programs for which they are not eligible.
 - 2) Exceptions will not be considered because the requesting program is "better."

- 3) Exceptions will not be considered for any player who has dual eligibility.
 - 4) Exceptions will be considered in cases where the pastor of a parish certifies in writing that a family has been registered in the parish for a minimum of six (6) months and is actively involved in the parish community even though they do not reside within the parish boundaries. Specific examples of active parish participation (e.g., CCD attendance, church attendance, involvement in parish organizations, etc.) must be cited prior to the roster submission.
13. Total Parish Eligibility – The CYO Athletics office may assign total parish eligibility to another parish. In assigning total parish eligibility to another parish, the neighboring parishes will have preference.

False Eligibility Information

Any player who participated in any CYO Athletics activity and is found to be INELIGIBLE due to the presentation of false information about their age, address, grade level, or any other factor pertinent to their eligibility, will be automatically expelled from all CYO Athletics activity for one (1) year from the date of the discovered violation. This is by decision of the Eligibility Committee, subject to appeal to the Athletics Manager.

If a player is expelled for violation of eligibility rules, the player’s coach and/or Athletic Director of the parish for whom the player has illegally played are also subject to the same penalty, but only by discretion of the CYO Athletics Advisory Board.

If a player is expelled for violation of eligibility rules, and a member of the CYO Athletics Advisory Board is involved in such deception, said board member is also subject to the same penalty, and they will be terminated from their membership on the board.

If a player is not penalized because false information was presented without their knowledge or cooperation, the responsible coach, manager, Athletic Director and/or CYO Athletics Advisory Board Member(s) are still liable and subject to penalty.

General Eligibility of Participants

- (**) combined-parish program;
- (*) only if parish or school does not have its own program.
- (#) independent program not in S.F. - CYO at the present time.

Bayview - Hunters Point YMCA

Members of Bayview - Hunters Point YMCA who reside within Our Lady of Lourdes Parish

Cathedral of St. Mary Parish

See St. Dominic School

Cathedral School for Boys

Students attending Cathedral School for Boys

Convent of the Sacred Heart School

Students attending Convent of the Sacred Heart School

Cornerstone Academy

Students attending Cornerstone Academy

Corpus Christi Parish

Students attending Corpus Christi School;

Students residing or attending school within Corpus Christi Parish

Epiphany Parish ()**

Students attending Epiphany School;

Students residing or attending school within Epiphany Parish

French American International School (FAIS)

Students attending the French American International School

Good Shepherd Parish (Pacifica) (1)

Students attending Good Shepherd School;

Students residing or attending school within Good Shepherd Parish;

Students residing or attending school within St. Andrew Parish;

Students residing or attending school within St Augustine Parish (*)

Holy Angels Parish (Colma)

Students attending Holy Angels School;

Students residing or attending school within Holy Angels Parish

Holy Name of Jesus Parish

Students attending Holy Name School;

Students residing within Holy Name Parish

Megan Furth Academy

Students attending Megan Furth Academy;

Students residing or attending school in St. Dominic's Parish

Mission Dolores Basilica Parish ()**

Students attending Mission Dolores School;

Students residing or attending school within Mission Dolores Parish;

Students residing or attending school within St. Patrick Parish

Notre Dame Des Victoires School

Students attending NDV School

Our Lady of Guadalupe Parish

Children living or attending school in the city of Brisbane

Our Lady of Lourdes Parish

See St. Paul Shipwreck

See the Bayview - Hunters Point YMCA

Our Lady of Mercy Parish (Daly City)

Students attending O.L.M. School;

Students residing or attending school within OLM Parish

Our Lady of Perpetual Help Parish (Daly City)

Students attend OLPH School

Students residing or attending school within OLPH Parish

Our Lady of the Pillar (Half Moon Bay)

Students residing or attending school within OLP Parish;

Students attending Cunha Elementary School

Our Lady of the Visitation Parish

Students attending Our Lady of the Visitation School;

Students residing or attending school within Our Lady of the Visitation Parish

Salesian Girls and Boys Club of San Francisco

Students attending SS. Peter & Paul School;

Students residing or attending school within SS. Peter & Paul Parish

San Francisco School

- Students attending San Francisco School
- San Francisco Waldorf School**
Students attending SF Waldorf School
- St. Agnes Parish**
See St. Anne
- St. Andrew Parish** (Daly City)
See Good Shepherd
- St. Anne Parish** (**)
Students attending St. Anne School;
Students residing or attending school within St. Anne Parish;
Students residing or attending school within St. Agnes Parish
- St. Anthony of Padua Parish/St. Anthony – Immaculate Conception;**
Students attending St. Anthony - Immaculate Conception School
Students residing or attending school within St. Anthony Parish;
Students residing or attending school within St. Kevin Parish (*);
Students residing or attending school within St. Teresa Parish (*)
- St. Augustine Parish** (South San Francisco)
See Good Shepherd
- St. Boniface Parish**
See St. Dominic
- St. Brendan Parish**
Students attending St. Brendan School;
Students residing or attending school within St. Brendan Parish
- St. Brigid School**
Students attending St. Brigid School
- St. Cecilia Parish**
Students attending St. Cecilia School;
Students residing or attending school within St. Cecilia Parish
- St. Charles Borromeo**
Students attending St. Charles School;
Students residing or attending school in St. Charles Parish
- St. Dominic Parish** (**)
Students attending Megan Furth School;
Students residing or attending school within St. Dominic Parish;
Students residing or attending school within St. Boniface Parish;
Students residing or attending school within Cathedral of St. Mary Parish
- St. Elizabeth Parish**
Students attending St. Elizabeth School;
Students residing or attending school within St. Elizabeth Parish
- St. Emydius Parish**
See St. Finn Barr Parish
Students residing or attending school within St. Emydius Parish
- St. Finn Barr Parish**
Students attending St. Finn Barr School;
Students residing or attending school within St. Finn Barr Parish;
Students residing or attending school within St. Emydius Parish
- St. Gabriel Parish**
Students attending St. Gabriel School;
Students residing or attending school within St. Gabriel Parish
- St. Ignatius Parish**

Students residing or attending school within a 1.5 mile radius of St. Ignatius Church
Students whose families are registered parishioners at St. Ignatius Church

St. James Parish

Students attending St. James School;
Students residing or attending school within St. James Parish

St. John the Evangelist Parish

Students who attend St. John School;
Students residing or attending school within St. John Parish

St. Kevin Parish

See St. Anthony

St. Mary Chinese Catholic Center

Students attending St. Mary Chinese Day School;
Students attending St. Mary Chinese Language School;
Students residing or attending school within Holy Family Parish

St. Monica Parish

Students attending St. Monica School;
Students residing or attending school within St. Monica Parish

St. Patrick Parish

See Mission Dolores

St. Paul of the Shipwreck

Students attending Kipp School;
Students residing or attending school within St. Paul of the Shipwreck Parish
Our Lady of Lourdes Parish

St. Paul Parish

Students attending St. Paul School;
Students residing or attending school within St. Paul Parish

St. Peter Pacifica Parish (Pacifica)

Students residing or attending school within St. Peter Pacifica Parish

St. Peter San Francisco Parish

Students attending St. Peter S.F. School;
Students residing or attending school within St. Peter S.F. Parish

SS. Peter and Paul Parish

See Salesian Boys and Girls Club

St. Philip the Apostle Parish (**)

Students attending St. Philip School;
Students residing or attending school within St Philip Parish;
Students residing or attending school within Most Holy Redeemer Parish

St. Stephen Parish

Students attending St. Stephen School;
Students residing or attending school within St. Stephen Parish

St. Teresa Parish

See St. Anthony

St. Thomas More School

Students attending St. Thomas More School

St. Thomas the Apostle Parish

Students attending St Thomas the Apostle School;
Students residing or attending school within St. Thomas the Apostle Parish

St. Vincent de Paul Parish (**)

Students attending St Vincent de Paul School;
Students residing or attending school within St. Vincent de Paul Parish;

Students residing within Fort Mason

Star of the Sea Parish ()**

Students attending Star of the Sea School;

Students attending Laurel School;

Students residing or attending school within Star of the Sea Parish;

Students residing within The Presidio

Stuart Hall Elementary School

Students attending Stuart Hall Elementary School

Telegraph Hill Neighborhood Center

Students residing within SS. Peter and Paul Parish, not attending SS. Peter and Paul School

Town School for Boys

Students attending Town School for Boys

West Portal Lutheran School

Students attending West Portal Lutheran School

There is a SPECIAL RESTRICTION upon any student with dual or triple General Eligibility which requires he/she obtain a waiver or release from the program in which he/she has first participated (if he/she is still eligible in that program) before he/she may participate in another program for which he/she is eligible. Students may not change programs during the school year except for those who were given special permission for volleyball or soccer due to their parish not participating in those sports.

All AAU and Club players must play for the parish where they reside or attend school – no exceptions.

All members of non-parish programs (schools excepted) must reside in San Francisco.

Playoffs and Championships

1. The playoff system to determine league winners in any grade division will be determined by the standings and CYO Athletics.
2. Position placing within each league will be determined by the win/loss record reported during the season.
3. The time and place of every playoff game, semifinal and final will be decided by the CYO Athletics office.
4. Modifications of these rules and regulations for any playoff game can be made only by the CYO Athletics Advisory Board or the CYO Athletics office.
5. Volleyball and basketball finals shall be played in a suitable gym chosen from among those which were used during the season.
6. Playoffs shall involve four (4) teams from each division in each grade.
 - a. 1st place team plays 4th place team;
 - b. 2nd place team plays the 3rd place team;
 - c. Winners play each other in a single elimination championship game.

7. Awards: The winner and runner-up of all league championships will receive first and second place awards, respectively.

8. Ties in League Standings

In determining playoff standings, ties are settled as follows:

First Place (4-team playoff)

- a. If A and B tie for 1st place;
 - 1) First place is determined by the result of head-to-head competition during league play.
 - 2) If A and B did not play each other during league play, or if they split during league play, a draw will take place to determine the seedings before the playoffs may begin.
- b. If A, B and C tie, and A defeated both B and C, then A gets 1st place, and the winner between B and C gets 2nd place.
- c. If A, B and C tie, and each beat one another (e.g. A beat B; B beat C; C beat A), all teams shall be included in the playoffs, the first three places are determined by draw, the fourth place team (D) is added. 1st plays 4th, 2nd plays 3rd, Winners advance to play each other in the Championship.
- d. If four (4) teams tie, all four teams shall be included in the playoffs.
- e. If more than four (4) teams tie, the first 3 playoff places are determined by draw and additional tie-break game(s) will be scheduled as determined by the Basketball Committee.

Second Place (Team A has finished first)

- a. If B and C tie, the winner of their game gets 2nd place.
- b. If B, C and D tie, and B defeated both C and D, then B gets 2nd place and the winner between C and D gets 3rd place.
- c. If B, C and D tie, and each beat one another (e.g. B beat C; C beat D; D beat B), 2nd place is determined by the team who defeated the 1st, 3rd, 4th, etc placed teams within that division, if available. If more than three teams remain tied, 2nd and 3rd place will be determined by a draw.

Third Place (Teams A and B have finished First and Second)

- a. If C and D tie, the winner of their game gets 3rd place.
- b. If C, D and E tie, and C defeated both D and E, the C gets 3rd place, and the winner between D and E gets 4th place.
- c. If C, D and E tie, and each beat one another, for example, C beat D; D beat E; E beat C, 3rd place is determined by any of these teams who defeated the 1st, 2nd, 4th, etc. placed teams within that division, if available. Fourth place is then determined by head-to-head competition from the remaining teams.

Fourth Place (Teams A, B and C have finished First, Second and Third)

- a. If D and E tie, the winner of their game gets 4th place.
- b. If three teams tie, and one team beat the other two, it gets 4th place.
- c. If three teams tie, and each beat one another, or if more than three teams tie, 4th place is determined by any of these teams who beat the 1st, 2nd or 3rd place teams. Additional "tie-break" playoff games shall be scheduled as determined by league administrators.

9. EXCEPTION for Eighth Grade Teams
 - a. A tie-break shall not be held when the number of 1st place teams is equal to or greater than the number of playoff spots. All teams shall be included in a playoff to determine the two finalists.
 - b. No team at any grade level will be eliminated by draw from the playoffs – in any situation, a tie-break or tie-break games shall be scheduled.
 - c. If necessary, additional “tie-break” playoff games shall be scheduled by league administrators, and at its’ discretion.
10. Contingencies and Exceptions
 - a. Settlement of any tie-break situation not covered herein is at the discretion of league administrators.
 - b. A team that forfeits a game for unsportsmanlike conduct may be disqualified (at the discretion of league administrators) from participation in the playoffs, regardless of its’ win-loss record.
 - c. A team that forfeits two or more games due to an eligibility violation may be disqualified from participating in the playoffs regardless of its’ win-loss record.
 - d. It is approved policy that league administrators, at their discretion, shall attempt to adjust the playoff schedule in accordance with a coach’s work schedule. This must be provided by the deadline.
 - e. It is approved policy that league administrators, at their discretion, shall have a procedure for immediately deciding any playing protest that is lodged during a playoff game. Prior to playoffs, Athletic Directors will be notified by league administrators as to the proper protocol to follow in the event of a protest during a post-season game.
11. In basketball and volleyball, a team that forfeits two (2) or more games because of any eligibility violation may be disqualified from the playoffs and championships.
12. All basketball playoff games must have a minimum of two (2) officials unless both coaches agree to play with only (1) official.
13. Elimination of CYO Teams From Playoffs
No team at any grade level may be eliminated by draw from the playoffs.
If necessary, additional “tie-breaking” playoff games shall be scheduled. In 3rd – 7th grades, other methods (e.g. “head and head” competition) will be used to break ties, but at an 8th grade level it is expected that every effort will be made to avoid such artificial settlement procedures.

Protests

1. All protests must be filed in writing and in the CYO Athletics office within three (3) days after said protest occurred.
2. Protests must concern a point of NFHS rule or the eligibility of a player. In matters of judgment, an official's decision is final.

3. Protests must be made to the official(s) verbally at the time of the alleged infraction(s) or protest will not be considered, except in the case of a player's eligibility.
4. Protests must contain the date, time, league, teams, place of game and name(s) of the official(s), and the rules and section violated must be cited. Any protest that does not include this information will not be considered.
5. Each individual protest must be accompanied by a protest fee of fifty dollars (\$50.00) which is refundable if the protest is upheld.
6. A team quitting a game for unsportsmanlike conduct forfeits said game, unless otherwise noted by the CYO Athletics administration.
- 7. FAILURE TO COMPLY WITH THE ABOVE PROCEDURES WILL AUTOMATICALLY CAUSE THE PROTEST TO BE INVALID.**
8. Whenever a protest is received and accepted, the Athletic Directors of each team involved will be immediately informed of the decision.

Registration

1. All athletic organizations wishing to enter teams in CYO Athletics must apply to the CYO Athletics office.
2. Conditions, financial and otherwise, for registration of all athletic organizations and/or teams shall be determined for each such organization and/or team by the CYO Athletics administration.
3. All athletic organizations within the San Francisco Archdiocese must have liability insurance and show proof to the Chancery if requested. Any CYO program that is not a part of the San Francisco Archdiocese must fill out an indemnification form and show proof of liability insurance to the CYO Athletics office. These forms must be received prior to the start of each academic school year.
4. All athletic organizations participating the previous year are automatically registered for the current year.
5. All teams entered in various CYO sports activities must pay the entry fee for that sport by the roster due date. Failure to do so will result in forfeiture of games until payment is received. Two forfeits will result in the team being automatically withdrawn from the playoffs.
6. The entry fee for any team is refundable, minus a \$50.00 withdrawal fee before the particular grade is scheduled, and minus a \$100 withdrawal fee after the particular grade has been scheduled. After that, in no event is the entry fee, or any part thereof, refundable.

7. An entry fee is required for each and every CYO volleyball, soccer and basketball team, unless an exception has been made by the CYO Athletics office,
8. There are currently no fees for individual participants and/or teams in CYO cross country and track.

Rules Interpretations

1. The rules and regulations for CYO play may be changed by the CYO Athletics Advisory Board or by its standing committee responsible for the particular activity affected. The intent of this provision is that no major changes will become effective without the approval of the CYO Athletics Advisory Board.
2. Major changes in these rules and regulations that may occur during the season will immediately be made available to the Athletic Directors of all participating programs.
3. Minor changes in these rules and regulations may occur. Please contact the CYO Athletics office to make interpretations.
4. Official interpretations of CYO Rules and Regulations are made only by the CYO Athletics office or by the standing committee responsible for the particular activity affected.
5. All questions, disputes and protests, and any modification of standing rules and regulations not covered in these articles will be decided by the CYO Athletics office with concurrence of the standing committee responsible for the particular activity affected. The CYO Administration and/or the responsible standing committee have the authority to interpret and formulate such rules and regulations for all play. The protection and stimulation of healthy competition (and CYO Athletics philosophy) will be used in setting these regulations and in making decisions.
6. The standing committee responsible for a particular activity may grant exceptions to CYO Rules and Regulations during the season, subject to the following conditions:
 - a. When unusual and unforeseen circumstances require it, and there is insufficient time to bring the matter to the CYO Athletics Advisory Board, and
 - b. A majority of the members of the standing committee support the need for the exception, and
 - c. When, in the judgment of the standing committee, the exception affects other parish programs, the Athletic Directors of the affected parishes are immediately notified, and
 - d. The standing committee reports the rule exception to the CYO Athletics Manager.

Scheduling of League Games

1. The CYO schedule for league play shall be drawn by the CYO Athletics office.
2. All leagues shall play a single round robin schedule, except leagues with 10 or more teams may schedule less than a single round-robin (i.e. "random").

3. All teams will be scheduled for eight (8) league games, subject to the following policies:
 - a. No team shall play more than two (2) games on any weekend.
 - b. No team shall play more than two (2) games on any midweek.
 - c. A midweek game shall not be scheduled later than 8:00 p.m.
4. Whenever a team is **WITHDRAWN** during league play, all round-robin games, whether played or not, shall not be counted in the final standings.
5. Number of League Games to Be Played

Teams in every grade division in every CYO sport shall be scheduled for a minimum of (8) league games unless lack of calendar time and/or lack of playing facilities or inclement weather makes this impossible. In no event shall the scheduling for basketball and volleyball leagues, playoffs and finals be less than ten (10) weeks (gym availability permitting). In the event of a departure from the above regulations, the CYO Athletics Manager shall be immediately notified. Any scheduling of less than six (6) games **MUST** meet the approval of the CYO Athletics Manager.
6. Balancing of Schedules

In any sport where teams with "home gyms" or "home fields" play in the same league, those teams, when playing each other, will have (as close as possible) an equal number of "home" and "away" games, provided the hours are available to schedule this way. Example: 3 teams in the same basketball league have "home gyms." Balance schedule by having A at B, B at C, and C at A.
7. Notification Regarding Schedules
 - a. Original schedules will be made available on the CYO Athletics website at cyo.cccyo.org the Monday prior to the start of league play.
 - b. It is the responsibility of the Athletic Director to distribute schedules to each coach and parents.
 - c. The starting of all our activities is listed in our Girls and Boys Calendars within this Guidebook. Schedule changes will be sent to Athletic Directors via email. CYO will not phone game changes.
 - d. Playoff schedules will be emailed to the Athletic Directors and also be available at cyo.cccyo.org.
 - e. Teams will be expected to play in accordance with the playoff schedule.
 - f. FINALS will generally have the same notification procedures as other playoff games.

Team Entry & Rosters

1. For all sports, a completed team roster must be entered and submitted electronically to CYO Athletics by the roster due date of the sport. Late additions to roster and/or changes in roster are permitted up to one day before the start of league play, provided they are approved by the SF Athletics Manager. These additions and/or changes must be received at the CYO office in writing, signed by the program's Athletic Director. No additions or changes will be accepted over the phone. Late additions must be entered electronically to the CYO team roster or they will not be

accepted. There will be NO EXCEPTIONS to the roster due date unless authorized by the SF Athletics Manager.

2. The address of each participant shall be the place where he/she actually lives. The parish of each participant is determined in accordance with the current Official Directory of the Archdiocese of San Francisco. **Eligibility verification must be provided within 2 business days, upon request from CYO Athletics for any child not attending your parochial school or not being a member of your parish's CCD for a minimum of 6 months. This proof must be provided in the form of a parent's drivers license for proof of address or proof of school attendance (i.e. report card, school ID). If the parent and the child have different last names, then the parent must present the child's birth certificate.**
3. The CYO Athletics office may authorize combined-parish athletic organizations, in which case the pastors of the involved parishes shall be notified of such action in writing. Otherwise, if athletic organizations wish to enter teams in CYO Leagues on a combined-parish basis, they must apply to the SF Athletics Manager.
 - a. Letters from the pastors of each parish requesting entry on a combined-parish basis must be submitted before any such application will be considered.
 - b. Conditions, financial and otherwise, for registration of combined-parish athletic organizations and/or teams shall be determined for each such organization and/or team by the CYO Athletics Administration.
4. The SF Athletics Manager reserves the right to reject the application of any non-parish or combined-parish athletic organization.
5. Athletic organizations who did not participate in CYO Athletics during the previous season and who wish to enter (or re-enter) teams in CYO Leagues must apply in writing to the SF Athletics Manager no later than September 1st of the current school year.
6. If a team's official roster is not received in the CYO Athletics office on or before the player registration (rosters due) date, said roster is either late or missing. There is a \$10.00 late fee per team for each roster not received.
7. Registration procedures for participants in our Eighth Grade Achievement Series Games, Cross Country and Track Meets shall be determined by the CYO Athletics office and the Advisory Board.

Team Classifications

1. Classification of teams for CYO league play will be governed by the grade system.
2. The grade divisions will be 3rd, 4th, 5th, 6th, 7th, and 8th.
3. Teams will be further classified by numbers. For example: leagues will consist of the strongest teams in Division 1, next strongest in Division 2, then Division 3, etc.

4. Teams will be placed according to their previous year's record and also at the discretion of the responsible sport committee. 3rd grade teams are not classified and will be placed as determined by the Athletics Director and the CYO Athletics office.
5. The number of divisions will be determined by the amount of total teams entered per grade.
6. No one may coach or manage two (2) teams who might possibly play each other in either league or playoff competition.
7. Except for teams already in Division 1, teams that were league champions or playoff contenders the previous year will be placed in a higher division.
8. When a program enters two (2) or more teams in a grade division, the teams must be entered in accordance with their relative strength, and this information shall be stated as accurately as possible. The strongest (#1) team must play in a higher division than the program's other team(s).
9. A program's second and third teams shall not consist of players whose abilities are equal to or stronger than those of their first team.
10. It is the policy of the CYO Athletics Advisory Board that all athletic teams be assigned to that division which provides the most wholesome and competitive level of competition. Therefore, if it is determined that a program has not entered their teams properly, the league may take such actions as they deem appropriate. Examples of appropriate action include but are not limited to:
 - a. moving the team to a "higher" division;
 - b. requesting that a player or players be moved to the "higher" team;
 - c. allowing the team to complete the league schedule but not be allowed to participate in the playoffs;
 - d. allowing the team to withdraw without penalty;
 - e. withdrawing the team from league play;
 - f. recommending disciplinary action when there is evidence of flagrant unsportsmanlike conduct on the part of the program's coaches and/or Athletic Director.
11. Third (3rd), fourth (4th) grade teams shall be organized as follows:
 - a. All third (3rd) grade leagues shall be unclassified, and placement of teams is at the complete discretion of the advisory board and league administrators.
 - b. All 4th grade team placements will be determined by the win-loss record in the previous year, not which division the team was in during the previous year. Example: A team in division 3-5 which finished with an 8-0 record, will be placed in an upper division the following year. A team in division 3-1 which finished with a 0-8 record will be placed in a lower division the following year.
 - c. The league office shall have discretion to place or not place the entries in a fourth (4th) grade "upper" division.
12. All fifth (5th) through eighth (8th) grade leagues shall be organized as follows:

- a. Teams will normally be seeded in accordance with their record the previous season. New entries will be placed according to the SF Athletics Manager and CYO Athletics office's estimate of their probable strength.
 - b. Upper Divisions shall consist of those teams whose caliber of play significantly exceeds the average for CYO teams. Normally this would include:
 - 1) All of the previous season's upper division league playoff participants.
 - 2) The best teams from among all other entries, as judged and selected by the league office.
 - c. Middle Divisions shall consist of teams that would not be competitive in upper divisions but whose caliber of play exceeds those in the lower divisions.
 - d. Lower Divisions shall consist of all remaining teams.
13. Teams that withdraw or are withdrawn from an Upper Division shall be placed in an Upper Division the following season. Such situations should be reviewed by the Standing Committee in charge, as placement in a Lower Division is at their discretion.
14. When a team forfeits an Upper Division game (and is not withdrawn), the responsible Standing Committee (at its discretion) may require that team to remain in an Upper Division.
15. Teams that did not play the previous season may be placed in either Upper or Lower Division, according to the judgment of the Standing Committee in charge.
- a. "Established" programs would normally have teams placed in Upper Division.
 - b. "New" programs or usually "weak" programs would normally have teams placed in Lower Divisions. Placement could be based on observation of practice and/or practice games.
 - c. New "Second" teams would normally be placed in Lower Divisions.
 - d. Teams that withdraw or are withdrawn from Lower Division will be considered the same as teams that did not play. Normally those teams would remain in Lower Division.

Section Two – CONDUCT

Everyone involved with CYO Athletics (Athletic Directors, Gym Directors, players, coaches, managers, officials, score keepers, spectators, etc.) must abide by the CYO Code of Conduct. Athletic Directors are strongly urged to inform everyone involved in their athletics program of the following CYO policy: *We welcome their support but emphasize that it is to be exactly that - support for and encouragement of the boys and girls playing the game. This does not include abusive remarks or actions directed at any participant. Such conduct will not be tolerated, and offenders will be required to leave the gym or playing area. If the game officials are aware of unsportsmanlike conduct, they shall stop the game, determine the guilty party and notify the proper coach or manager that it is his or her responsibility to insure that such actions are not repeated. If an individual is required to leave the gym or playing area, the responsible coach or manager shall see that he or she does so, and if the individual refuses to leave immediately, the game shall be forfeited.*

ANY PERSON who in any way threatens, attempts to intimidate, or attacks (verbally or physically) a CYO official will be suspended for a period of no less than one year, or as determined by league administrators.

Bench Area

A team's bench or team area and adjacent areas shall be occupied by the team members, a coach or manager, and one assistant. The coach or manager shall be responsible for preventing unauthorized personnel from occupying this area. If an official requires removal of anyone from a team's bench and/or adjacent area, such an order shall be promptly complied with. If such person is a coach, assistant, team member or a team follower, and he or she refuses to leave, the game will be forfeited immediately.

Coach

All participants, as individuals, and their team, collectively, must be under the direct supervision of a CYO head coach. This person must be either designated by the Athletic Director of his/her program or, in any unforeseen or emergency situation, by the mutual consent of the participants. The CYO head coach must, in addition to coaching, accept responsibility for the conduct and well-being of the girls or boys under his/her authority, and while the normal duties of a head coach are being exercised such responsibility is assumed. Said CYO head coach may also be held responsible for the conduct of his/her team's supporters. Said CYO head coach must be either a high school student or an adult, and they may not be in a status of suspension, either by specific CYO Rule(s) or by the CYO Athletics Manager. Any game or activity conducted contrary to these provisions is illegal.

Conduct - Basketball

Disqualification for Unsportsmanlike Conduct

Any participant who engages in a physical altercation with another player shall be immediately ejected from the game, even if the participant did not initiate the physical contact. Responding to the player who initiated the physical contact by shoving or tackling the player is grounds for ejection from the game. Officials will report the ejections to league administrators, who will then conduct an investigation and render additional disciplinary sanctions against the individuals involved. An individual who is disqualified for *unsportsmanlike conduct* is automatically suspended for a minimum of one (1) game. They may not attend or participate in the team's next CYO game (League or Playoff.) Any participant who is disqualified for *unsportsmanlike conduct* a second time will be suspended for the remainder of the season, playoffs and championships.

Unsportsmanlike Technical Fouls – Coach, Assistant Coach, Spectator

1. Any coach, assistant coach, bench personnel or spectator who receives two (2) unsportsmanlike technicals during a CYO contest must exit the venue immediately or further punishment will be given at the discretion of CYO administrators. If the ejected

individual is a head coach and a qualified assistant coach is not present to take over the coaching responsibilities for the remainder of the contest, the game will end by forfeit regardless of the score at the time of the forfeiture.

2. Any coach, assistant coach, bench personnel or spectator who receives two (2) unsportsmanlike technical fouls during a CYO contest will, at a minimum, be suspended for the team's next two games (whether it be league or playoffs). This also means they may not attend the game. Any violation of this rule will result in an immediate forfeit of the game they attend.
3. If any coach, assistant coach, bench personnel or spectator receives two (2) unsportsmanlike technicals twice during the CYO season (this includes all CYO sports), he/she may not coach or attend any CYO games for the remainder of that sport's season.

Conduct – Soccer

Coach, Team, Assistant Coach, Spectator, Player

1. At the referee's or field director's order, a disorderly spectator must leave the vicinity of the playing field immediately or further punishment will be given at the discretion of CYO administration. Failure to comply will result in the referee stopping the game. Any spectator who is removed from a game will at minimum be suspended for the team's next two games whether it is league or playoffs. This means they may not attend the game. Any violation of this rule will result in an immediate forfeit of the game.
2. A disqualified player may not be replaced in the lineup, and their team must complete the game shorthanded.
3. If, for any reason, a team is reduced to less than 9 players, the game is automatically forfeited.
4. A coach, assistant coach or player who has been disqualified at a minimum will be suspended for their team's next two games (i.e. – an automatic 2-game suspension). Officials and opposing coaches will be notified of any participants who have been disqualified. The offender's parish/school Athletic Director will be notified.
5. If any coach, assistant coach, bench personnel or spectator is disqualified twice in one season for conduct, they cannot coach or attend any CYO games for the remainder of the season.
6. Any participant who engages in a physical altercation with another player shall be immediately ejected from the game, even if the participant did not initiate the physical contact. Responding to physical contact (shoving, tackling, etc.) is grounds for ejection from the game. Officials will report the ejections to league administrators, who will then conduct an investigation and render additional disciplinary sanctions against the individuals involved. An individual who is disqualified for *unsportsmanlike conduct* is automatically suspended for a minimum of one (1) game. They may not attend or participate in the team's next

CYO game (League or Playoff.) Any participant who is disqualified for *unsportsmanlike conduct* a second time will be suspended for the remainder of the season, playoffs and championships.

7. Participation of a suspended coach or player in a game will result in forfeiture of that game by the CYO Athletics office.
8. Any player that receives three (3) yellow cards during the season will receive a ONE (1) game suspension even if said suspension must be implemented during the playoffs or championships.

Conduct – Volleyball

Coach, Team, Assistant Coach, Spectator, Player

1. At the referee's or gym director's order, a disorderly spectator must immediately leave the gym or further punishment will be given at the discretion of CYO administrators. If the ejected individual is a head coach and a qualified assistant coach is not present to take over the coaching responsibilities for the remainder of the contest, the game will end by forfeit regardless of the score at the time of the forfeiture.
2. Failure of spectator(s) to comply will result in the referee stopping the game and, at their discretion, end the game by forfeit regardless of the score at the time of forfeiture. Any spectator, who is ejected from a match, shall immediately leave the venue and will be suspended for a minimum of the team's next two games (whether it is league or playoffs). This means they may not attend the game. Any violation of this rule will result in an immediate forfeit of the game.
3. If any coach or spectator is removed from a game for disorderly conduct twice during the CYO season, they may not coach or attend any CYO games for the remainder of that sport's season.
4. A coach who fails to cooperate with a referee in handling unruly spectators may be considered by CYO Athletics to be guilty of the action of such spectators and subject to the same or similar penalties.
5. If a player, coach or assistant or any other team official is disqualified by a referee, they must leave the gym immediately. Failure to comply results in forfeiture.
6. A coach, assistant coach or player who has been disqualified for unsportsmanlike conduct at a minimum will be suspended for the team's next two games (i.e., an automatic 2 - game suspension). Officials and opposing coaches will be notified of any participants who have been disqualified. The Athletic Directors of the program(s) involved will also be notified by league administrators.
7. If any coach, assistant coach, bench personnel or spectator is disqualified twice in one season for unsportsmanlike behavior, he/she cannot coach or attend any CYO games for the remainder of the season.

8. Any coach who is in doubt regarding the status of anyone on their team should contact their Athletic Director immediately.
9. Any participant who engages in a physical altercation with another player shall be immediately ejected from the game, even if the participant did not initiate the physical contact. Responding to physical contact (shoving, tackling, etc.) is grounds for ejection from the game. Officials will report the ejections to league administrators, who will then conduct an investigation and render additional disciplinary sanctions against the individuals involved. An individual who is disqualified for *unsportsmanlike conduct* is automatically suspended for a minimum of one (1) game. They may not attend or participate in the team's next CYO game (League or Playoff.) Any participant who is disqualified for *unsportsmanlike conduct* a second time will be suspended for the remainder of the season, playoffs and championships.

CYO Athletics has the authority to enforce further penalty as deemed necessary.

Section Three – GIRLS VOLLEYBALL RULES

Volleyball Playing Rules

1. Before the match all team members will meet at the net to shake hands.
2. Interpretations
 - a. All games shall be played in accordance with rules and interpretations adopted by the National Federation of State High School Associations.
 - b. Exceptions to the rules (and supplemental interpretations) may be made at the discretion of CYO Athletics.
 - c. Interpretations approved by CYO Athletics will be made available, upon request, by the CYO Athletics office.
 - d. Specific revisions to the rules are contained in the special rules following herein.
3. Court
 - a. The playing court shall be 60 feet long and 30 feet wide.
 - b. Serving area is 9 feet wide for 3rd, 4th and 5th grades (the basketball key, sideline is boundary), and 30 feet wide for 6th, 7th, and 8th grades.
 - c. 3rd, 4th, and 5th grade service line is 10 feet from the end line, 20 feet from the center line.
 - d. Back row player's attack line is 10 feet from the centerline.
 - e. Liquid on court - No liquid or powered substance is allowed on the court. If teams are using those within six feet of the court, they should be warned to keep the substance at least six feet away. Repeated offenses may be penalized. A team warning may be issued by the referee and all subsequent violations of this rule by this team shall result in a side-out and point for the opposing team.
4. Equipment
 - a. Net
 - 1) Preferably black or dark brown.

- 2) 3rd, 4th, 5th and 6th grades height is 6 feet 4 inches from the floor to the top of the net.
- 3) 7th and 8th grades height is 7 feet 4 inches from the floor to the top of the net.
- 4) Net should be drawn taut.
- 5) Net, regardless of how it is constructed, extends from sideline to sideline.
- 6) All measurements are at center of net are to be considered minimum, with a maximum raise of 1.5 inch at the sides of the net.

b. Ball

- 1) A Volley-Lite ball or comparable reduced weight trainer ball shall be used for all 3rd, 4th, 5th and 6th grade games. In the event a Volley-Lite ball is not available, a regular ball shall be used.
- 2) A regular ball, which may be leather or synthetic leather, shall be used for all 7th and 8th grade games.
- 3) For all grades, the air pressure in the ball should be 4.3 to 4.6 pounds per square inch.
- 4) A ball of any color or multi-colors may be used at the discretion of the referee.
- 5) A game ball may be changed during a match through the mutual consent of both coaches. In the event that mutual consent of both coaches cannot be reached, the referee will decide on the game ball.

5. Scoring Devices

A scoreboard, blackboard or score cards, etc, must be located in a place where it is visible to all players, substitutes, coaches, officials and spectators.

6. Uniforms

- a. All players of a team shall wear a playing uniform of neat appearance and of similar color and design. Numbers must be on the front and back of uniforms in order to play.
- b. All players must wear athletic shoes.
- c. No one may play without a team uniform, except a bloody uniform may be removed without penalty. If the player is no longer bleeding, she may continue to play (or re-enter) without a legal uniform.
- d. ABSOLUTELY NO JEWELRY may be worn. Illegal jewelry penalty - Unnecessary delay (team time-out). In the event a team is out of time-outs, a side-out or point is awarded to the other team.
- e. EARRINGS MAY NOT BE TAPED OVER. THEY MAY NOT BE WORN UNDER ANY CIRCUMSTANCES.
- f. Hair devices may be worn if they are made of soft material.
- g. **Bobby pins are permitted.**
- h. Hard plastic knee pads are not allowed.
- i. The referee at his/her discretion may allow or not allow questionable equipment.

7. Game

- a. The team that wins the best two out of three games wins a match.
- b. In the case of a 1-1 tie, the deciding third game is played as a tie-breaker to 15 points and no point cap.
- c. A game (except the deciding third game) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24, 27-25, etc.).

- d. A deciding third game is won by the team which first scores 15 points with a minimum lead of two points. In the case of a 14-14 tie, play is continued until a two-point lead is achieved (16-14, 17-15, etc.)
- e. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point. The consequences of winning the rally are:
 - 1) If the serving team wins the rally, it scores a point and continues to serve.
 - 2) If the receiving team wins the rally, it scores a point and gains the right to serve.
 - 3) In 3rd grade games after serving 3 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 3 serve rule by the serving team).
 - 4) In 4th grade games after serving 4 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 4 serve rule by the serving team).
 - 5) In 5th grade games after serving 5 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 5 serve rule by the serving team).
 - 6) In 6th, 7th and 8th grade games after serving 10 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 10 serve rule by the serving team).
 - 7) At the end of the first game, teams will change sides and remain in their present positions and serving order. If a team takes more than 1-minute to change sides, they will be charged with a time-out. The team who received first in the first game will be the first server in the second game. The second game will start fresh on all limits for 3rd, 4th and 5th grade teams.
 - 8) If a third tie-breaking game is required, the coaches will exchange a new lineup for that game. The coaches have an opportunity to make any adjustments in their line they deem necessary. There is no changing of sides during the third game.
 - 9) There is no intermission between games 1 and 2.

8. Time-outs

- a. Each team is limited to two time-outs per game.
- b. The allotted length for a team time-out is 60 seconds.
- c. At the end of the first game, teams will change sides and remain in their present positions and serving order. If a team takes more than 1-minute to change sides, they will be charged with a time-out.
- d. A team time-out, unless requested, is not charged in an injury or warning/disqualification situation for any unusual delay declared by the referee.
- e. Injury time-out: If a coach comes onto the court or is beckoned by the official to attend to an injured player, that player must leave the game and may not re-enter until the next legal substitution opportunity.
- f. Protest time-out: The playing captain is allowed to approach the official after her coach has called time-out, for a rule interpretation. Should the captain be correct in the protest, the timeout will not be charged. If the official's decision prevails, the team requesting the conference will be charged with a time-out. If the team has

already used its allotted time-outs, it shall be penalized by point/side-out awarded the opponent.

9. Choice of Playing Areas

- a. The home team shall choose the home bench. If both teams are guests of the facility then the team listed on the left hand side of the CYO schedule will be considered the home team.
- b. Only team members may sit on the team bench. A team consists of players, a coach, an assistant coach and a scorekeeper.
- c. For the first game of a match, the captain or representative of the visiting team shall call the toss of the coin.
- d. Winner of the toss may choose to serve or receive. The loser of the toss shall be given the remaining choice.
- e. Teams change playing areas (sides), benches for the second game. All grades will not change service or rotation, just sides of the net.
- f. If a third game is necessary, the captain or representative of the home team shall call the toss of the coin. The winner of the toss shall choose to serve/receive or playing area. The loser of the toss shall be given the remaining choice.
- g. The teams shall not change playing areas (sides) during the third game.

10. Service

- a. Respect for the Server: No yelling or talking once serve whistle is blown until the ball is served. If the referee decides that extraneous noise has caused a service fault, a replay will be called.
- b. First serve: The right back player of both teams shall be the first server of the game.
- c. Thereafter, when a team is awarded a side-out, the player in the right front position rotates to the serving area.
- d. The serving time limit is seven (7) seconds.
 - 1) Referees are asked to be lenient if the server appears to be making an effort to contact the ball within that time.
 - 2) The server may toss, drop or catch the ball as often as she wants before serving within the 7 second time limit.
- e. Position of Server
 - 1) The server shall serve from within her serving area and she shall not touch her serving line or the floor outside the lines marking the width of her serving area at the instant the ball is contacted for the serve.
 - 2) The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
- f. Service Areas
 - 1) In all 3rd, 4th and 5th grade games, the serving line is 10 feet inside the court (20 feet from the net), and the width of the serving area extends from the right sideline a distance of 9 feet inside the court or to the side of the key.
 - a) If a 3rd grade server steps over the serving line but has at least one foot on, over or behind the serving line when making contact with the ball the serve will be allowed.
 - b) The coach will be then reminded to have that player move back the appropriate distance to maintain the proper position for a legal serve.
 - c) If a 3rd, 4th, or 5th grade player chooses to serve from the end line, they will be allowed the entire width of the end line (30 feet) and are not restricted to 9 feet from the sideline or to the side of the key.

- 2) In all 6th, 7th and 8th grade games, the serving line is the end line, except that each serving area shall be a minimum of 6 feet in depth. In the event that such a space is not available behind the end line, the serving areas shall extend into the court to whatever distance necessary to provide the minimum depth and be so marked. The width of the serving area is the entire width (30 feet) of the court.

COACHES: Each team may only have one head coach, one assistant coach, and one scorekeeper. The scorekeeper must remain seated and may not engage in coaching or giving instruction regardless if they possess a coaches' card. Only one of the two coaches may stand during play. The other must remain seated. The standing coach must remain between the 10-foot line and the end line. The standing coach may not enter the substitution area from the 10-foot line and the net.

11. Officials and Lines persons – Scorers – Correcting Errors

- a. Referees approved by the volleyball officials assigner will officiate all volleyball games 3rd through 8th grades. If the assigned CYO official is not present at game time and another CYO volleyball referee is present, he/she may referee the game.
- b. Each team will provide one linesman.
 - 1) The linesperson must not cheer, clap or yell. The linesperson must be quiet as to not distract the players.
 - 2) The linespersons should stand at the left hand corner on their respective side. When a server is from the left portion of the service area in the 6th, 7th and 8th grades, the line judge must move back and in line with the left sideline. Once the ball is contacted for serve, the line judge should return to the original position.
 - 3) The linesperson should stand on their opponent's side of the court and at the left hand corner on their respective side.
 - 4) The lines persons watch the end line and sideline the whole length of the court. The lines person signals the ball "in" or "out." Any ball that lands on part or all of the line is "in".
 - 5) Lines persons should not interfere with the play of the ball. Lines persons should not touch or catch any ball that is coming towards them.
 - 6) If a linesman interferes with the play in any way it will be the discretion of the referee whether or not to call a replay.
 - 7) If a lines person catches or touches the ball and the receiving team has not made a play on the ball, the referee, at his/her discretion shall call "in", "out", or a replay.
 - 8) The referee has general supervision of the line judges, and he/she may make a decision or call a replay if the responsible linesman is unsure of or unable to make the call.
 - 9) The referee shall, in the spirit of good sportsmanship and CYO Athletics philosophy, promptly handle any unexpected situation.
- c. Scorers & Timers
 - 1) There is no designated official scorer. Each team will provide a scorer and a score sheet for each game. The gym director will provide the scoreboard operator and, whenever required, a timer.
 - 2) Prior to each game, the scorers will exchange their line-ups and serving order.
 - 3) If an eligible starting player is not properly recorded on the score sheet(s) – i.e., she is in the game but another squad member not in the game is listed in her place – the correction shall be made without any penalty and whether discovery is made prior to or during the game.

- 4) During the game both scorers will record all team timeouts, points scored, side outs and any other information (e.g., conduct warnings/violations) if requested by the referee.
 - 5) Both scorers are mutually responsible for proper scoring of the game. Any scorekeeping questions shall be resolved by the referee and at his/her sole discretion.
 - 6) The scoreboard operator shall perform his/her duties in accordance with the rules and instructions from the referee.
 - 7) Each team will maintain its own score sheet, listing the first and last names of all present squad members.
- d. Correcting Errors
- 1) If the wrong team is serving because a side-out has been mistakenly declared or executed or for any other reason, any points scored during this term of service shall be canceled, and serve shall be returned to the other team's server, provided the mistake is discovered before the ball becomes alive on the other team's first serve thereafter.
 - 2) Whenever an illegal substitute is found in the game:
 - a) When discovery is during a team's serve, all points during that term of service and while the illegal substitute was in the game shall be canceled, and it is a side-out.
 - b) When discovery is after a team's serve and before contact of the first service by the opposing team, all points during that term of service and while the illegal substitute was in the game shall be canceled, and it is a side-out.
 - c) After the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
 - 3) Whenever an improper server is found in the game:
 - a) When discovery is during a team's serve, all points during that term of service and while the improper server was serving shall be canceled, and it is a side-out.
 - b) When discovery is after a team's serve and before contact of the first service by the opposing team, all points during that term of service and while the improper server was serving shall be canceled, and it is a side-out.
 - c) After the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
 - 4) Serving for 3rd, 4th and 5th grades:
 - a) In a 3rd grade game, whenever a team serves more than 3 points during a term of service, all points in excess of 3 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team.
 - b) In a 4th grade game, whenever a team serves more than 4 points during a term of service, all points in excess of 4 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team.
 - c) In a 5th grade game, whenever a team serves more than 5 points during a term of service, all points in excess of 5 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team.
 - 5) Scorekeeping mistakes (i.e., any errors by the scorers) may be corrected anytime during the game.
 - 6) If a game is incorrectly ended, any correctable error may be rectified (and the game resumed) prior to the referee's approval of the score but not thereafter.

12. Teams

- a. A team has six (6) players on the court.
- b. If a team has fewer than six (6) eligible players due to illness, injury or disqualification after the start of a match, it shall continue play, with a side-out penalty imposed each time any vacant player position is due to serve.
- c. At the moment of serve, all players shall be in proper positions in accordance with National Federation Rule 6, Section 3 except that in 3rd, 4th and 5th grade games the serving team's right back (i.e. the server) cannot overlap the center back.

13. Rotation

- a. The next player on the roster should be ready to enter the court to the middle back position, when her team is awarded a side-out, in place of the back right player leaving the court:
 - 1) It is suggested that next player to enter the game should be standing on the sidelines paying attention and ready to go.
 - 2) The exchange of the previous server and the new middle back should be immediate and smoothly accomplished as soon as the referee indicates a side-out.
- b. If a missed rotation is discovered then these steps will be taken to correct the player positions:
 - 1) The team with the incorrect positions will have a time-out assessed.
 - 2) If serving and there are no time outs left, it will be a side-out with a point awarded the other team.
 - 3) If not serving and no time outs left, a point will be awarded to the other team.
 - 4) The incoming player will be placed on the court to match the correct serving order.
- c. Injured players
 - 1) Will be replaced by having the substitute enter into the middle back position, all the other players will rotate position to accommodate. If the server is the injured player then the right front player will take over the serving duties with the remaining serves available. (i.e., for 3rd grade, if 1 serve has already been successfully made, then there are only 2 remaining possible serves.)
 - 2) If the injured player is later judged well enough to return to the game she must wait until her position comes up again in the regular rotation.
- d. Late Arrivals
 - 1) Late arriving players can only be added to the end of the established serving order.
 - 2) A time-out is charged with the same stipulations as substitutions for adding the late player(s).
 - 3) A coach may withhold adding the late player(s) until the end of the serving order is reached.
 - 4) Only one time-out is assessed for adding any number of late players.
 - 5) Each occurrence for adding late players results in a time-out penalty.

14. Playing the Ball

- a. The ball may be hit by any part of the body above and including the waist.
- b. The ball may be volleyed three (3) times before going over the net. A volley is one hit by a player, except:
 - 1) A block shall not be counted as a hit;
 - 2) Simultaneous contact by opponents is not counted as a hit;

- 3) Simultaneous contact by teammates is counted as only 1 hit, and in all above exceptions any player may make the next hit.
- c. A ball that touches the net is in play, even on the serve.
- d. The ball may be recovered from the net provided the player does not touch the net.
- e. In returning the ball, a player may follow through over the net provided she first makes contact with the ball on her own side of the net. Players in the act of blocking may reach across the net, but may not contact the ball until the opponent has had opportunity to complete their attack per National Federation Rule 9, Section 6, and Article 4.
- f. The players of a team shall not reach under the net deliberately and interfere with members of the opposing team.
- g. A player may touch the floor across the center line with one or both feet or with one or both hands, provided part of the foot/feet or hand/hands remains on or above the center line.
- h. The ball must be clearly hit.
- i. Blocking or spiking the serve – a served ball may not be legally blocked or spiked while it is completely above the height of the net.
- j. Back row players – a back row player shall not attack and /or direct a ball which is completely above the height of the net while positioned: (1) on or in front of the attack line or its out-of-bounds extension; (2) in the air, having left the floor from on or in front of the attack line or its out-of-bounds extension. A foul shall not be called on back row player until the ball is considered to have crossed the net per National Federation Rule 9, Section 4, and Article 4.
- k. Simultaneous contacts by teammates counts as one team contact. Either player may make the next play on the ball. Example: The CF and LF of the receiving team contact the ball at the same time on the first team contact; the LF then sets the ball to the RF, who spikes the ball to the floor of the serving team. It is ruled legal, because the simultaneous contact between the CF and LF is counted as one team contact.
- l. In CYO League Play we are very lenient with the calling of sets. We want to encourage all of the girls to set the ball and we hope that in being lenient, the girls will be more eager to set. Basically all sets are legal as long as the girl who sets is making an attempt to set to a teammate for a bump or spike. If the ball accidentally goes over on the set, then the CYO leniency rule does not apply and the referee will rule on the legality of the set based on normal volleyball rules.
- m. A player who is across the out-of-bounds extension of the centerline may play a ball which has not completely crossed the plane of the net extended.

15. Fouls and Penalties

The following statements do not supersede or change the application of any National Federation playing rules. A point or side-out (depending upon which team, serving or receiving, committed the foul) is awarded for the following:

- a. not clearly hit, this includes pushing, throwing, catching, etc. except in the motion of breaking of the wrist
- b. hit out of bounds
- c. successively contacted (double hit) except for first contact
- d. more than 3 hits on a side before it crosses net to opponent's side
- e. body contact below the waist
- f. taking more than two (2) time-outs; no more than 60 seconds for each time out
- g. player out of position

- h. serving out of position
 - 1) When a server is found to be out of position, all her points for that service are nullified and a side-out occurs. Rotation is rectified and play continues.
 - 2) If a serving rotation is found to be out of order after the referee has blown his /her whistle but before the server serves, the rotation is corrected, and there is no penalty.
- i. touching the net – if net extends into player, touching is ignored
- j. crossing centerline
- k. illegal serve
- l. delay of game
- m. illegal attack by a back-row player

16. Terms

- a. Control of Play: At the start of game, or following a “dead ball” the referee shall signal readiness to play by blowing his/her whistle and giving a visible sign.
- b. Holding, Catching, Pushing, Throwing, and Lifting: Ball comes to rest in hands (palms and/or finger).
- c. Overlapping: At the time of service, all players must be in their respective positions, as per National Federation Rule 6, Section 3, and Article 2.
- d. Double Foul: Two opposing players committing a foul at the same time (serve is taken over).

17. Ground Rules

- a. The referee has authority to establish non-playable areas and any additional ground rules.
- b. A ball other than the serve may strike one or more times on the ceiling and/or fixtures or obstructions which intrude upon the height of the court or that of the surrounding play area, and said ball shall still be in play for the offending team as though the ball had not touched such obstruction(s). However, no such rebounding ball may legally strike above the opponent’s side of the net nor may it legally fall to the opponent’s court after touching said ceiling, fixture or obstruction.
- c. Should a ball other than the serve rest or be wedged in the net or on/in an overhead obstruction over a team’s own playable area, the referee shall call for a replay, if warranted.

18. Forfeit Rules

- a. When the first game of a match is forfeited because a team is not present at game time, 15 minutes shall be allowed for that team to appear for the second game.
- b. No Cancellations. A team who cancels will forfeit. If both teams cancel, it will be a double forfeit.
- c. A match will be automatically and immediately forfeited if two (2) coaches, players and/or squad members are disqualified by the referee for unsportsmanlike violation of the General Rules of Conduct.
- d. When for any reason a team is reduced to less than 2 players, the game shall be forfeited.

19. General Rules of Conduct - Players, Coaches and Spectators

- a. Any breach of conduct is penalized by a point or side-out.
- b. Three penalized conduct violations by the same team during a match constitutes a forfeit. Any flagrant acts of misconduct may result in either the removal of the

offending party(ies), or forfeiture of the match. Please refer to the General Rules of Conduct in the Guidebook for more information.

- 1) These rules supersede National Federation Volleyball Rule 12 – conduct, which provisions and procedures do not apply to CYO Volleyball games.
 - 2) The various rules specified herein do not supersede Guidebook Section Two (General Rules and Conduct) of which various provisions may be invoked at anytime, in any situation, either at the discretion of CYO Athletics or by the decision of the CYO Athletics Advisory Board.
- c. Teams taking part in CYO Volleyball must take position on their own side of the court. Coaches and squad members must remain on their side and are not allowed on either end line or on the opposite side of the court. The referee shall warn a coach when violations of this rule occur. Failure to comply and/or repeated warnings for such failure will result in forfeiture of the game. A team's head coach is responsible for all of his/her participants (players, assistant coaches and spectators).
- d. Coaches, squad members and spectators are not to come on the court at anytime. Exception: If given permission by the referee to attend an injured player.
- e. Coaches may only address a referee for a time-out, unless a referee, at his/her discretion, addresses a coach on some specific matter, which a coach may acknowledge.
- f. Violation of the following Rules of Conduct is cause for disqualification by the referee. CYO Athletics will take disciplinary action.
- 1) Coaching from the sideline is permitted, i.e. – giving direction to one's own team on points of strategy and position provided the tone of voice of the coach or assistant is informative and not a harangue.
 - 2) No one is to make derogatory remarks or gestures to the referee, other players, squad members or spectators.
 - 3) No one is to use profanity.
 - 4) No one is to incite, in any manner, disruptive behavior.
- g. Disciplinary rulings and punishments are at the discretion of CYO Athletics, and the following are considered to be the minimum actions that may be taken:
- h. At the referee's order, a coach MUST REQUIRE a disorderly spectator to immediately leave the gym. Failure of spectator(s) to comply will result in the referee stopping the game. Any spectator, who is removed from a match, shall be immediately removed and suspended for a minimum of his/her team's next two games whether it is league or playoffs. This means they may not attend the game. Any violation of this rule will result in an immediate forfeit of the game.
- i. If any coach spectator(s) is removed from a game for disorderly conduct twice during the CYO season he/she cannot coach or attend any CYO games for the remainder of the season.
- j. A coach who fails to cooperate with a referee in handling unruly spectators may be considered by CYO Athletics to be guilty of the action of such spectators and subject to the same or similar penalties.
- k. If a player, coach or assistant or any other team official is disqualified by a referee, he or she must leave the gym immediately. Failure to comply results in forfeiture.
- l. A coach, assistant coach or player who has been disqualified for unsportsmanlike conduct will be suspended for a minimum of his/her team's next two games (i.e., an automatic 2–game suspension). Officials and opposing coaches will be notified of any participants who have been disqualified. The offender's program's Athletic Director shall also be notified.

- m. If any coach, assistant coach, bench personnel or spectator is disqualified twice in one season for unsportsmanlike, he/she cannot coach or attend any CYO games for the remainder of the season.
- n. Any coach in doubt regarding the status of anyone on his /her team should contact his/her Athletic Director.
- o. Participation of a suspended coach, squad member and/or spectator at a game will result in forfeiture of that game.

Section Four – CROSS COUNTRY RULES

Introduction

In July 1980, the CYO Athletics Advisory Board acknowledged a need for a new CYO activity stressing individual participation and achievement, encouraging a life of involvement and fitness. The CYO Cross Country Run was initiated in keeping with the spirit of individual achievement and acknowledging the child's participation.

Supervision

Responsibility for supervising the Cross Country Run is vested in the CYO Cross Country Committee.

Location

Three courses have been established near the Polo Fields in Golden Gate Park.

Date and Times

Sunday, November 8, 2009 – 11:30 a.m. (check-in), 12 p.m. races begin

Distances:

Boys and girls: 3rd/4th grade – 1.0 miles; 5th grade – 1.5 miles; 6th grade – 1.5 miles; 7th grade – 2.0 miles; 8th grade – 2.0 miles.

Course Restrictions

Only student athletes are allowed to run the course during the race. Coaches, parents, siblings, and spectators are NOT allowed to run with a participant. They may cheer and encourage the participant along the course, but may not run with a participant. Violations of the rule will result in the disqualification of the participant.

Registration

No pre-registration is necessary. No rosters have to be filed. It is required that each runner have a sticker with his or her name, school and grade. Teams should notify Run Officials of their participation at the site prior to the race.

Eligibility

Entrants are eligible in accordance with applicable provisions of the CYO Athletics Guidebook.

Individual Awards

Each individual participant receives a medal.

Team Scoring and Awards

Boys and girls will be placed separately. At the committee's discretion, boys and girls may be separated for team scoring. A team consists of a minimum of five runners. Each school may enter only one team per grade. There is no maximum number of runners per team. The placement position of the first five runners for each team will be added together to constitute their team score. The lowest total wins. The first place team in each grade will receive a trophy.

Section Five – SOCCKER RULES

General Rules

1. Basic Rules Code
 - a. All games shall be played in accordance with the rules and regulations adopted by the International Federation of Football Associations, FIFA.
 - b. The basic code, as stated above, is subject to the special rules contained herein and to rulings determined by the CYO Athletics for situations not specified in these rules.
2. Game Ball
 - a. A junior size (#4) soccer ball will be used in all 3rd, 4th and 5th grade games.
 - b. A regular size (#5) soccer ball will be used in all 6th, 7th and 8th grade games.
 - c. If the referee cannot find an acceptable ball, the game shall not be played.
3. Length of Games
 - a. Games will start at 8:00 a.m.; last game to start at 4:15 p.m.
 - b. Length of quarters:

Grade Division	
3 rd	10 minutes
4 th	10 minutes
5 th	10 minutes
6 th	12 minutes
7 th	12 minutes
8 th	12 minutes
 - c. Intermission between quarters shall be one (1) minute and shall be used solely for the implementation of the Participation Rule.
 - d. During any such intermission, no team will be allowed to go to the sideline — teams must stay on the playing field.
 - e. There will be a regular five (5) minute intermission at halftime.
 - f. Teams will change direction of play only at halftime.
4. Game Time

The time specified in the CYO Soccer schedule will be the starting time of each game unless the preceding game causes a delay. In this case, game time should be exactly five (5) minutes after the completion of the previous game.
5. Legal Number of Players
 - a. 3rd – 4th grade games – 9 team players (7 minimum)
5th – 8th grade games – 11 team players (9 minimum)

- b. The referee(s) shall begin the game if each team has the minimum number of players present and are ready to play at game time.
- c. If additional players arrives during the game, he/she may enter as soon as she/he is ready to play, and there is a proper opportunity for substitution.
- d. A team may not begin the game with an obviously injured player in order to avoid forfeiture. In such event, the game shall not be played, or, if started, it shall be stopped, and the circumstances shall be immediately reported to CYO Athletics.

6. Participation Rules

All players must play one full/complete quarter in each half of the game regardless of the number of players on the other team. All players are entitled to the same amount of valuable playing time.

Note: A full quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

In all soccer games the following special participation rules shall apply:

- a. The captain will present the referee with a lineup card listing the names of all squad members. The referee will then gather both starting teams at midfield for an inspection of equipment. The starting 11 players MAY NOT return to the sidelines before the game has begun.
- b. During the intermission between quarters the referee will call for the new players for the second quarter to report to midfield. No team will be allowed to go to the sideline – they must stay on the field of play. The referee will check off the new players reporting at midfield to verify that each team has fulfilled the following participation requirements:
 - 1) All starting players must play the entire first quarter.
 - 2) In the second quarter, each team which has twenty-two (22) or less players must have all squad members who did not play in the first quarter play the entire second quarter. (Exception: 3rd grade – eighteen (18) or less players)
 - 3) Any team with twenty-three (23) or more players must have all squad members who could not participate in the first and second quarters, play the entire third quarter. (Exception: 3rd grade – nineteen (19) or more players)
 - 4) Exceptions
 - An injured player may be replaced during a quarter. The substitute must be a player who has not yet participated in the game. If such a substitute is not available, any player may substitute and the opposing team shall then have the same privilege of making an additional substitution.
 - Any player who does substitute for the injured or disqualified player and had not previously participated in the game must still play one full quarter from beginning to end.
 - An injured player replaced during any quarter cannot play again in that half. If a team has no substitutes, an injured player may, at the discretion of the referee, be removed from the game and returned to the game upon his recovery.

7. Substitution

Substitution, in accordance with the Participation Rules, is allowed when the ball goes out of play. Out of play is: a team's throw-in, a team's goal kick, or after either team scores a goal.

8. Equipment

- a. Teams must wear shirts of a uniform color, and these shirts must be numbered. When teams are both wearing similar shirts, one team may play in T-shirts or one without shirts. The referee has authority to settle any question regarding uniforms.
- b. The use of soft canvas shoes with molded sole, tennis shoes, or similar soft-toe shoes are required. Shoes with removable cleats are not allowed.
 - 1) If illegal shoes are discovered prior to participation, they must be removed. If the participant changes to legal shoes, he/she may play and there is no penalty.
 - 2) If a player is discovered using illegal shoes, he/she shall automatically be issued a yellow card, and he/she must immediately change to legal shoes in order to continue to play. The referee has authority to settle any question regarding shoes.
- c. Shin guards are required for all players.
- d. The goalie must wear different color clothing than that of both teams playing.

9. Goalie

- a. No harassment of the goalie will be tolerated. When the goalie recovers the ball, the opposing team must fall back to the 18 yard line and not charge the goalie. Penalty for such infraction shall be an indirect kick. Repeated offenses will result in the disqualification of any offending player or players.
- b. NOTE: that if when playing as a goalkeeper and within his own penalty area, from the moment the ball comes under his control, the goalie shall have 6 seconds to release the ball. The penalty for this infraction is an indirect free-kick.
- c. In 3rd, 4th, and 5th grades: The pass-back to the goalkeeper (by his teammates) will not be called "hand-ball" if the goalie picks up with his hands. In 6th, 7th, and 8th grades: If the goalie picks up the ball with his hands (if the kick was by his teammates), the penalty for this infraction is an indirect free-kick. If the ball is headed or on a throw-in the ball reaches the goalie, that is not a hand-ball on the goalie.

10. Size of Fields, Corner Kicks, Goal Kick

- a. 3rd and 4th grade games will be played on reduced size fields, per FIFA recommendations and CYO Athletics requirements. 5th, 6th, 7th and 8th grade games will be played on full size fields.
- b. Corner and goalie kicks will be taken from the proper places, provided the games are played on proper size fields.

11. General Rules of Conduct – Players, Coaches and Spectators

NOTE: The various rules specified herein do not supersede Guidebook Sections One and Two – GENERAL RULES AND CONDUCT, of which various provisions may be invoked any time, in any situation, either at the discretion of CYO Athletics or by decision of the CYO Athletics Advisory Board.

- a. Teams taking part in CYO Soccer should take positions on opposite sides of the field. However, the teams may be on the same sideline. It is suggested that the teams take different sidelines, but if a situation develops where both teams end up on the same sideline, then each team should take one half of that sideline. CYO Athletics at its discretion may place the teams on opposite sidelines. A

team's head coach is responsible for all of his/her side's participants (players, squad members, assistant coaches and spectators).

- 1) Coaches, squad members and spectators are not to come on the field at any time. EXCEPTION: if given permission by the referee(s) to attend to an injured player.
- 2) Coaches MAY NOT address the referee(s) during the game (unless a referee at his or her discretion, addresses a coach on some specific matter, which a coach may acknowledge).
- 3) Communication with the referee(s) must be done through the playing captain.
- b. Violation of the following Rules of Conduct is cause for disqualification by the referee(s), in which event disciplinary action will be taken by CYO Athletics.
 - 1) Coaching from the sidelines – giving direction to one's own team on points of strategy and position – is permitted provided no mechanical device is used, and the tone of voice of the coach or assistant is informative and not a harangue.
 - 2) No one is to make derogatory remarks or gestures to the referee(s) or to other players, squad members, or spectators.
 - 3) No one is to use profanity.
 - 4) No one is to incite, in any manner, disruptive behavior.
 - 5) No one is to consume or display alcohol in any form.
- c. Disciplinary rulings and punishments are at the discretion of CYO Athletics.
- d. At the referee's order, a coach MUST REQUIRE a disorderly spectator to immediately leave the vicinity of the playing field. Failure of spectator(s) to comply will result in the referee stopping the game. Any spectator, who is removed from a game, shall be immediately removed and suspended for a minimum of his/her team's next two games whether it is league or playoffs. This means they may not attend the game. Any violation of this rule will result in an immediate forfeit of the game.
- e. If a player, coach or assistant and/or other team official is disqualified by a referee, he/she must leave the area of the field immediately.
- f. A disqualified player may not be replaced in the lineup, and his/her team must complete the game shorthanded.
- g. If, for any reason, a team is reduced to less than 9 players, the game is automatically forfeited.
- h. A coach, assistant coach or player who has been disqualified will be suspended for a minimum of his/her team's next two games (i.e., an automatic 2 – game suspension). Officials and opposing coaches will be notified of any participants who have been disqualified. The offender's parish/school Athletic Director will be notified.
- i. If any coach, assistant coach, bench personnel or spectator is disqualified twice in one season for conduct, he/she cannot coach or attend any CYO games for the remainder of the season.
- j. Any coach in doubt regarding the status of anyone on his/her team should contact CYO Athletics.
- k. Participation of a suspended coach, player, or spectator in a game will result in forfeiture of that game by the CYO Athletics.
- l. Any player that receives three (3) yellow cards during the season will receive a minimum one (1) game suspension even if said suspension must be implemented during the playoffs or championships.

12. Approved CYO Officials

If an approved CYO official is not present at game time to call the game, then the game may be played only if another approved CYO official is secured. If the game is started with another approved CYO official it will be assumed that this official was agreeable to both teams.

League Standings, Playoffs and Championship Games

1. League Standings

- a. In league play, standings are based on awarding three points for each victory and one point for each tie. In a league game, no overtime period is allowed to break a tie.
- b. "Goal differential" is also tabulated for all teams. Goal differential is the difference between goals-for and goals-against for all games played. NOTE: the maximum goal differential allowed for a single game is four (4). Beating an opponent by more than four (4) goals will not affect either team's goal differential.
- c. If a team forfeits two (2) league games for any reason(s) except eligibility of players, that team is automatically WITHDRAWN from further competition and all of its games, whether played or not, are considered to be forfeits.
- d. A team winning any game by forfeit is awarded 3 points.

2. Playoffs and Championships

- a. When necessary to determine playoff positions by resolving ties in the league standings, the following "tie break" methods shall be used (in the order listed): First: the result of head to head competition; Second: the season's goal differential; Third: a draw among the involved teams. EXCEPT that at no grade level may any team be eliminated from a playoff by "draw" and no 8th grade team shall be eliminated from a playoff by either "goal differential" or by a "draw"; Fourth: if necessary, additional "Tie Break" playoff games shall be scheduled by CYO Athletics and at its discretion.
- b. In all four team divisions, each team will make the playoffs with the 1st playing the 4th and 2nd playing 3rd. All other divisions with more than four teams will have four teams make the playoffs with 1st playing 4th and 2nd playing 3rd. The winners of those two contests play each other in a single elimination championship game.
- c. There will be no tie in any playoff game. If there is a tie at the end of regulation time, the following procedures shall be followed:
 - 1) A 3 minute intermission period will proceed a single 20 minute overtime. Teams will change at 10 minutes. This is not a "sudden end" overtime.
 - 2) If the game is still tied at this point, the teams will go to penalty kicks procedures, as determined by the CYO Soccer Committee, to determine the winner – unless a situation should arise that is not specifically covered in the above rules, CYO Athletics shall make the final decision in that case.

NOTE: ALL FANS AT THE POLO FIELDS MUST SIT IN THE STANDS.

Section Six – BASKETBALL RULES

RULE I - Interpretations

1. All games shall be played in accordance with rules and interpretations adopted by the National Federation of State High School Associations.
2. Exceptions to the rules (and supplemental interpretations) may be made at the discretion of CYO Athletics.
3. Interpretations approved by CYO Athletics will be made available, upon request, by the CYO Athletics Office.
4. Specific revisions to the rules are contained in the special rules following herein.

RULE II – Length of Games

1. In all 3rd, 4th, 5th, and 6th grade games, the quarters shall be six (6) minutes with a one (1) minute intermission between quarters and a five (5) minute intermission at half time.
2. In all 7th and 8th grade games, the quarters shall be seven (7) minutes with a one (1) minute intermission between quarters and a five (5) minute intermission at half time.
3. In the event of a tie score at the end of the regulation game, the following method will be used to break the tie:
 - a. A two (2) minute intermission will precede the first overtime period of three (3) minutes (“stop time”).
 - b. If, at the end of the first overtime period, the score is still tied, a two (2) minute intermission will be followed by a “sudden end” period in which the first team to score two (2) points wins — unless free-throw shooting results in the score remaining tied, in which case one (1) more point wins. The clock will not run in the “sudden end” period.
 - c. EXCEPTION: In all 3rd, 4th and 5th grade league games, this “sudden end” period shall be three (3) minutes (“stop time”), during which scoring two (2) points (as stated in part b. above) wins immediately. Otherwise, scoring one point wins when the period ends, unless each team scores one point (or neither team scores), in which case the game is declared a tie when said period ends. Does not apply to playoffs.
 - d. EXCEPTION: In all 8th grade playoff and finals games there shall be no “sudden end” overtime. As many three (3) minute overtimes (as stated in part a. above) as necessary will be played.
4. The timing of all CYO basketball games is as follows:
 - a. “Running Time” (clock keeps running)
 - 1) On all violations
 - 2) On all jump balls where alternating possession applies
 - b. “Stop Time” (clock is stopped and started according to Rules)
 - 1) On all fouls and on all tossed jump balls

- 2) Whenever there is an official's or a team's timeout
- 3) Whenever a substitute is allowed to enter
- 4) Whenever an official declares an unusual delay
- 5) In the last ten (10) seconds of the first three quarters
- 6) In the last two (2) minutes of the fourth quarter
- 7) The entire length of any overtime period in which the clock is run

RULE III - Starting Game

1. Game time shall be the time specified on the official CYO Basketball schedule unless a preceding game causes delay. In this case, game time, shall be exactly five (5) minutes after the end of the preceding game. Five minutes before game time, the clock should be set at 5 minutes (5:00) and started.
2. If five (5) or more players from each team are present at game time, the official(s) will start the game. Coaches are cautioned that gym time is limited, and officials will not delay starting the game when five (5) players from each team are present.

All players must check in at the scorers table at the beginning of each quarter and when substituting. Penalty for not checking in at the beginning of the quarter will result in a timeout for that particular team or both teams if both have not complied. This timeout may only be used for the players to check in. The officials will then begin the game.

3. If the legal number of squad members – five (5) – are NOT PRESENT by game time, the referee will forfeit the game. If neither team has a complete team, both will forfeit. A team may not begin the game with an obviously injured player in order to avoid forfeiture. In such event, the game shall not be played, or, if started, it shall be stopped, and the circumstances shall be immediately reported to CYO Athletics.
4. If an assigned official fails to appear by game time, the game may be officially played only if an “approved CYO official” is secured to call the game.
NOTE (1): What is an “approved CYO official” is at the discretion of the CYO Basketball Committee
NOTE (2): “Approved CYO official” for each and every eighth (8th) grade game means that an adult (out of high school) official **MUST** be working. Otherwise, it is not a legally played game.
5. An assigned official may start the game before game time if both coaches agree. However, under no condition should a game begin more than 15 minutes prior to game time.
6. It is approved policy that switching referees during a game shall not be done after the first quarter unless authorized by the gym director.

RULE IV - Equipment

1. In all girls' games, and in all 3rd, 4th, 5th, and 6th grade boys' games, the National Federation's approved “girls' competition” ball (28.5 to 29 inches around) may be used.

2. In all 7th and 8th grade boys' games, the National Federation's approved "boys' competition" ball (29.5 to 30 inches around) shall be used.
3. The referee, at his/her sole discretion, shall select the game ball.
4. If, in any CYO game, the wrong ball is used, either by error or by necessity, the game shall be considered to have been legally played.
5. Squad members may not warm-up or become players unless they wear gym shoes (tennis shoes).
6. Prior to game time, each team must appear with at least five (5) uppers of uniform color, and each upper must be numbered. The game may not be played if there are less than five players with matching uniform tops.
7. All other matters regarding uniforms are at the sole discretion of the referee (e.g., whether the uniform shirt must be tucked inside the pants; what undershirts may be worn; which team must change colors), and both teams MUST comply with the referee's instructions, or the game shall not be played. NOTE: refusal to cooperate is grounds for forfeiture by the Basketball Committee.
8. EARRINGS MAY NOT BE TAPED OVER. THEY MAY NOT BE WORN UNDER ANY CIRCUMSTANCES.

RULE V - Participation Rules

All teams with ten (10) or less players must have each squad member play one full/complete quarter in each half of the game regardless of how many players there are on the other team. All players are entitled to the same amount of playing time.

NOTE: A full/complete quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

In all basketball games the following special participation rules shall apply:

1. If either team has only five (5) squad members, there are no special restrictions on substitutions.
2. If either team has only six (6) squad members:
 - a. One (1) squad member cannot play in the first and third quarter.
 - b. The squad member who could not play in the first quarter must play the entire second quarter. The squad member who could not play in the third quarter must play the entire fourth quarter.
3. If either team has only seven (7) squad members:
 - a. Two (2) squad members cannot play in the first and third quarter.
 - b. The two (2) squad members who could not play in the first quarter must play the entire second quarter. The two (2) squad members who could not play in the third quarter must play the entire fourth quarter.

4. If either team has only eight (8) squad members:
 - a. Three (3) squad members cannot play in the first and third quarter.
 - b. The three (3) squad members who could not play in the first quarter must play the entire second quarter. The three (3) squad members who could not play in the third quarter must play the entire fourth quarter.
5. If either team has only nine (9) squad members:
 - a. Four (4) squad members cannot play in the first and third quarter.
 - b. The four (4) squad members who could not play in the first quarter must play the entire second quarter. The four (4) squad members who could not play in the third quarter must play the entire fourth quarter.
6. If either team has only ten (10) squad members:
 - a. Five (5) squad members cannot play in the first and third quarter.
 - b. The five (5) squad members who could not play in the first quarter must play the entire second quarter. The five (5) squad members who could not play in the third quarter must play the entire fourth quarter.
7. If a team has eleven (11) to fifteen (15) squad members:

Each squad member who could not participate in the first and second quarters must play the entire third quarter. These players are also eligible to play in the fourth quarter. The players who participated in a full quarter during the first half of the game as well as the full third quarter may not play in the fourth quarter. In order to allow all remaining players playing time, the remaining players may be substituted in and out of the fourth quarter.
8. If a team has sixteen (16) to twenty (20) squad members:

Each squad member who could not participate in the first, second and third quarters must play the entire fourth quarter. Late arriving players must be included in the Participation Rules. The Participation Rule is not based on the number of players present at the start of the game. The Participation Rule is to give all players the opportunity to participate.

All Grades: There will be free substitution in all overtime periods.

9. An exception to these rules shall be made if any player is injured or disqualified, or the referee advises the coach regarding a player's emotional conduct, and the coach desires to make a substitution. The substitute must be a player who has not yet participated in the game. If such a substitute is not available, any player may substitute and the opposing team shall then have the same privilege of making an additional substitution. Any player who substitutes for the injured or disqualified player who had not previously participated in the game, must still play one full quarter from beginning to end.
10. For inadvertent violation of these rules, proper correction will be made when the violation is recognized, and the offending team shall be assessed one (1) technical foul, which shall not be considered to be unsportsmanlike.
11. For willful violation of these rules, a flagrant technical foul shall be called, and the

offending player or players shall be disqualified.

12. In any game where there has been willful violation of these rules, the referee shall notify the CYO Athletics office, and the coach shall be subject to discipline under the CYO "General Rules and Conduct."
13. Before the game begins, a coach may notify the other team's coach and the referee that a squad member is not playing in the game and, if asked why, state the reason. Once given, such notice is irrevocable.

RULE VI - Pressing Rules

1. Full Court Press

A full court press takes place when the offensive team secures control of the ball (including a throw in) in its backcourt, and the defensive team guards either in a zone or man-to-man defense, one or more players of the offensive team in either the backcourt or mid-court areas.

2. Half Court Press

A half court press takes place when the offensive team secures control of the ball (including a throw-in) in their mid-court, and the defensive team guards, either in a zone or man to man defense, one or more players of the offensive team in either the backcourt or mid-court areas.

3. No Press

No press means that once the offensive team has secured control of the ball (including a throw-in), the defensive players must immediately retreat behind **the offensive teams, 10 ft line (of the volleyball court)** and play defense in the forecourt only. The forecourt is that portion of the front court extending from the mid-court line to the end-line.

4. All Grade Levels

In all league or playoff games, "no press" shall be in effect upon the defensive team when they are leading by ten (10) or more points.

In all third (3rd) and fourth (4th) grade league and play-off games, "no press," regardless of the score, shall be in effect for the defensive team during the first half.

5. Exceptions

- a. Once no press takes place, defensive players cannot guard until they have retreated behind the mid-court line. However, if a defensive player, while retreating, touches or secures control of the ball in a non-guarding situation, such play shall be legal.
- b. If the offensive team fumbles or makes a bad pass, the defense may go after the loose ball, but no press is resumed immediately when the offensive team regains player control.

6. Penalties

- a. If violation of these rules, in the judgment of an official, is unintentional, and no unfair advantage is gained, there shall be no penalty.

b. Otherwise, the penalty shall be violation in all cases.

Exception:

Willful refusal to comply with these rules shall be penalized by an “unsportsmanlike” technical foul.

7. No Pressure Rules

a. No pressure means a team cannot apply any pressure in the backcourt once their opponents have secured control.

b. Once the ball crosses the division (half-court) line, pressure may be applied. NOTE: No half-court press will be allowed to extend any closer than the **10 ft line (of the volleyball court)** prior to the crossing of half-court by the offensive player in control of the ball. Once the ball crosses half-court, pressure may be applied at any point.

c. For any improper advantage or gaining control, such as undue pressure, securing a jump ball or gaining control of the ball, an official shall call a violation and award ball out of bounds.

d. The no press provisions of parts 1 through 6 herein shall apply to a team leading by ten (10) or more points.

e. Whenever the no pressure rule is in effect, it shall be unsportsmanlike conduct to request a timeout in order to consume time (stall). Penalty for this tactic shall be an unsportsmanlike technical foul.

f. No Pressure rules shall apply to all league and playoff games, as follows:

1) 3rd and 4th grade teams:

During the second half of any game (“No Press” is in effect during the first half) AND also during any overtime and sudden death period EXCEPT in the last sixty (60) seconds of the fourth (4th) quarter and the last sixty (60) seconds of any timed overtime period.

2) 5th grade teams:

During the first 3 quarters, but not thereafter, 5th grade teams may full-court press during the 4th quarter and any overtime periods.

3) 6th grade teams:

During the first half of any game, but not thereafter.

g. No Pressure rules do not apply to all 7th and 8th grade teams.

RULE VII - Points of Emphasis

1. “Held Ball” Rules

a. All CYO Basketball games shall be played in accordance with National Federation “Alternating Possession” procedures for starting periods and jump ball situations.

b. A jump ball between any 2 opponents at the center circle will be used to start the game and each extra period and will be administered by the referee. The team that does not gain control of the ball at the start of the game or each extra period starts the alternating possession procedure.

c. Technical fouls before the jump, violations and fouls during the jump or possession after the jump causes a team to gain control. After the tap, the alternating procedure is established if a non-jumper causes the ball to go out of bounds before securing possession.

d. The scorer is responsible for recording the alternating process and will display an arrow or other device which indicates possession and/or direction of throw-in.

The device should be set for the next possession only after the throw-in is completed and will indicate the direction of the throw-in. The referee is responsible for meeting with the scorer at the end of the first half and for having the arrow pointed in the proper direction for the start of the third quarter.

- e. The officials should notify the coaches prior to the start of play in the third quarter as to which team has possession and the direction of play. The arrow will have to be pointed in the opposite direction from what it was as the teams change baskets at halftime.

2. 3-Point Goal

- a. The “3-point Goal,” as specified by National Federation Rules, shall apply to all 6th, 7th, and 8th grade CYO basketball games.
- b. In the 6th, 7th, and 8th grade games, all games must be played with the 3-point rules and only in gyms with the 3-point goal lines properly striped.
- c. It is strongly recommended that when CYO gyms are re-striped, the National Federation 3-point goal line should be added.

3. Resuming Play After a Time-Out

- a. CYO Basketball games shall not be played in accordance with National Federation Rules for resuming play when there is delay after a time-out or intermission.
- b. An official, at their discretion, shall notify both teams to resume, and play shall continue when both are ready.
- c. Delay of game, if judged unsportsmanlike, may be penalized with a technical foul. Otherwise, there is no penalty for any situation.
- d. An official is authorized to interrupt a team’s conference if necessary in order to get players back on the court.

4. Scorebooks/Lists of Squad Members/Non-Participants

- a. Each team will maintain its own scorebook, listing therein the first and last names of all of its squad members, whether present or not.
- b. Squad members whose names are not listed in their own team’s scorebook before the start of the game are allowed to play.
- c. Penalty for violation of part b. is a technical foul which shall be assessed at the time the violation takes place or is discovered while the violator is playing. This penalty is assessed only once, regardless of the number of violations.
- d. The referee shall not start the game until the scorers have exchanged lineups. All first and last names and numbers must be in both scorebooks.**
- e. If a team fails to provide a scorebook or score sheet prior to game time, it shall be assessed a technical foul, and its squad numbers must then be listed in the other team’s scorebook.
- f. The scorebooks are subject to examination by the officials, and they must be kept available, because they may be called in for informational purposes by the CYO Athletics office or by the Basketball Committee at any time.

5. Coaches and Team Captains/Officials and Charged Time-Outs

- a. Each team **MUST** have a coach who shall be responsible for the team, and a captain who may address an official on matters of interpretation or for information.

- b. Any player and/or coach may address an official to request a time-out. Each team is entitled to 5 charged timeouts during a regulation game, and 1 additional timeout for each overtime.
 - 1) An official, at his/her discretion, may call an official's time-out to allow for equipment repair or adjustment and/or to tie a shoelace.
 - 2) An injured or possibly injured player must be removed until the next opportunity to substitute if the coach or other bench personnel is beckoned and/or comes onto the court to check him/her. No time-out is charged.
 - 3) An official, at his/her discretion, may call an official's timeout to determine and decide upon any matter within the official's jurisdiction.
 - NOTE: In the above situations, an official can either take an official's time-out or require a charged time-out in accord with National Federation Rules.
- c. The officials may, at their discretion, discuss any question relating to game administration directly with the coach instead of the captain.
- d. Each team shall have a head coach and, if desired, no more than one (1) assistant coach sitting on its bench.
- e. Violation of the National Federation Bench Decorum Rules, if penalized, shall not be deemed unsportsmanlike unless the referee decides the infraction involved an attempt to influence, intimidate or show disrespect to an official.

6. Unsportsmanlike Refusal to Play

If a coach withdraws his/her team from the playing floor prior to the completion of the game, that team **forfeits** that game. CYO Athletics will investigate the incident further to determine the validity of the forfeit.

NOTE: A team quitting a game cannot protest the incident(s) which caused it to quit. CYO Athletics will conduct an investigation (see Protests).

RULE VIII - Gym Directors – Instructions

1. Keep all information (Gym Sheets, Gym Directory, YBOA Roster, Rule Book, CYO Rules, CYO Schedules, CYO Guidebooks) available.
2. Introduce yourself to the officials.
3. Be available (or have authorized people available) to assist our officials with any difficult problems – particularly spectator misconduct.
4. Whenever an official is not present at game time, you are authorized to secure a substitute official. He/she must be an "approved CYO official," in accord with Basketball Committee instructions.
5. If no one is available in your gym, we recommend you telephone a nearby gym for assistance. Gym directors are authorized to have officials transfer assignments to provide coverage.
6. If an official does not show up for a game, note it on your gym sheet and submit it when you report the scores.

7. Instruct the officials with regard to any special procedures or rules that may apply in your gym. Please designate the team benches (and inform the officials thereof), and give the officials a game ball or let them know if you cannot provide one.
8. Provide a competent timer. At the end of any close game, it is advisable to have an adult available. Be prepared to help the officials with any timing problem at any time.
9. Inform the official's assignor or the CYO Athletics office if you have any objection to any of our officials working in your gym so we can evaluate and resolve the issue.
10. Inform the official's assignor or the CYO Athletics office when the game officials are exemplary and exhibit a strong understanding of CYO philosophy and rules so it can be included in the official's evaluation.
11. Report all results – including scores – online on the CYO website - cyo.cccyo.org by clicking on Venues.

Section Seven – TRACK RULES

Official Records – An Introduction to CYO Track

The keeping of “Official Records” is of value in building and preserving healthy traditions of friendly competition and teamwork, and in encouraging the pursuit of individual achievements and providing recognition of those achievements.

“Citius, altius, fortius” (faster, higher, stronger) is the perennial challenge of this sport.

The work of many people has accumulated a history of the achievements of the hundreds of young athletes who have participated in CYO Track and Field. These “Official Records” exist to honor the boys and girls who achieved them and as an incentive to future participants. Consider the following CYO Seventh Grade Boys Meet Records, for example: 50 Yards - 5.6 seconds; Long Jump - 7'4; High Jump - 5'1”.

These marks might have been considered “limits,” because the boy who set them, Valeri Borzov, is an outstanding athlete who won medals in the Olympic Games in Munich, in 1972 and Montreal, in 1976.

Who will qualify for our finals? Who will help their team win a trophy? Who will win a race, tie or break a CYO meet record?

CYO Track & Field provides a healthy opportunity that has existed for boys and girls since 1965 and 1971, respectively. Whether your parish is entering for the first time, continuing an established tradition or returning after absence makes no difference-- because your team will be equally welcome to take part, individually or with your classmates, and enjoy this fine program.

Whether you are “fastest, highest, or strongest” or just a boy or girl who enjoys competition, CYO will continue to offer a fine program in Track and Field.

We hope you will make the most of it.

Rules and Regulations

Organization

Athletic Directors may enter either complete teams or individual participants in each and every grade division of the CYO Girls and Boys Track Meet.

Individual registration will be taken at the track meet by the Track Committee and it is our strong hope that Athletic Directors will encourage interested girls and boys to participate.

Girls will participate in girls' events only, and boys will participate in boys' events only. There are no mixed events.

Supervision

Responsibility for supervising the track meet is vested in the CYO Track Committee and the CYO Athletics Office.

Entry Fee

None

Entries Due

The Track Committee will contact Athletic Directors to determine their interest. All entries will be taken at the site and on the date of the Track Meet.

Other CYO Activities

Girls' Basketball will not be scheduled to conflict with this Track Meet.

Track Meet Date and Location

Date TBA. Location: St. Ignatius College Prep.

Grade Divisions

Third (3rd), Fourth (4th), Fifth (5th), Sixth (6th), Seventh (7th), and Eighth (8th).

Roster Requirements and Eligibility

Rosters are not required. All participants have the same eligibility they had for other CYO Athletics activities. Participants must submit pertinent information in response to any inquiry and upon request from the Meet Director.

Starting Times

The Meet Director may, at his/her discretion, change times due to weather or other unforeseen circumstances, so all entrants should arrive 30 minutes ahead of the scheduled start time.

Schedule:

10:00 a.m.	Track	5 th & 6 th	75, 100, 150 yards
	Field	3 rd & 4 th	Long Jump, Softball Throw, Frisbees
	8 th grade Boys/Girls Pentathlon (starting with High Jump)		

11:30 a.m.	Track Field	3 rd & 4 th 5 th & 6 th	75, 100, 150 yards Long Jump, Softball Throw, High Jump
1:00 p.m.	Relays	3 rd – 7 th	440 Relays
2:00 p.m.	Track Field	7 th	Long Jump, Softball Throw, High Jump
3:00 p.m.	Track Field	7 th	75, 100, 220 yards

EVENTS:

3rd grade: 75m, 100m, 150m, 400m Relay, Long Jump, Softball Throw, Frisbee Throw

4th grade: 75m, 100m, 150m, 400m Relay, Long Jump, Softball Throw, Frisbee Throw

5th grade: 75m, 100m, 150m, 400m Relay, Long Jump, Softball Throw, Frisbee Throw

6th grade: 100m, 200m, 400m, 400m Relay, Long Jump, Softball Throw, High Jump

7th grade: 100m, 200m, 400m, 400m Relay, Long Jump, Softball Throw, High Jump

8th grade boys/girls Pentathlon (all 8th graders must participate in the Pentathlon):

1) High Jump; 2) Long Jump; 3) Softball Throw; 4) 100m, and 5) 400m runs

WEAR: Your sports uniform and/or school apparel (t-shirt, sweatshirt, etc.) and name tag with your name, school and grade. **NO SPIKED SHOES ARE ALLOWED!**

Grade and Event Sheets

Whenever they are provided, coaches are requested to keep the grade and event sheets for their own use during the meet.

Team Entries – Limits

There is no limit to the number of participants from a team in any particular event. Individuals are limited, however, in their personal participation – see Individual Entrants – Limits.

Individual Entrants – Limits

Running Events: All Grades will run at least two races.

Field Events: All Grades. All within the 90 minute time allotment

440 Yard Relay: All Grades. One (1) relay only.

Running Events and Relays – Placings and Awards

If Preliminaries are held, entrants whose names are taken after the finish shall race again, and other entrants are eliminated.

Finals shall be announced as such and awarded immediately after.

Field Events – Placings and Awards

Placing shall be determined immediately after the event ends, and they shall then be awarded.

Individual Awards

Running Events, Field Events and Relays (each participant):

First Place and Second Place shall receive medals;

Third through Sixth Places shall receive ribbons;

All others shall receive participation ribbons.

8th Grade Girls and Boys PENTATHLON (each participant):

First Place shall receive a trophy;

Second through Sixth Places shall receive medals;

Seventh through Twelfth Places shall receive place ribbons;

All others shall receive participation ribbons.

General Rules

1. Overall supervision of participants shall be the responsibility of the Track Committee.
2. Teams must have an adult who is responsible for their supervision.
3. Tennis shoes are recommended. Any type of tennis shoe or canvas shoe will be legal, as well as a street shoe, as long as shoes have NO SPIKES OR CLEATS.
4. Girls and boys MAY NOT compete in bare or stocking feet.
5. The girls' softball/boys' baseball safety shoe with molded rubber cleats is NOT ALLOWED.
6. The girls'/boys' soccer safety shoe with removable cleats is NOT ALLOWED.
7. Basketball, soccer, track, or volleyball uniforms are recommended. Each participant should wear a jersey of some type.
8. Each participant should wear a sticker with first and last name, team and grade clearly printed.
9. Each participant in an individual running event must report when the event is called.
 - a. Entrants shall report to the Clerk of the Course who shall organize their race;
 - b. When told by the Clerk, entrants shall go to the starting location where they shall receive instructions from the starter;
 - c. At the finish line, entrants shall receive their place from the Finish Judge(s).
10. Each participant in an individual field event MUST report when the event is called (late reporting is allowed only at the discretion of the Meet Director):
 - a. Entrants shall report to the Event Director at the event site and sign-up;
 - b. If an entrant's race is called during his/her field event, he/she may leave and return;
 - c. Organization of the competition is at the discretion of the Event Director;

- d. Placing is based upon the entrants' best results. Ties may be settled by tiebreak procedures, coin flip or draw, at the discretion of the Event Director;
 - e. The Event Director shall announce placing immediately after completion of the event.
11. Girls and Boys Eighth (8th) Grade PENTATHLON:
- a. Participants shall register with the Pentathlon Director when this event is first called (late registrations allowed only at the discretion of the Meet Director);
 - b. All participants must compete in all events, or they shall be disqualified;
 - c. Girls and Boys Pentathlon is for Eighth (8th) graders only.
 - d. Pentathlon events: High Jump, Long Jump, Softball Throw and 440 Yard Run, and 100 Yard Run.
 - e. Entrants are expected to be available at any time.
 - f. Running Events: each race is run once, with each participant scoring on the basis of his/her time.
 - g. Field Events: each participant has three (3) attempts, with scoring on the basis of his/her best distance or height.
 - h. Scoring: each event will be scored in accordance with the Pentathlon scoring table established by the Track Committee, with total points determining placing.
 - i. The Pentathlon Director shall determine placing immediately upon completion of the final event.
12. Relays
- a. When called, relays should report to the Relays Director.
 - b. Usually the relay will not be run until all other events for that grade division have been completed.
 - c. ONLY bona fide relay teams with members from the same program may compete. All mixed relay teams may run, but will be running for exhibition only. Awards for mixed relay teams will only be given if there are less than six "bona fide" relay teams competing.
 - d. A runner may compete one grade higher in relay competition.
 - e. Relay runners MUST remember their relay station and their lane – the stations are at the four corners of the track, and the race is run in lanes all the way around the track.
 - f. To avoid interference with the following runners, relay runners MUST remain in their lane after completion of their part of the race.
 - g. Baton exchange zones are not marked; unless deemed intentional, it is assumed no advantage is gained from passing either too soon or too late.
 - h. A relay runner who unintentionally drops the baton shall be allowed to retrieve it and continue, provided she/he does so without gaining advantage or causing interference.
 - i. If more than six (6) teams are running, the Relays Director shall divide them into two races with placing based upon the fastest times their respective events. Placing is not determined until the finish of the second race.
 - j. Otherwise, placing shall be determined immediately after the finish of the race.
 - k. Adjustments of placing or disqualification of any team for interference or any other violation of rules is at the discretion of the Relays Director or the Meet Director.

Presentation of Awards

1. Presentation of Individual Awards shall be at a location determined by the Meet Coordinator.
2. As soon as possible, upon completion of their event and when they have been told their placing, award winners shall report to the on-site awards distribution location to receive their Awards.

General Conduct

1. Meet Officials are assigned by the Track Committee, and adults in attendance may be asked to volunteer.
2. All participants are required to cooperate with all officials in all situations.
3. Participants should remain in the stands when they are not actively involved in the meet-competing in a running event, field event, or relay or receiving an award.
4. If parts of the track and/or field are marked or ruled out of bounds for anyone at any time, all participants are required to honor any such requirements.
5. The Meet Director, at his/her discretion, may disqualify anyone who refuses to obey instructions of Meet Officials and/or anyone for any act deemed to be unsportsmanlike conduct.
6. For unsportsmanlike conduct and/or collective refusal to obey the rules, the Meet Director, at his/her discretion, may disqualify either an entire team or a specific portion thereof from further participation in the meet.
7. Ineligible participants shall be disqualified. If they have already received awards, the responsible Athletic Program may be requested to return them to the CYO Athletics Office and a fine for the cost of the award may be assessed.
8. It shall be the responsibility of the Track Committee to report to either the SF Athletics Manager or to the CYO Athletics Advisory Board, the ineligible participation of any boy or girl in the meet.