



# CYO ATHLETIC MANUAL



DIOCESE OF BROOKLYN/QUEENS

2019 - 2020



**PLAY LIKE  
A CHAMPION  
TODAY®**

Character Education Through Sports





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**Of the Roman Catholic Diocese of Brooklyn**  
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## 2019-20 CYO ATHLETIC MANUAL

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#### CYO PRAYER

Almighty God and Father,  
 We ask Your blessing on all who participate in today's activities.  
 Thank you for bringing us together in Your Name.  
 Watch over all who play today and all who made these games fun  
 and enjoyable.  
 Thank you for giving us the chance to teach our faith to others by  
 our actions.  
 In Jesus' Name, we pray, Amen.

## CYO POINTS OF EMPHASIS

1. **PRAYER:** Prayer with young people is encouraged. All CYO activities will begin with the CYO Prayer. Parish CYO programs should encourage prayer during team practices and should host an annual parish CYO Mass.
2. **CONDUCT:** All persons in attendance at CYO contests are expected to conduct themselves in a sportsmanlike manner consistent with the philosophy and goals of the CYO. (Refer to the CYO Directory of Rules and Regulations regarding the CYO DISCIPLINE POLICY)
3. **ENTRY FORMS:** Failure of a parish to submit its entries by the date announced for a specific sport will preclude them from competition for the 2019-20 season.
4. **ROSTERS/WAIVERS:** Schedules will not be distributed without all team rosters being submitted. Rosters MUST include CYO membership number for all athletes. Teams will forfeit all games played before their rosters are submitted. Waiver players cannot participate until their waivers have been approved.
5. **FORFEIT FEES:** The forfeit fee invoice will be sent to the PAR/AD. Payment must be made within 15 days. The forfeiting parish will be responsible for the official game fee(s), and a \$50 penalty administrative fee. If the invoice is not paid by the due date, teams are subject to immediate suspension.. A team that forfeits 2 games/matches may be declared ineligible for the diocesan playoffs. If a team is pulled from competition during the season the parish will be subjected to a \$50.00 fine.
6. **INCLEMENT WEATHER/SNOW:** Games will be automatically postponed due to snow only if a New York snow emergency is declared before the start of the game. Games postponed due to inclement weather will be announced by the specific Sports Coordinator and posted on the CYO website.
7. **CYO DIRECTORY OF RULES AND REGULATIONS:** Refer to the Rules and Regulations booklet or our website ([www.cyodob.org](http://www.cyodob.org)) for all CYO policies regarding, Organizational Structure, Eligibility, Registration, Protests, Officials, Discipline and the Philosophy, Mission and Goals of the CYO. Every PAR, Athletic Director and Coach should have a copy of the Rules and Regulations and the current Athletic Manual.
8. **PASTOR APPROVAL:** The Pastor Approval form must be reviewed and signed by the pastor each season for teams to be accepted and entered into CYO competition or programs.
9. **ZERO TOLERANCE POLICY:** Please review CYO Zero Tolerance Policy at the end of this manual
10. **Recommended Playing Time:** Children Want to play! Without the opportunity to play, a child is stifled. No child's growth should be sacrificed for victory.  
**Recommendations:** 6<sup>th</sup> Grade & Below – As close to equal playing time as possible. 7<sup>th</sup> & 8<sup>th</sup> Grades – At least 25% playing time for all participants



**CATHOLIC YOUTH ORGANIZATION**  
**DIOCESE OF BROOKLYN**  
**2019-20 ATHLETIC MANUAL**



**BASKETBALL**

**GIRLS BASKETBALL**

**ENTRY FORMS AND FEES DUE: SEPTEMBER 23, 2019**

**ENTRY FEE - \$200 PER TEAM**

**\*ACCEPTED LATE ENTRY FEE \$250 PER TEAM\***

All entry forms, coaches' information sheet, court availability and fees must be submitted by the above date.

**COMPLETED ROSTERS DUE: OCTOBER 10, 2019**

**WAIVER REQUESTS DUE: OCTOBER 7, 2019**

**SCHEDULE DISTRIBUTION: OCTOBER 11, 2019**

**Season begins weekend of: October 18, 19, 20, 2019**

**UNIFORM GRACE PERIOD ENDS: NOVEMBER 15, 2019**

**Additions/Replacements Deadline: November 22, 2019**

**All-Star Games: DATES & LOCATIONS TO BE ANNOUNCED**

**Regular Season Ends: January 19, 2020**

**GIRLS' DIOCESAN PLAYOFFS – JANUARY 25 through FEBRUARY 23, 2020**

**BOYS BASKETBALL**

**ENTRY FORMS AND FEES DUE: SEPTEMBER 23, 2019**

**ENTRY FEE - \$200 PER TEAM**

**\*ACCEPTED LATE ENTRY FEE \$250 PER TEAM\***

All entry forms, coaches' information sheet, court availability and fees must be submitted by the above date.

**COMPLETED ROSTERS DUE: OCTOBER 24, 2019**

**WAIVER REQUESTS DUE: OCTOBER 21, 2019**

**SCHEDULE DISTRIBUTION: OCTOBER 25, 2019**

**Season begins weekend of: November 1, 2 & 3, 2019**

**UNIFORM GRACE PERIOD ENDS: NOVEMBER 22, 2019**

**Additions/Replacements Deadline: DECEMBER 6, 2019**

**All-Star Games: DATES & LOCATIONS TO BE ANNOUNCED**

**Regular Season Ends: February 9, 2020**

**BOYS' DIOCESAN PLAYOFFS – February 22 through March 22, 2020**

**STRUCTURE AND FEES**

<b><u>DIVISION</u></b>	<b><u>Birthdate On Or After</u></b>
JUNIOR	1/1/02
TYRO	1/1/04
CADET	1/1/05
INTERMEDIATE	1/1/06
ROOKIE	1/1/07
BANTAM	1/1/08
NOVICE	1/1/09
PEE WEE	1/1/10
SUB-NOVICE	1/1/11

<b><u>DIVISION</u></b>	<b><u>OFFICIALS' FEE</u></b>	<b><u># OF OFFICIALS</u></b>	<b><u>QUARTER LENGTH</u></b>
JUNIOR	\$48	2	8min
TYRO	\$48	2	8min
CADET	\$48	2	8min
INTERMEDIATE	\$42	2	8min
ROOKIE	\$42	2	8min
BANTAM	\$40	2	6min
NOVICE - I	\$40	2	6min
NOVICE – II	\$40	1	6min
PEE WEE	\$40	1	6min
SUB-NOVICE	\$40	1	7min

**PAYMENT OF OFFICIALS FEES:** Officials are to be paid before the start of the game. If only one official appears where two are scheduled, he/she shall be paid the standard fee plus one half.

**GAME CLOCK:** In all games (All Divisions) other than the Diocesan playoffs, the clock will stop on: time-outs, held balls, fouls and substitutions. During the last 2 minutes of the 4<sup>th</sup> quarter and during the entirety of any overtime period(s), the clock will stop on all whistles.

- Rookie and Intermediate divisions will no longer play under the stop time rule on all whistles during the regular season.
- In any game in which a team is leading by **20** or more points during the last 2 minutes of the game, the clock will run with the exception of time-outs and free throws.
- In any high school division game in which a team is leading by **20** or more points during the final minute of the game, the game will end.

**FORFEIT TIME:** A Forfeit will be declared when a team fails to appear **within 15 minutes** of the scheduled game time. **A team must start the game with 5 players. A team with two forfeits during the season will be declared ineligible for the Diocesan Playoffs (Division I and II)**

**Additions and Replacements:** A competitor may be added or replaced on the roster, up to and ***including, November 22, 2019 (Girls) December 6, 2019 (Boys)***. If a team has an approved waiver player, the Sports Coordinator must approve the addition or replacement. A copy of birth certificate may be requested by this office. **Once a player plays up age wise in a division, he/she cannot play down in a lower division during the same season. Exceptions need approval from the Sports Coordinator and CYO Director. All additional players must be registered with the CYO and Membership number on A/R form.**

**ROSTER SIZE:** The usual number of competitors is 12 per team. We strongly suggest roster sizes to be a minimum of 8 Players: however, expanded rosters are allowed in all divisions and all listed competitors are eligible for regular season and playoff games. In the event that trophies are won, the parish is responsible for the cost of additional trophies beyond the 12 provided by CYO. **NO TEAM WILL BE ACCEPTED WITH 7 PLAYERS OR LESS ON THE ROSTER. All Players CYO membership number must be included on Team Rosters.**

**WAIVERS:** Non-parish eligible athletes may qualify to play through waivers.

All waiver requests are subject to approval by CYO staff. **(See Rules and Regulations for Waiver request procedures.)**

***ALL CHILDREN SHOULD GET SOME PLAYING TIME IN EVERY GAME DURING THE REGULAR SEASON. IT IS INCONSISTENT WITH THE MISSION STATEMENT OF CYO THAT CHILDREN DO NOT PLAY IN GAMES SINCE PLAYOFF SPOTS ARE ASSURED. WE ENCOURAGE ALL PARISHES (PAR'S) TO CONSIDER CREATING A POLICY CONCERNING PLAYING TIME TO***

***COINCIDE WITH OUR MISSION STATEMENT. (See rules and regulations for recommended playing time)***

## **RULES OF COMPETITION**

### **Girls:**

**RULES BOOK:** All girls divisions are governed by the current NCAA Women's Basketball rules with the exceptions as listed in this athletic manual/fact sheet.

### **For Girls Basketball only**

- A team is awarded two free throws for each common foul committed by a team, beginning with the fifth team foul in each period.
- Team foul counts start over at the beginning of each period.
- Extra period(s) are considered an extension of the fourth period; therefore the foul counts continue.

### **GIRLS BASKETBALL ROOKIE AND INTERMEDIATE**

**DIVISIONS ONLY OPTION TO ADVANCE THE BALL: A team may select to advance the ball after a made basket or rebound before advancing the ball under one minute of play in the game.**

- During the last 59.9 seconds of the game (fourth period or any extra period) when the team in control of the ball, or the team who is to be awarded a throw-in in their backcourt, is granted a timeout, the team will have the option to move the throw-in spot to the 28-foot line in the frontcourt at either side of the playing court as the scorers' table.
- The game time when the timeout is granted and charged, and not the time that team control began, will determine whether the option is available to the team calling timeout
  - If the team advances the ball by a pass or dribble, in any direction, before the timeout is granted, the team will no longer have the option to advance the ball.
  - If the ball has been dribbled or passed in the backcourt before the timeout, successive timeouts do not provide the team with the option to advance the ball.
- If the ball has been dribbled or passed in the backcourt and the team in control is still in their backcourt when the defense commits a common foul before the bonus is in effect or a violation, the option is available to the team in control when they request a timeout.
- If the ball has been dribbled or passed in the backcourt and play is stopped for a timing or scoring

mistake, an inadvertent whistle, a held ball, a technical foul assessed to the team in control, or for an injury, blood situation or lost or displaced glasses/lenses and the team in control calls a timeout, the option to advance is NOT available.

- The head coach must notify the officials of his/her intent to advance the ball before the timeout has been reported to the scorer. If the head coach does not inform the officials before the timeout has been reported to the scorer, play will resume at the point of interruption.

**Boys:**

**RULES BOOK:** All boys divisions are governed by the current High School Federation rules with the exceptions as listed in this athletic manual/ fact sheet.

**OFFICIAL SCORER:** The home team shall designate an official scorer at the start of each contest. Last names and numbers of each player must be entered in the official scorebook (Children under 12 years of age should not be keeping score) **Game Roster form must be handed to the opposing coach or scorekeeper prior to the start of the game. All information must be entered into the official scorebook. The form may be filled out in advance and copies made as needed. If the game roster is not submitted a TECHNICAL FOUL will be issued and the opposing team will be awarded 2 free throws and the ball at the start of the game (In both the Boys & Girls Divisions).**

**TIMEKEEPER:** The home team shall designate the official timekeeper at the start of each contest, we strongly suggest an adult. (Children under 12 years of age should not be keeping the clock).

**SUBSTITUTIONS:** Substitutions may enter the game at any whistle only after being waived in by an official.

**ONE AND ONE:** In all boys divisions, one and one occurs on the 7<sup>th</sup> team foul. Beginning with the 10<sup>th</sup> foul, two free throws will be awarded (in each half).

**OVERTIME:** In all divisions, overtime periods are 3 minutes. (STOP TIME)

**TIME OUTS:**

**GIRLS:** Sub-novice, Peewee, Novice & Bantam - there will be 3 full time outs and 2 thirty-second time outs. They accumulate. Rookie & Intermediate there will be 4 full time outs and 2 thirty-second time outs. They accumulate.

**BOYS:** In all divisions, there will be 3 full time outs and 2 thirty-second time outs. They accumulate.

**BOTH:** A full time out is added for each extra period. *Players are to remain standing on the court near the bench area during a 30-second time out.*

**GUEST PLAYER RULE (REGULAR SEASON ONLY):** If a team only has 4 uniformed players present, the guest player rule may be used. The guest player may only be an eligible roster player of the same age division or only one age division younger from that parish. The game official must be notified as he/she will record the player's name and report it to the CYO office. The opposing coach and site supervisor must also be notified. The guest player rule may not be used in any playoff game.

**THREE POINT SHOT:** There are 3- point field goals in CYO when the court is properly marked for it. A 3- point field goal line, 2 inches wide in the form of a semi-circle shall be drawn at each end of the court. The semi-circle has a radius of 19 feet, 9 inches from a point in the middle of the free throw lane directly below the center of the basket. The 3-point field goal line shall be the same color as the free throw lane boundary lines **and** the free throw semi-circle. All Diocesan playoff sites must have a 3-point line.

**HELD BALLS:** The alternate possession rule on held balls will be in effect. The clock will stop on every held ball situation. The home team will designate the official scorer or timer or a separate person to be responsible for indicating possession.

**PRESS RULE:**

**PEE WEE DIVISION (I & II):** FULL COURT PRESSURE WILL ONLY BE PERMITTED DURING THE LAST TWO MINUTES OF THE GAME AND THROUGHOUT ANY OVERTIME PERIOD unless winning team is leading by the points listed below.

**ALL DIVISIONS:** The winning team must allow the opponent to in-bound the ball and must play defense within the 3-point line when they lead by the following amounts or more:

PEEWEE	10 POINTS
NOVICE	15 POINTS
BANTAM	15 POINTS
ROOKIE and INTERMEDIATE	20 POINTS
CADET & ABOVE	20 POINTS

**Defense, however, is allowed on transition play (officials judgment) when the no-press rule is in effect.**

First violation of this rule is a warning. Any violation thereafter will result in a **technical foul** being issued. The pressing limitations will apply during the playoffs for all divisions.

**ALL DIVISION II GAMES: FULL COURT PRESSURE IS PERMITTED DURING THE FINAL TWO (2) MINUTES OF THE 4<sup>TH</sup> QUARTER AND ANY OVERTIME PERIODS UNLESS WINNING TEAM IS LEADING BY THE POINTS LISTED ABOVE.**

**DUNKING:** No dunking is permitted before, during or at half time at CYO games. The penalty is a technical foul. The second offense will also result in ejection of the player. (Counts as a personal and a team foul).

**COACHES:** There are to be only 2 coaches on a team bench. **GIRLS' BASKETBALL ONLY: a third coach is permissible as long as one is a female. A responsible adult female should be present at the girls' games.** Coaches are responsible for the conduct of their players and fans, home and away. All bench personnel must remain seated at all times. Head Coaches should stand ONLY to instruct. (**Hats are not to be worn by any bench personnel during any CYO basketball game.**) All coaches MUST be VIRTUS trained and, upon completion of said training, must wear a CYO identification badge at all times.

#### **PROFANITY:**

Any profanity used by any player or coach during the game will result in an automatic technical foul being issued. Further discipline including ejection and/or suspension may be issued.

#### **PLAYER EJECTION:**

A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.

B. A player ejected from a game for any reason shall be suspended for the next two (2) scheduled games.

C. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

D. Refer to CYO Rules & Regulations for complete discipline policy

**SUBNOVICE DIVISION: POLICY REMINDER THIS DIVISION WILL ONLY BE FOR 3<sup>RD</sup> GRADE AGE OR YOUNGER.** The purpose of this division is to create a **teaching environment**

and have all players participate. Therefore, the rules are adjusted as follows:

- a. There will be no standings or playoffs. (***There are to be NO published results of team or individual efforts***)
- b. **No score will be kept. Not at the scorer's table or on a game clock, at any time.** (Personal fouls and time outs will be kept.)
- c. Throughout the game the clock will stop on fouls, substitutions and time outs.
- d. Foul shots will be taken from the dotted line. (12ft from the backboard)
- e. Pressing is prohibited and the defense must remain below the top of the key of the basket they are defending.
- f. Possession will alternate.
- g. There will be no winners or losers.
- h. The ball shall be a 28.5" size. (The standard women's basketball)
- i. A coach is not restricted to the bench area, unless instructed to by an official.
- j. **A coach will be ejected upon being issued one (1) unsportsmanlike Technical Foul. The ejection will result in a 4 game suspension. NO APPEALS!**
- k. There will be 1 Assistant Coach on the bench. No Assistant Coaches will be permitted under the basket.

**Any parent/spectator ejected during a SUBNOVICE contest will AUTOMATICALLY be suspended for one calendar year from the date of incident. No appeals will be entertained.**

**PEE WEE BOYS & GIRLS DIVISION ONLY** – Free throw line will be 12' from the basket in place of the regular 15' line.

#### **EQUIPMENT:**

1. **GIRLS' BALL:** Both teams must supply the standard women's basketball: **28.5" size.**
2. **BOYS' BALL:** Both teams must supply the standard men's basketball except for the Sub-Novice division as noted.
3. **CLOCK & BUZZER:** The home team must supply the game clock and buzzer.
4. **SCOREBOOK:** The home team scorebook is the official scorebook, unless the referee rules otherwise. **For all diocesan playoff games the host site will be responsible to provide the official scorekeeper**
5. **FIRST AID KIT:** It is required that all teams have a first aid kit including rubber gloves. Available for use at the scorers' table. **Ice or ice packs must be available in the playing facility at all times.**

- FACT SHEET/ATHLETIC MANUAL:** It is suggested that a copy of the CYO Rules & Regulations and this athletic manual be kept at the scorers' table.

**UNIFORMS:**

- CLOTHING:** All players on a team must wear matched shirts that are numbered on the back and on the front. Matched shirts are defined as same color, same style (tee shirts or tank tops). Undershirts must be the same color as the predominant color of the jersey. Players who are not properly uniformed as to color and style will not be allowed to enter the game after **November 15, 2019**. **THE PARISH NAME MUST APPEAR PREDOMINANTLY ON THE UNIFORM.** The numbering regulation must be complied with. These regulations will be strictly enforced and a player not numbered front and back will not be allowed to enter a game.
- NUMBERS:** Only the following numbers are legal: 0 or 00, and 1 to 5, 10 to 15, 20 to 25, 30 to 35, 40 to 45, and **50** to 55. If an improperly numbered player enters the game, a technical foul will be issued before he/she can play.
- COLOR CONFLICT:** If both teams have the same color uniforms, the home team must change color. Rules 1 & 2 pertaining to eligibility and technical fouls do not apply, in this case.
- FOOTWEAR:** All players must wear sneakers.
- JEWELRY:** No jewelry or adornments of any kind are allowed. This includes rubber or elastic bracelets and taped over earrings. No electronic devices of any kind should be used by a player while on the playing court.

**SCHEDULING:**

- COURT TIME:** Each team must provide adequate court time for themselves to play or be classified as a 'Traveling Team'. Teams with less than the necessary amount of court time will be required to travel to wherever they can be accommodated. Please provide at least one weeknight per week that can be used in the need of make-up games.
- REGULAR SEASON:** Schedules will be developed by CYO staff. All teams should play between 14 and 16 games. An attempt will be made to provide balanced levels of competition within sections.
- PLAYOFF POLICY**

- PEE-WEE (DIV I & DIV II):** Normal leagues will be set up in this division but standings will not be kept by CYO

- NOVICE THROUGH INTERMEDIATE (DIV I-A & DIV II):** Normal leagues will be set up in this division but standings will not be kept by CYO

\*\*\*All teams will have the option to enter into the post-season CYO Diocesan playoffs. (DIVISION I-A and DIVISION II). CYO Administration and Basketball advisory committee reserve the right to seed teams in the playoff bracket based on observations.

- NOVICE THROUGH INTERMEDIATE (DIV I-AA):** Standings will be kept for DIV I-AA sections. All teams make the playoffs and will be seeded by final won/loss record.
- CADET, TYRO & JUNIOR:** Standings will be kept for playoff positions. The number of teams that will qualify for the playoffs is based on the number of teams in each section.

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**PRE-PEE WEE**  
**BASKETBALL LEAGUE**

**Entry Forms and Fees Due:** February 12<sup>th</sup>, 2020

**Entry Fee:** \$125.00 Per Team

**Referee Fee:** \$20.00 per team/per game

**Accepted Late Entry Fee:** \$175.00 Per Team

**League Begins:** Weekend of 2/29/20

\*At the conclusion of the Sub Novice Regular Season, which is a learning division, Sub Novice Teams will have the opportunity to enter into the Pre-Pee Wee Basketball League to help them prepare for next season. This league is open to CYO Parish teams (boys and girls) that participated as SUB NOVICE during the 2019-20 Fall/Winter Season. ***Players must be born in or after 2011.***

\*\*Pee Wee Basketball Rules will apply for all games in this league. Please see the Basketball Fact Sheet in for complete Pee Wee Division rules.




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**SUMMER BASKETBALL LEAGUE**  
**BOYS & GIRLS - 2020**

**ENTRY FEES AND FORMS DUE: JUNE 1, 2020**

**ENTRY FEE- \$150 PER TEAM**

COMPLETED ROSTERS DUE: JUNE 10, 2020  
UNIFORM & SCHEDULE DISTRIBUTION JUNE 12, 2020  
SEASON BEGINS: JUNE 22, 2020  
PLAYOFFS: July 20 through August 7, 2020

**STRUCTURE AND FEES**

<u>DIVISION</u>	<u>BIRTH YEAR</u>
PEE WEE	2010 and 2011
BANTAM	2008 and 2009
INTERMEDIATE	2006 and 2007
HIGH SCHOOL	2004 and 2005

<u>DIVISION</u>	<u>OFFICIALS FEES</u>	<u># OF OFFICIALS</u>
PEE WEE	\$40	ONE
BANTAM	\$40	TWO
INTERMEDIATE	\$40	TWO
HIGH SCHOOL	\$45	TWO

- ALL PLAYERS MUST BE A CYO PARTICIPANT ON A CYO FALL/WINTER ROSTER. CYO ELIGIBILITY RULES APPLY.
- REQUESTS FOR EXEMPTIONS MUST BE APPROVED BY THE CYO.
- *League Shirt must be worn to play in a scheduled game.* No changes will be made to the league schedule.
- Referees are to be paid before the start of the game. Teams are to provide a game ball. Referees will select the best ball to be used as the game ball.
- **CYO RULES LISTED IN THE 2019-20 ATHLETIC MANUAL/ BASKETBALL FACT SHEET APPLY with the following exceptions:**
  1. ***ALL PLAYERS MUST WEAR KNEE PADS TO PARTICIPATE IN A GAME.*** Games will be played on outdoor basketball courts.
  2. *The length of each game will consist of two 16 minute halves. The clock will stop only during the last minute of the first half, the last two minutes of the second half and any overtime periods. Overtime periods will be 2 minutes.*
  3. **TIME-OUTS:** 2 time outs PER HALF will be allowed. Time outs do not carry over. One additional time-out will be provided for any overtime period.
  4. **ONE & ONE: (Summer League Only)** Both Boys & Girls will use the One & One procedure on the 7<sup>th</sup> foul Beginning on the 10<sup>th</sup> foul, two free throws will be awarded (in each half).

5. **ADDITIONS:** A player may be added to a team's roster only during the first 3 games of the season. No additions may be made after the team has played 3 league games.

6. **WEATHER:** Any game stopped for rain in the 2<sup>nd</sup> Half will be considered an Official game.

**7. PRESS RULE:**

**PEE-WEE DIVISION:** Full court pressure will only be permitted in the last 2 minutes of the game and throughout any overtime periods.

**ALL DIVISIONS:** The winning team must allow the opponent to inbound the ball and must play defense within the 3-point line when they lead by the following amounts or more:

PEE-WEE: 10 POINTS  
BANTAM: 15 POINTS  
INTERMEDIATE: 20 POINTS  
TYRO/JUNIOR: 20 POINTS

**All teams make the playoffs in the Summer Basketball League.**

**CONDUCT CODE:**

All persons in attendance at CYO contests are expected to conduct themselves in a sportsmanlike manner consistent with the philosophy and goals of the CYO.



**SOCCER**

**FALL SOCCER 2019**

**ENTRY FORMS AND FEES DUE: AUGUST 1, 2019**

**ENTRY FEE- \$200 PER TEAM**

**\*ACCEPTED LATE ENTRY - \$250 PER TEAM\***

COMPLETED ROSTERS DUE: AUGUST 29, 2019

WAIVER REQUESTS DUE: AUGUST 26, 2019

REGULAR SEASON BEGINS: SEPTEMBER 7, 2019

Additions/Replacements Deadline: SEPTEMBER 20, 2019

REGULAR SEASON ENDS: OCTOBER 27, 2019

Diocesan Playoffs: Nov. 1 through Nov. 10, 2019



## SPRING SOCCER 2020

ENTRY FORMS AND FEES DUE: MARCH 4, 2020

ENTRY FEE - \$200 PER TEAM

\*ACCEPTED LATE ENTRY - \$250 PER TEAM\*

COMPLETED ROSTERS DUE:            MARCH 19, 2020

WAIVER REQUESTS DUE:                MARCH 16, 2020

REGULAR SEASON BEGINS:              APRIL 4, 2020

Additions/Replacements deadline:    MAY 1, 2020

REGULAR SEASON ENDS:                JUNE 7, 2020

Diocesan Playoffs:                      JUNE 13-20, 2020

### STRUCTURE AND FEES:

<u>DIVISION</u>	<u>BIRTHDATE ON OR AFTER</u>
INTERMEDIATE	1/1/2006
ROOKIE	1/1/2007
BANTAM	1/1/2008
NOVICE	1/1/2009
PEE-WEE	1/1/2010
SUBNOVICE	1/1/2011
SQUIRT	1/1/2012
MITE	1/1/2013

<u>DIVISION</u>	<u>OFFICIALS FEE</u>	<u>#OFFICIALS</u>	<u>BALL SIZE</u>	<u>LENGTH</u>
INTERMEDIATE	\$50	2	#5	30MIN
ROOKIE	\$50	2	#5	30MIN
BANTAM	\$50	2	#5	30MIN
NOVICE	\$50	1	#4	25MIN
PEE-WEE	\$50	1	#4	25MIN
SUBNOVICE	\$50	1	#4	25MIN
SQUIRT	\$50	1	#3	25MIN
MITE	\$50	1	#3	25MIN

All CYO Soccer Entry Forms must be signed by the Soccer AD, Parish PAR and the Parish Moderator / Pastor; otherwise those teams will not be added to the CYO Soccer Schedules.

### ROSTERS

*The standard number of players on a roster is 18.* Expanded rosters are allowed with all listed competitors being eligible for both regular season and playoff games. (There is a limit of 25 players on a team) In the event trophies are won; the parish is responsible for the cost of additional trophies beyond the 18 provided by the CYO. **A game roster/line – up sheet must be**

submitted to the referee-Mite and Squirt players do not need to sign roster. All other players will sign roster at the field immediately before the game. A copy (without signatures) must be provided to the opposing coach

### MITE AND SQUIRT DIVISIONS

Roster size remains the same but play will be 9 x9 instead of 11 x 11.

**NOTE:** Any team, whose **complete** roster has not been filed by the deadline, is subject to having all games declared forfeits until the roster is submitted. Only **original** rosters will be accepted, **no reproductions.**

**NOTE:** Game Roster Forms that are submitted to the referee should not be scratched out. If a listed player is not present, then the signature should be left blank. Use an additional form if needed to add players. A player's number that has been recorded on the line up sheet in the beginning of the season should use the same number for the entire season, if possible (not required). It is the AD's responsibility to verify the correct age and school that the player attends.

All CYO Roster Forms must be signed by the Head Coach, the PAR, and the Moderator / Pastor; otherwise those teams will not be allowed to play their games.

### OFFICIALS

**Duties:** Referees are in complete control of the game. The authority of their position is to be respected at all times, even when disagreement exists. Referees are obligated to report incidents of misconduct to the CYO Soccer Assignor. **Time may be added for substitutions, injuries or any matter deemed by the referee.**

**FEES:** Referees are to be paid before the start of the game – If only one referee shows for a Bantam, Rookie or Intermediate Game, Each team will pay the official \$35.00 for a total fee of \$70.00

**ALL FORFEITS WILL BE NORMAL GAME FEE.** *If the referee does not show up for the game, the two coaches (if they agree) will pick someone to referee the game. This game will be valid. No protests will be accepted concerning the referee, as long as it was agreed to have that person referee the game. If either coach does not agree to appoint a referee, then the game will be made up in the future, time permitting. Please advise the soccer coordinator or assignor if a referee fails to appear for their game ASAP.*

### RAIN/SNOW:

If, in the judgment of both coaches, the field is unplayable due to rain or snow, the game may be postponed **provided both teams are otherwise ready to play** (i.e. – the minimum number of uniformed players are present need at least 7). **A 15-minute courtesy shall be afforded to a referee for lateness due to traffic conditions, or any other reasonable occurrence**

**prior to the coaches departing the field of play.** The CYO Soccer Coordinator/Assignor must be notified immediately by phone. **Officials are paid a \$20 dollar traveling fee for snow/rainouts.** This fee will be divided equally per team. In the event that the coaches disagree on whether the field is playable, the referee shall make the final decision. Once the game starts, the referee is in complete control and may terminate the game at any time he deems the field conditions to be unsafe, regardless of whether or not both coaches wish to continue. **There are no refunds of the referee's fee no matter how short the game.** In case of field postponements, the line-up sheet must still be filled out, and required player signatures must be provided in the presence of the referee and/or designated league official.

**IMPORTANT NOTE:** Only the CYO Soccer Coordinator/Assignor may postpone or cancel games in advance. **Postponements due to weather conditions are declared at the field.** Failure of a team to show up at the field may result in a forfeit regardless of the weather or field conditions.  
**COACHES/AD'S OR PAR'S ARE NOT PERMITTED TO CANCEL GAMES.**

#### **REQUIRED PRE-GAME PHONE CALL :**

The **Home** Coach shall call the **Visiting** Team's Coach on Wednesday prior to game day, to ensure field time & location, and what color jerseys they will be wearing. This will help to identify schedule problems (ie. only two teams are scheduled to play per game, both teams are going to the same field, both teams will be showing up at the same time, and if both teams have the same color uniforms the home team will be reminded to have their "pinnies" ). The CYO Soccer Coordinator will provide the Coach Phone Number List to all ADs, using information provided on the Entry Forms. If the Home team fails to call the Visiting team by Wednesday, then it is strongly advised that the visiting team calls the home team and Inquire as to why they were not called and report such conduct to their soccer AD/PAR.

#### **GAME START TIME:**

There is a 15-minute grace period from the scheduled starting time for a team to assemble the legal (7) minimum number of players. The game must start as soon as the minimum requirements are met.

#### **YELLOW/RED CARDS:**

**Players and coaches can be issued yellow/red cards.** Players sitting on the bench can also be issued cards. **Spectators** may not be issued cards. **Misconduct** on their part should be recorded by the referee and submitted **to the CYO Soccer Assignor. A coach/spectator can be ejected from the field of play area due to misconduct (cursing, being loud and boisterous, causing any type of behavior which would incite violent or inappropriate conduct by their players etc.) Failure to leave the area once instructed by the referee will result in a forfeit. Yellow cards** can be issued for various offenses but not limited to, such as reckless play, intentional hand balls, failure

to respect the laws of the game etc. or any other action deemed appropriate by the referee and in accordance with the rules governed and sanctioned by FIFA. **A player does not have to be substituted for a yellow card.** A second yellow card issued to the same player in the same game results in his/her ejection from the game. **Red cards** can be issued for more severe offenses and results in immediate ejection from a game in accordance with the rules governed and sanctioned by FIFA. **A player or coach who receives a red card is automatically suspended for a minimum of 1 additional game.** A player receiving 2 yellow cards is ejected from the remainder of the game only. **NOTE: CYO RESERVES THE RIGHT TO INCREASE THE SUSPENSION DEPENDING ON THE** circumstances such as **spitting, punching, cursing, or any other serious or violent conduct.** A player cannot be replaced in the game that they were ejected. If a player fails to sit out, the team concerned will forfeit that match. **If a coach is ejected due to a red card, he/she must have an assistant available and listed on the roster in order to continue the game. If no assistant is available the game will be terminated and forfeited.**

#### **WAIVERS**

**All waivers are now Exception Waivers** and must be submitted by the deadline date **with an explanation of the reason for the waiver request.** All waiver requests will be evaluated by the Soccer Coordinator for approval. **These players cannot play unless and until the waiver has been approved by the Soccer Coordinator.** Academy Players (AP) and Deanery Players (DP) are not waivers.

#### **GIRLS ON BOYS TEAMS**

When playing on a Boys team, **eligible girls may play one level below their own age level.** All coed teams must play in the boys division. **The Soccer Coordinator may modify the age restriction on a case-to-case basis with proper notification.**

#### **HEADING RESTRICTION: MITE, SQUIRT, SUBNOVICE, PEE WEE & NOVICE DIVISIONS**

Playing the ball by heading is now a foul resulting in an indirect kick at the place of infraction for the opposing team. This foul pertains to intentional heading by the player. A ball that inadvertently strikes the head will not be called a foul. Any goal scored by intentionally heading will be disallowed by the official. This restriction is in place for the Mite, Squirt, Subnovice, Pee Wee and Novice divisions.

#### **HEAD INJURIES**

If a player, in the eyes of the referee or coach, sustains a head injury, that **player must be removed from play.** IF a health care professional, MD, DO, or a trainer certified in concussions is present, and deems the player has not suffered a concussion, the player may return to the game provided the player's parent is present and agrees. The coach cannot dispute or protest the official's judgment that the player needs to be removed. Additionally, if a player's parent feels the player has sustained a

head injury, that player must be removed; even if the official has not determined that the player must be removed.

**A player who has been removed from a game, and has not been certified to re-enter that game, may not participate in any succeeding game, or other CYO athletic contest, until that player gets clearance in writing from a health care professional, MD, DO, or a trainer certified in concussions.**

That clearance must be sent by the AD and received and approved by the Soccer Coordinator or CYO Director before the player can resume competition.

## **RULES OF COMPETITION**

The CYO Rules & Regulations, this manual/ fact sheet and International Football Rules (FIFA) and the decisions of the F.A. Board with the exceptions as noted in this section will govern all games. **In the event of a conflict between the rules, CYO Rules & Regulations will supersede the CYO Soccer Fact Sheet and FIFA Rules; the CYO Fact Sheet will supersede FIFA rules.**

### **EXCEPTIONS TO FIFA RULES**

#### **Law 1:**

Field size will vary with available space. Goals and field markers may be scaled down proportionate with the field size. **All teams should have in their possession cones or flags in the event that a field is not marked**, needs to be made smaller to accommodate a young team on a large field or to avoid a hazardous condition. The **Home team decides** what side of the field they wish to occupy. **If bleachers are present, spectators/parents etc. shall be designated to those areas. If none present, they will occupy opposite sides. Teams must stay in their designated areas. Spectators must stay on the same side of the team with which they are affiliated. At no time is anyone permitted to stay behind either goal line except for the Mite/Squirt Division; Therefore one assistant can be behind the net and the other assistant can run up and down the sidelines (a few feet within field is permitted) as long as there is no interference with the play (the referee can revoke this privilege). Each assistant shall be on opposite sides.** The referee will take control and request assistance from the coach if there is an apparent injury. **Coaches are responsible for the conduct of their team's players and spectators.** If there are girls on the team, it is strongly suggested that a responsible female be present.

#### **Law 2:**

**Both teams** must supply a standard soccer ball as noted in Section 1 of this fact sheet. **The Home Team is ultimately responsible to have a change of shirt or "pinnies" in the event the visiting team has the same colored jersey.**

#### **Law 3:**

All teams are required to have a minimum of **seven players or a maximum of eleven players on the field for all divisions.** However, if either team has less than seven players, the game shall be terminated and that team will forfeit the game. Late players may enter the game when there is a stoppage of play. They must be listed on the roster prior to the teams departing the field of play and must be acknowledged by the referee. A coach has the discretion to play shorthanded in the event the other team is shorthanded but is not obligated. A team should

use all its players. **The winner of the coin toss shall decide which end of the field they chose to defend OR kick off first(2019 FIFA RULE CHANGE).** Unlimited substitutions are allowed during the game. The referee has the ultimate authority to allow or disallow a substitution. **There is no ball possession requirement to allow a substitution.** Generally, a team who has possession will call for a substitution; the other team can also sub if they chose to do so. But when the ball goes out of bounds and there is ample time or there is an injury on the field, either team can make a substitution. The referee shall prevent a substitution if he/she feels the coach is deliberately disrupting the flow of the game or is circumventing the laws, spirit of the game or is simply wasting time. Extra time should be allotted for substitutions. The referee is the ultimate timekeeper. An injured (treated) player, other than the goalie, must leave the field of play and can either be substituted or re-enter with the referees permission.

#### **Law 4:**

All jerseys **must be numbered** and of the same color. **No two players from the same team should be on the field with the same number.** The number on the jersey must match the number on the line-up handed in at the start of the game (numbers are required; you can use tape or marker to correct numbers, **IF CANNOT BE CORRECTED, THE REFEREE WILL MAKE A NOTATION**). Shorts are required but need not match. If sweats or leggings are worn, they must be worn under the shorts. The style of shoe is optional but **metal cleats are strictly forbidden.** All players are required to wear shin guards, which shall be worn under the socks. **It is permitted for smaller children to wear their shin guards over the socks (mite / squirt divisions only).**

#### **Law 5:**

All rules with regard to the authority of the referee will be enforced. **In addition, any player, coach or spectator who verbally abuses or physically threatens or touches a referee shall be subject to suspension from all CYO activities for a minimum of one year.** It is the referee's prerogative not to talk to anyone before, during or after the game. If the referee exercises this prerogative *at any time*, anyone who persists in confronting the referee shall be subject to a suspension.

**No one shall enter the field of play without the referee's permission. The referee will be instructed to stop the game and take appropriate action (such as an ejection). He will generate a report which will be submitted to the CYO Soccer Assignor for further action. A team(s) may be subjected to a forfeit depending on the referee's report.**

#### **Law 6:**

If a referee appoints assistants, their roles are limited to ball in/out of play calls only. The referee will decide which team has possession. Assistants will not indicate when a player is off sides. It is the referees' decision to make such calls.

#### **Law 7:**

**Additional time may be added** by the referee such for substitutions, injuries, delay of games etc or as deemed appropriate. The half-time interval shall be no less than 5 minutes. For playoffs there is no rest time

### **PLAY-OFF COMPETITION:**

If the match is drawn at the end of regulation time, two full **extra time periods of five minutes** each shall be played **with no "half-**

time” interval but with teams switching sides at the end of the first extra time period. If the match is drawn at the end of the extra time periods, penalty kicks will determine the winner. Each coach shall give the referee the list of the order of the first five kickers, and the rest of the active remaining players who were last on the field. The first five players of each team will take penalty kicks alternatively. The winner of the coin toss will have the choice if they would like to kick first or second. The majority of goals scored within the first five kicks wins. If still a tie, the teams will go to the sixth, then seventh (etc.) kicker until the majority wins. In the event a team has less eligible kickers, the opposing team will reduce the number of kickers to match the shorthanded team. **At the end of the overtime match, the players on the field shall be kept on the field by the referee. Only Eligible players will be allowed to participate in the penalty kicks including goalkeepers.** Players who were not on the field of play (players on the bench) may not take any kicks. **The goalkeeper can be changed at anytime as long as it is done with a player who was on the field and not a player from the bench.** Therefore, the referee shall be cognizant as to who finished the game and have the player(s) stay on the field. If the coach wants to use a player(s) on the bench, they should get that player(s) into the game prior to the game terminating.

AD’s or PAR’s must report their results by Monday every week. Standings are based on points awarded as follows;

**Points:**

**WIN = 3 POINTS      TIE = 1 POINT      LOSS = 0 POINTS  
FORFEIT = 0 POINTS**

(FIFA WORLD CUP QUALIFICATION RULES)

**Ball Size:**

**#3 Ball:            Mite and Squirt  
#4 Ball:            Subnovice, Pee Wee, and Novice  
#5 Ball:            Bantam, Rookie and Intermediate**

**NOTE:** Ball size can be changed if both coaches agree; if not the above size ball is to be used.

**THINGS TO REMEMBER, IN ORDER TO AVOID TEAMS FROM FAILING TO SHOW UP FOR THEIR GAMES:**

**THE HOME TEAM MUST CALL THE VISITING TEAM BY WEDNESDAY PRECEDING THE GAME TO:**

**CONFIRM: THE GAME, THE DIRECTIONS TO THE FIELD, THE GAME TIME & THE UNIFORM COLORS**

**NOTE: FAILURE TO MAKE NOTIFICATION MAY RESULT IN A FINE OR OTHER APPROPRIATE PENALTY TO THE HOME TEAM, AS DETERMINED BY THE CYO SOCCER COORDINATOR.**

**IF THE VISITING TEAM DOES NOT GET THEIR PHONE CALL BY WEDNESDAY, THEY SHOULD TRY TO CALL THE HOME TEAM THEMSELVES. IF EITHER TEAM CANNOT CONTACT THE OTHER, PLEASE SEEK THE ASSISTANCE OF YOUR SOCCER AD. IF THE REFEREE FAILS TO APPEAR, YOU SHOULD TRY TO PLAY THE GAME. THE HOME TEAM MUST REPORT THE ABSENCE OF THE REFEREE TO THEIR SOCCER AD, WHO IN TURN WILL REPORT IT TO THE CYO SOCCER COORDINATOR/ASSIGNOR.**

**NOTE: FOR MITE THROUGH PEE WEE, THE GOALKEEPER CAN USE HIS/HER HANDS WHENEVER A TEAMATE INTENTIONALLY PASSES THE BALL TO HIM/HER. NO FOUL IS CALLED. FOR NOVICE THROUGH INTERMEDIATE, THE GOALKEEPER IS NOT ALLOWED TO PLAY THE BALL WITH HIS/HER HANDS AND MUST USE OTHER MEANS TO CONTROL THE BALL (FEET, HEAD ETC). IF THE KEEPER USES HIS HANDS ON AN INTENTIONAL PLAYBACK BY A TEAMATE IT IS A FOUL PUNISHED BY AN INDIRECT FREE KICK.**

**TRACK 2019-20**



**CROSS COUNTRY**

**ENTRY FORMS AND FEES DUE: SEPTEMBER 17, 2019**

**ROSTERS DUE (EMAIL TO [KGOLDBERG@DIOBROOK.ORG](mailto:KGOLDBERG@DIOBROOK.ORG))  
SEPTEMBER 16, 2019**

**DEVELOPMENTAL HALF-MILE RACES: SEPTEMBER 29, 2019**

**ROSTER ADDITION DEADLINE FOR SECOND MEET: SEPTEMBER 30, 2019**

**JOHN BENNETT CROSS COUNTRY CLASSIC: OCTOBER 6, 2019**

**ROSTER ADDITION DEADLINE FOR THIRD MEET: OCTOBER 7, 2019**

**MARTY ENRIGHT MEMORIAL SECTIONAL CHAMPIONSHIP: OCTOBER 20, 2019**

**ROSTER ADDITION DEADLINE FOR LAST MEET: OCTOBER 21, 2019**

**DIOCESAN CHAMPIONSHIP MEET: OCTOBER 27, 2019**

**TOY COLLECTION FOR JAMAICA HOSPITAL: OCTOBER 20, 2019**

**RAIN DATE (IF NEEDED): NOVEMBER 3, 2019**

**ALL CROSS COUNTRY MEETS WILL BE HELD AT ALLEY POND PARK LOCATED AT Springfield Blvd and 76<sup>th</sup> Ave.**

**Coaches meeting precedes the meet. It is at the coaches meeting that starting line positions will be drawn, it is therefore imperative you are at the park on time to attend. Please note, in the event of a threat of inclement weather, races may be run by combining boys and girls and may be run ahead of schedule.**

There will be no team competition in the first two meets. Individual medals will be awarded to the first 25 finishers in each age group race at the Half-Mile Races and to the first 25 finishers in each age group at the Cross Country Classic. At the sectional meet the teams will be divided into two divisions (roughly based on keeping competition even) and team awards (medals only) will be awarded to the top five teams in each division and age group. Medals for the team results will go to all your runners in the race even though only your top three finishers are involved in team scoring. Individual medals will be awarded to the top 15 finishers in each division and age group (30 medals per race). At the diocesan meet team awards (trophies and medals) will be awarded to the top five teams in each age group. Individual medals will be awarded to the top 25 finishers in each age group. Finisher ribbons will be awarded to all pee wee runners and to novice runners who do not receive medals. Teams consist of a minimum of three runners.

### AGE DIVISIONS:

<u>DIVISION</u>	<u>AGE ON 9/1/19</u>
PEE WEE	5,6
NOVICE	7,8
BANTAM	9,10
JUNIOR	11,12
SENIOR	13,14

Refer to age division sheet. Note the minimum age of 5 years old by September 1<sup>st</sup>, 2019. The pee wee race will be a non-competitive race (no times, no scoring, ribbons or medals for all finishers). The race will be approximately 340 meters. The pee wee race will be run as the first race of the meet, before the senior race. No runner in any division is to be moved up to an older age division in either of the first two meets as there is no team competition. One pee wee runner only may be moved up to novice in the last two meets only if you have just 2 novices and you wish to complete a team for those meets. Runners in the other age divisions (one or two) may be moved up one age division in the last two meets only if there is at least one runner of the older division in that race. The moving up of such runners will only be permitted with notice given to and permission granted by the meet director before the race.

### ORDER OF EVENTS AND DISTANCES:

- 1) Pee wee. Approx. 340 meters
- 2) Senior. Approx. 1.1 mile
- 3) Junior. Approx. 7/8 mile
- 4) Novice. Approx. 1/2 mile
- 5) Bantam. Approx 2/3 mile

Again note that races may be run ahead of schedule if there is a threat of rain.

### FEE STRUCTURE:

Entry fee will be based on the number of runners on your roster that actually participate in at least one race as follows:

- **Minimum amount of \$200 for all teams up to 12 runners.**

- **Entry fee of \$15 per runner for each additional runner from 13 - 25.**
- **Entry fee of \$12 per runner for each additional runner from 26 - 40.**
- **Entry fee of \$10 per runner for each additional runner above 40.**
- **There is a maximum Entry fee Cap of \$1,800 per team.**
- **We are requiring the minimum payment be mailed to the CYO office with signed entry fee form so that they receive it no later than 9/20. Immediately after the final meet you will receive a statement for your team based on the number of runners that participated and the balance entry fee will be due within 15 days.**

### GENERAL INFORMATION:

1. **No student who has either run or practiced with a high school track team is eligible to run in any CYO track meet.**
2. **Team scoring is based on the order of finish of the first three runners on your team. A team cannot score if there are less than three runners entered. A tie in team scoring is broken by the finishing position of the third runner on the teams involved.**
3. **At the coaches' meeting prior to the start of each of the meets coaches will draw starting line positions for their teams. If a coach is not at the meeting, a number will be drawn for them. The starting line will be divided into sections, or boxes, of equal size (5' to 6'), one box for each of the teams entered for the cross country season. Your runners on the starting line are to line up in your drawn box number only. We expect you will be able to line up between 3 to 5 runners on the start line. Additional runners on your team will line up anywhere along a second line placed about 2 feet behind the start line at your discretion. We expect every team's cooperation in placing their runners correctly on the starting line. This system is intended to reduce crowding and congestion at the start while giving all teams regardless of size a fair position at the start.**
4. **Pacing of runners during the race is not allowed by coaches, parents or teammates. Consideration will be given to runners at the back of the field in the younger age groups.**
5. **A runner must be on your roster before the third meet in order to be counted in the team scoring at the Diocesan Meet. Anyone entered before the final meet can run but cannot score points for your team.**
6. **The annual collection of toys to benefit the children in the pediatric ward of the Jamaica Hospital Medical Center will be held in October. Please bring this to the attention of your team during the season. If it is convenient toys may be turned in at any of the earlier meets.**

## INDOOR TRACK:

### MEETS:

Ragazzo Relays:	TBA
Diocesan Meet:	TBA
CYO St. Anthony Classic:	TBA

All the meets are at St. Anthony's HS in Melville on Long Island, 287 Pidgeon Hill Road, Huntington Station, 11746. Check-in for all meets is one half hour prior to the above start times. First call for clerking of the first events will be 15 minutes prior to the above start times.

The first two meets will be point scoring. Points will be scored in each event (except peewee); 5 pts. for 1<sup>st</sup> down to 1 pt. for 5<sup>th</sup>. The Indoor League Champions will be determined by the combined scores from both meets with the presentation of team awards at the beginning of the third meet. The teams will be broken down into an East and West division for both meets and trophies for the Indoor Championship will go to the top five teams of each division. East and West divisions will be determined by size of roster and will be set after receiving any roster changes reported prior to the Diocesan Meet.

### EVENTS, AGE DIVISIONS, MEDALS:

Refer to age divisions and events sheet. The peewee division will be a non-scoring division. Peewee runners can be moved up only to fill one novice relay and as long as there is one legal novice on that relay already. Runners in other age divisions can be moved up one division only and only to fill out a relay team (more than one) and again as long as there is one runner of the higher age division on the relay.

In the first two meets, medals for each race will go to the top five finishers in that race. This will be for relays as well as individual races. All peewee runners will receive finisher ribbons. In the final meet all peewee runners will receive medals; medals will also go to the top six finishers in each race for the other age divisions.

The Ragazzo 1000 meter run is open to junior and senior boys and girls. It is a point scoring race with a trophy going to the first place boy and girl finisher. Special medals will be awarded to the 2<sup>nd</sup> through 5<sup>th</sup> place finishers. There will also be a special trophy race held in the CYO St. Anthony's Classic meet. It will be the bantam boys 4 x 100 relay. The race will be for the Morris Pasqual trophy which goes to the boys on the first place team. There will also be special medals for the runners on all teams finishing first through sixth place.

The 400 medley relay in the first track meet will be a three-runner relay (200 x 100 x 100) run in 2 sections only, one for any combination of novices and bantams (e.g. 3 novices, 3 bantams, 2 novices/1 bantam, 2 bantams/1 novice) and a second for any combination of junior and seniors (e.g. 3 juniors, 3 seniors, 2 juniors/1 senior, 2 seniors/1 junior). It is not however a coed race. Runners can be entered into this event as the meet is progressing to accommodate no-shows and as a point scoring alternative to a

single jumper. It is still necessary to advise the Meet Director (John Bennett) when you make any change like this to your day of the meet entry form.

### ORDER OF EVENTS:

#### RAGAZZO RELAYS:

- 1) STANDING LONG JUMP (PEEWEE, NOVICE)
- 2) LONG JUMP (BANTAM, JUNIOR, SENIOR)
- 3) 4 x 200 RELAY (BANTAM, JUNIOR, SENIOR)
- 4) 4 x 100 RELAY (NOVICE, BANTAM, JUNIOR, SENIOR)
- 5) RAGAZZO 1000 METER RUN (JUNIOR *or* SENIOR)
- 6) 800 MEDLEY (NOVICE, BANTAM, JUNIOR, SENIOR)
- 7) 4 x 50 RELAY (PEEWEE, NOVICE)
- 8) 400 MEDLEY (NOVICE/BANTAM, JUNIOR/SENIOR)

#### DIOCESAN MEET:

1. STANDING LONG JUMP (PEEWEE, NOVICE)
2. LONG JUMP (BANTAM, JUNIOR, SENIOR)
3. 4 x 50 RELAY (PEEWEE ONLY)
4. 600 MEDLEY (NOVICE ONLY)
5. 800 MEDLEY (BANTAM, JUNIOR, SENIOR)
6. 200 DASH (ALL AGE DIVISIONS)
7. 400 RUN (NOVICE, BANTAM, JUNIOR, SENIOR)
8. 55 DASH (ALL AGE DIVISIONS)
9. 800 RUN (BANTAM, JUNIOR, SENIOR)

#### CYO ST. ANTHONY CLASSIC:

- 1) STANDING LONG JUMP (ALL AGE DIVISIONS)
- 2) 4 x 50 RELAY (PEEWEE ONLY)
- 3) 4 x 100 RELAY (NOVICE, BANTAM, JUNIOR, SENIOR)
- 4) 800 RUN (JUNIOR, SENIOR)
- 5) 600 RUN (NOVICE, BANTAM, JUNIOR, SENIOR)
- 6) 300 RUN (NOVICE, BANTAM, JUNIOR, SENIOR)
- 7) 55 DASH (ALL DIVISIONS)

All final results will be based on time where there is more than one heat needed except for the 55 Dash where there will be qualifying heats.

We will run the girls followed by the boys in each event. However when the number of entries allow, boys and girls as well as more than one age division may be combined into the same race (scored separately).

### ROSTERS, ENTRY FORMS, FEES:

All rosters and entry forms must be turned in by ten days prior to the date of the first meet. You will be receiving by email a roster spread sheet that is to be filled in and emailed back by the that date. These will be your runners eligible for the first meet. Roster additions and/or deletions for the second meet will be accepted up to the Tuesday prior to the meet. After that date the East and West divisions will be set and further changes will not be accepted until after the second meet. Any final changes to your roster after that will be accepted up to the Tuesday prior to the final meet. Additions are to be sent in by e-mail on a new roster spread sheet, deletions should be advised by email only (don't use any form). The use of these emailed roster spread sheets will allow us to preprint your runner's name tags with our bar code used to facilitate the recording of race results. Following these roster

submission dates, you will have labels at each meet for only those runners eligible for that meet. Unless it can be shown that there was an error in printing your labels, any runners with hand written labels will not be able to score points for your team. As always we cannot accept additions to your roster the day of the meet. IT IS ALSO NECESSARY THAT AT THE CONCLUSION OF EACH MEET YOU RETURN THE LABELS YOU DID NOT USE AT THAT MEET.

### **FEE STRUCTURE:**

Entry fees are for all three meets and will be based on the number of runners on your roster as follows (for entry fee purposes, your boys and girls are to be combined):

- Minimum amount of \$200 for all teams up to 12 runners.
- Entry fee of \$15 per runner for each additional runner from 13 - 25.
- Entry fee of \$12 per runner for each additional runner from 26 - 40.
- Entry fee of \$10 per runner for each additional runner above 40.

There is a maximum entry fee cap of \$900 per team.

We are requiring the minimum payment to be received at the CYO office no later than 10 days prior to the first meet. Immediately after the final meet you will receive a statement for your team based on the number of runners that participated and this balance entry fee will be due within 15 days.

**Entry fees are paid only for runners on your roster who participated in at least one of the meets. In order to get an accurate count of your runners it is imperative that at the conclusion of each meet you return to the scorer's table any and all of the runners tags not used in that particular meet.**

Day of the meet entry forms **MUST** be handed in at check-in time. Any changes to entry forms after that time can be made only with the approval of the Meet Director (John Bennett). Each team can only score points for one relay team per relay event (the long jump relay consists of 2, 3 or 4 jumpers) and three contestants in individual events. If any more than those numbers are entered they will receive any medals they are entitled to but will not count in the point scoring. There will be no "B" division teams. The day of meet entry forms are also used to get an accurate count of your runners, for that reason it is mandatory that they are handed in (boys and girls on separate forms).

### **GENERAL INFORMATION:**

- No member of a high school track team is eligible to run in any CYO track meet.
- No child is allowed to participate in more than one event.
- Long jump relays consist of minimum of two jumpers and a maximum of four jumpers.
- All races of 200 meters (one lap) or more will be run in staggered lanes for the first lap with the following exceptions:
  - No peewee events will be staggered
  - The 600 meter, 800 meter and 1000 meter runs will not be staggered
  - The novice 300 meter and 400 meter runs will not be staggered
  - The 300 meter run 9lap and a half) will run entirely in lane (except novice)

**THE AGE DIVISIONS AND EVENTS SHEET WILL BE DISTRIBUTED BY THE TRACK COORDINATOR PRIOR TO EACH SEASON.**

### **CYO TRACK 2020 INDOOR SEASON AGE DIVISIONS**

<b><u>DIVISION</u></b>	<b><u>AGE ON 2/1/20</u></b>
PEEWEE	5,6
NOVICE	7,8
BANTAM	9,10
JUNIOR	11,12
SENIOR	13,14,15*

**\*15 YEAR OLD RUNNERS MUST HAVE TURNED 15 AFTER 9/1/19**

### **OUTDOOR TRACK:**

#### **MEETS: HELD AT ASTORIA PARK TRACK**

CYO Spring Games:	TBA
Ray Suarez Memorial Meet:	TBA
Warren Scullin Championship:	TBA
CYO Olympics:	TBA

*Astoria Park Track is located in Astoria at Hoyt Ave. and 19 Street, under the RFK Bridge.*

**Check in time for all meets is 12:00 noon. First race is scheduled for 1:00 PM.**

The first three meets will be point scoring. Points are scored for each event (except peewee); 5 pts. for 1<sup>st</sup> down to 1 pt. for 5<sup>th</sup>. The combined scores from all three meets will determine the Diocesan Outdoor Champions. The presentation of team awards will be performed before the start of the CYO Olympics meet. The teams will be broken down into an East and West division for the three meets and trophies for the Outdoor Championship will go to the top five teams of each division. East and West divisions will be determined by size of roster.

### **EVENTS, AGE DIVISIONS, MEDALS:**

Refer to age divisions and events sheet. The peewee division is a non-scoring division.

**Peewee runners can be moved up to novice to make up one relay only and only when there is at least one novice on that team.** All other age division runners can be moved up one division also only to fill a relay event (more than one) and also only when there is at least one runner in the higher age group in that relay. Runners are not allowed to move up age divisions in individual races with the exception of the boys 800 meter run in the Diocesan Meet which is run for the Warren Scullin Trophy. Junior boys may move up when it will make for a more competitive trophy race. **In no case may a child participate in more than one event (running or jumping) per meet.**

Medals for each event will go to the top five finishers in that event at the first three meets with the exception of the 50 and 100 dashes where there are runners picked for finals; all 6 finalists will receive medals. At the CYO Olympics, medals will go to the top six finishers in all events. This will be for relays as well as individual events. All peewee runners will receive finisher ribbons except at the CYO Olympics where they will receive medals.

There are three special trophy events to be held in the outdoor season. In the Warren Scullin Championship meet the winner of the novice girls 400 meter run will be presented with the “**Winifred Bennett Memorial Trophy**” and the winner of the senior boys 800 meter run will be presented with the “**Warren Scullin Trophy**”. In the Ray Suarez Memorial Meet the winners of the bantam girls 400 relay will each be presented with the “**Ray Suarez Trophy**”. Special medals will be awarded to the 2<sup>nd</sup> through 5<sup>th</sup> place individual finishers and relay members in each of these events.

### **ORDER OF EVENTS:**

#### **CYO SPRING GAMES:**

1. LONG JUMP RELAY (ALL AGE DIVISIONS)
2. 800 MEDLEY RELAY (BANTAM, JUNIOR, SENIOR)
3. 1200 MEDLEY RELAY (JUNIOR, SENIOR)
4. 400 RELAY (NOVICE ONLY)
5. 600 METER MEDLEY (NOVICE, BANTAM)
6. 200 METER RELAY (PEEWEE ONLY)
7. 200 METER DASH (NOVICE, BANTAM, JUNIOR, SENIOR)
8. 400 METER RUN (JUNIOR, SENIOR)
9. 50 METER DASH (PEEWEE, NOVICE, BANTAM)

#### **RAY SUAREZ MEMORIAL MEET:**

1. LONG JUMP (ALL AGE DIVISIONS)
2. 800 RELAY (NOVICE, BANTAM, JUNIOR, SENIOR)
3. 400 RELAY (NOVICE, BANTAM, JUNIOR, SENIOR)
4. 800 METER RUN (JUNIOR, SENIOR)
5. 400 METER RUN (NOVICE, BANTAM)
6. 50 METER DASH (PEEWEE ONLY)
7. 100 METER DASH (NOVICE, BANTAM, JUNIOR, SENIOR)

#### **DIOCESAN MEET and CYO OLYMPICS:**

1. LONG JUMP (ALL AGE DIVISIONS)
2. 800 MEDLEY RELAY (BANTAM, JUNIOR, SENIOR)
3. 400 RELAY (NOVICE ONLY)
4. 200 METER RELAY (PEEWEE ONLY)
5. 200 METER DASH (JUNIOR, SENIOR)
6. 400 METER RUN (NOVICE ONLY)
7. 800 METER RUN (BANTAM, JUNIOR, SENIOR)
8. 50 METER DASH (PEEWEE, NOVICE, BANTAM)
9. 100 METER DASH (NOVICE, BANTAM, JUNIOR SENIOR)
10. 400 MEDLEY RELAY (NOVICE/BANTAM, JUNIOR/SENIOR)\*

\* The 400 medley will be a three-runner relay (200 x 100 x 100) run in 2 sections only, one for any combination of novices and bantams (e.g. 3 novices, 3 bantams, 2 novices/1 bantam, 2 bantams/1 novice) and a second for any combination of junior and seniors (e.g. 3 juniors, 3 seniors, 2 juniors/1 senior, 2 seniors/1 junior). This event however will not be a boy/girl combination.

All final results will be based on time where more than one heat is needed except for the 50 and 100 meter dashes where there will be qualifying heats if needed. We will hold a CYO alumni 100 meter dash at the CYO Olympics. In the case of threatening weather, events will be run as quickly as possible, ahead of schedule if necessary.

### **ROSTERS, ENTRY FORMS, FEES:**

**New rosters are required for the outdoor season even if you had a team in the indoor season.** You will be receiving by e-mail a roster spread sheet that is to be filled in and e-mailed back by **no later than 10 days prior to the first meet** (KGOLDBERG@DIOBROOK.ORG).

These will be your runners eligible for the first meet. After the first meet, any changes to your rosters must be received no later than the Monday prior to the meet. Additions are to be sent in by e-mail on a new roster spread sheet. Deletions should be advised by e-mail only (don't use any form). **In no case will additions to rosters be accepted on the day of the meets.** Obviously, any runner not on your roster is not eligible to participate at any meet.

Day of the meet entry forms **MUST** be handed in at check-in time. Any changes to entry forms after that time can be made only with the approval of the Meet Director (John Bennett). Each team can only score points from one relay team per relay event (the long jump relay consists of 2, 3 or 4 jumpers) and three contestants in individual events. You may enter more than that number but only your top relay team finisher and your top 3 individual runner finishers will score points.

#### **FEE STRUCTURE:**

Entry fees are for all four meets and will be based on the number of runners on your roster who participated in at least one of the meets as follows (for entry fee purposes, your boys and girls are to be combined):

- **Minimum amount of \$200 for all teams up to 12 runners.**
- **Entry fee of \$15 per runner for each additional runner from 13 - 25.**
- **Entry fee of \$12 per runner for each additional runner from 26 - 40.**
- **Entry fee of \$10 per runner for each additional runner above 40.**
- **There is a maximum entry fee cap of \$900 per team.**

**We are requiring the minimum payment and signed forms to be received by the CYO office no later than 10 days prior to the first meet. Immediately after the final meet you will receive a statement for your team based on the number of runners that participated and this balance entry fee will be due within 15 days.**

Along with your payment of the minimum entry fee be sure to include the CYO entry fee form. At the same time please submit your team registration form filled out and properly signed. The entry fee and the two forms are to be mailed directly to the CYO office, do not bring them to the meets. **Because your final entry fee amount is based on participating runners, for us to accurately compute that number, it is imperative that you turn in the day of meet entry form for each meet. Furthermore it is imperative that any and all of the bar coded runner labels that you did not use at the meet are returned to the officials table at the end of the meet.**



When you return your unused labels you will receive your teams' labels to be used in the next meet.

<b>BANTAM</b>	<b>9, 10</b>
<b>JUNIOR</b>	<b>11, 12</b>
<b>SENIOR</b>	<b>13, 14, 15*</b>

**GENERAL INFORMATION:**

No member of a high school track team is eligible to run in any CYO track meet.

The following races will be run in lanes with a staggered start:  
 All 200 dashes / all 400 relays / all 400 runs (except novice) / all 600 medley relays – first leg only / all 800 relays – first lap only / all 800 medley relays – first lap only / all 1200 medley relays – first lap only.  
 All 800 meter runs will be run with a California start, not run in lanes.  
 The peewee 200 meter relay will not be staggered.

- The following is an outline of the long jump procedures:
- 1) The takeoff area will be any spot on the runway behind the marked scratch line. For the younger age groups, the scratch line may be the actual near edge of the landing pit. The location of the scratch line for older age groups will be at the discretion of the jump official, always considering the safety of the jumpers first. When the extent of the takeoff area is marked by a wide painted or taped line, the scratch line is the very edge of that line nearest to the landing pit.
  - 2) The jumps will be measured from the scratch line to the **nearest point** in the landing pit touched by any part of the jumper. Jump officials will allow jumpers to start at any spot along the runway and will keep jumpers waiting their turn far enough back to allow this.
  - 3) It is a foul if the jumper allows any part of his/her shoe to extend over the scratch line at takeoff. It is also a foul if the jumper runs across the scratch line and does not attempt a jump. Foul jumps will not be measured.
  - 4) If time allows all jumpers will be allowed one or two practice jumps after their event is set up. The event will then consist of three attempts per jumper.
  - 5) Individual jump results will be determined by comparing each jumper's best jump. If a tie exists comparing the second best jump of the tied jumpers will break it; if still tied the third best jumps will be compared.

Relay jump results will be determined by comparing the sum of the best individual jumps of two relay members. If a tie exists comparing the sum of the second best jumps of the same two relay members from the tied teams will break

**CYO TRACK 2020 OUTDOOR SEASON**

**AGE DIVISIONS**

<b><u>DIVISION</u></b>	<b><u>AGE ON 4/1/20</u></b>
<b>PEE WEE</b>	<b>5, 6</b>
<b>NOVICE</b>	<b>7, 8</b>

**15 YEAR OLD RUNNERS MUST HAVE TURNED 15 AFTER 9/1/19**

**THE AGE DIVISIONS AND EVENTS SHEET WILL BE DISTRIBUTED BY THE TRACK COORDINATOR PRIOR TO EACH SEASON.**

"The Church approves and encourages sports seeing it in a form of gymnastics of the body and the spirit, a training for social relations based on respect for others and for one's own person and an element of social cohesion which also fosters friendly relations..."

~ Saint John Paul II



**SWIMMING**

**BOYS SWIMMING**

**ENTRY FORMS AND FEES DUE: OCTOBER 11, 2019**

**ENTRY FEE - \$750 PER TEAM**

**COMPLETED ROSTERS DUE: OCTOBER 28, 2019**

**BOYS DUAL MEETS:**

**NOVEMBER 1, 2019 through JANUARY 3, 2020**

**BOYS OLYMPICS: DECEMBER 21, 2019**

**BOYS CHAMPIONSHIPS: JANUARY 11, 2020**

**GIRLS SWIMMING**

**ENTRY FORMS AND FEES DUE: DECEMBER 13, 2019**

**ENTRY FEE - \$750 PER TEAM**

**COMPLETED ROSTERS DUE: JANUARY 10, 2020**

**GIRLS DUAL MEETS:**

**JANUARY 17, 2020 through MARCH 20, 2020**

**GIRLS OLYMPICS: MARCH 21, 2020**

**GIRLS CHAMPIONSHIPS: MARCH 28, 2020**

**A. General:**

The Rules and regulations of CYO Sports as promulgated by the Diocese are all incorporated into these

Swimming Rules and Regulations, EXCEPT as noted. All these rules apply equally for both Boys and Girls competition, except as noted.

**B. ELIGIBILITY FOR COMPETITION:**

**1. TEAM ELIGIBILITY:** any Parish of the Diocese of Brooklyn & Queens may sponsor a team to compete in CYO Swimming. Under conditions approved by CYO Swimming, two or more Parishes may combine to form a single team representing all the Parishes so combined. Except as noted in the following Rules and Regulations, the word Team will be used to define both an Individual Parish Team and a Combined Parish Team.

- a. CYO Swimming has the right to re-evaluate the necessity for a Combined Parish Team, as circumstances warrant, and to require appropriate changes.
- b. Team Size: there is no restriction on the maximum number of individuals on a Team which Parishes may sponsor. However, to avoid a forfeit a Team must have a minimum of 15 competitors at each meet.
- c. Team Fees: CYO Swimming will charge an Entry Fee to each Team desiring to enter competition for a given season. The Entry Fee will be set, and must be paid, prior to the beginning of competition or the Team will be deemed ineligible to compete.

**2. INDIVIDUAL ELIGIBILITY:**

- a. Parish Resident: Any resident of any Parish is eligible to compete for the Team sponsored by that Parish without regard to any previous swimming experiences.
- b. Out of Parish Competitor: Individuals who reside in Parishes which do not sponsor teams are eligible to compete for any Parish which does sponsor a team provided:
  - 1.) The individual meets all other applicable rules of the Diocese; and,
  - 2.) The individual is accepted by, and meets the rules of eligibility of the Team; and,
  - 3.) The individual has had no prior membership on either a United States Swimming (USS) Club, or on a high school team.
- c. School Enrollment: Individuals who attend the parish school or religious education programs in parishes with teams may compete for that parish. If an individual lives in one participating parish and attends the school or religious education program in another participating parish, the individual may choose which team to participate on. Once chosen that participation will continue throughout the competitor's CYO Swimming career.

**NOTE: an individual who participates in swimming with one parish MUST participate in all CYO sports programs in that parish. If a swimmer is a member of a combined team he/she must compete in the sports programs of the resident parish. If a parish only competes in swimming, the swimmer is free to enroll in sports programs of any other parish, subject to the CYO rules and the regulations of the parish Sports Committee.**

**3. COMPETITORS:**

- a. AGE OF COMPETITION: Individuals compete in one of four age divisions as follows:

- 1.) **NOVICE-cannot be 9 years old before Jan. 1;**
- 2.) **BANTAM-cannot be 11 years old before Jan. 1;**
- 3.) **JUNIOR-cannot be 13 years old before Jan. 1;**
- 4.) **SENIOR-cannot be 15 years old before Jan. 1.**

BIRTH CERTIFICATES should be collected by each Parish to verify age eligibility of an individual.

If requested by CYO, Teams MUST present Birth Certificates to prove eligibility.

b. **TEAM ROSTERS:** The roster is the official representation by a Team of the eligibility of the individuals whose names appear thereon.

- 1.) Information required: CYO Swimming will determine the information to be provided on the roster by each Team for each individual competitor, and shall supply each team with a template form to be used. Teams which have computerized rosters may submit those in place of the required form so long as all the information required by CYO Swimming appears on it.
- 2.) Deadline for Submission: A deadline for the submission of Team Rosters to CYO Swimming shall be announced at the beginning of each season. Usually this will be the first date of competition.
- 3.) **Replacements & Additions: individual competitors may be added to Team rosters until: DATES TO BE ANNOUNCED AT THE START UP MEETING EACH SEASON.**
- 4.) An Out of Parish Competitor Form must be submitted for each individual meeting the requirements of paragraph B 2 b) above. Such forms will be provided by CYO. The information required on the Roster for any resident competitor is also required to be on the Roster for each Out of Parish Competitor.
- 5.) Original Signatures of each individual Swimmer, and of such adults as deemed necessary by CYO Swimming, must appear on the submitted Roster.

**C. SWIMMING COMPETITION:**

CYO Swimming will conduct three types of Swimming Competition for Teams, and Individuals representing those Teams as follows:

1. Weekly Dual Meets are competitions between two Teams to determine a winner;
2. The Diocesan Championship Meet brings together a predetermined number of Teams to compete for the title of CYO Swimming Diocesan Champion. *The Teams competing in this Meet are those achieving the greatest number of Wins in the Dual Meet Competition. In the case of ties in the standings, the winner of the head to head competition between the two teams will take the higher place.*
  - a. The first two teams from each geographical division automatically gain entry into the Diocesan Championship Meet;
  - b. A system of crossover/playoff meets will determine the remaining teams to enter the Diocesan Championships;
  - c. Those remaining teams (after 2.a, and 2.b, are completed) will compete each season in a Diocesan "B" Championship Meet. (In the Girls League, this will be extended to a third, or "C" Championship Meet.)

d. The system of crossover/playoffs will be determined by the League Coordinator in a manner that insures as much as possible that two teams from the same geographical division will not meet, unless that meet determines the final spot in the Diocesan Championship Meet.

3. The Diocesan Olympics (and, by extension, the Trials/Sectionals leading to the Olympics if held) brings together individual members of Teams to swim for the Title of Diocesan Olympics Champion. The Regulations promulgated in the INSTRUCTION SHEET FOR THE OLYMPICS, TRIALS and/or SECTIONALS governs this competition.

**D. RULES OF COMPETITION:**

The Rules for High School Swimming as published by the **National Federation of State High School Associations** (The Federation) shall govern all phases of CYO Swimming Competition, except as noted below:

- 1. **Individual Entry:** a competitor may swim in only one Official event (i.e., an Individual or relay event in which the competitor scores points) per meet;
- 2. **Team Entries:** a team may enter only two (2) competitors in each Individual Event; and one relay team in each relay event in each Dual Meet.
  - a. Unofficial Swimmers (or Relay Teams) who do not score points may swim in any event within their appropriate age group provided the official and the opposing coach are notified before the event. Unofficial swimmers should swim in the extreme outside lanes assigned their team.
  - b. The unofficial swim MAY NOT be the individual competitor's first swim.
- 3. Swimmers are allowed one false start. A second false start will result in a disqualification of the swimmer or relay team.
- 4. The Jewelry Rule in effect.
- 5. Entry in the Olympics or Diocesan Championships by Individuals is restricted to those who have swum in at least three (3) dual meets during any season.

**6. Conduct of Meets:**

- a. Each dual meet shall consist of the following events in which the Individual Competitor may score points for the Team. All competition is conducted in yards.  
 NOVICE BANTAM JUNIOR SENIOR  
 25 FREESTYLE 25 FREESTYLE 50 FREESTYLE 100 FREESTYLE  
 25 BACKSTROKE 25 BACKSTROKE 50 BACKSTROKE 50 BACKSTROKE  
 100 FREESTYLE RELAY 100 FREESTYLE RELAY 100 FREESTYLE RELAY  
 200 FREESTYLE RELAY  
 100 MEDLEY RELAY 100 MEDLEY RELAY 100 MEDLEY RELAY
- b. The CYO SWIMMING ENTRY Form signed by the head coach must be completed and handed to the official on Deck before the beginning of each Dual Meet. Once the form has been handed to the official no changes are permitted. The form should be signed by each coach upon the completion of the meet.

**c. SCOREKEEPING:**

- 1.) The scoring of dual meets is as follows:  
 Individual 5 - 3 - 1  
 Relays 6 - 3

2.) The Scoring of the Diocesan Championship Meet is as published at the time of the entry distribution.

d. **FORFEIT of a Meet:** A Meet is declared Forfeit and the Win given to the opposing Team if:

- 1.) A Team does not have a minimum of 15 swimmers dressed and ready to swim within 10 minutes of the scheduled Start Time as promulgated in each year's League Schedule; or,
- 2.) A Team is found to have used an ineligible competitor;

e. PROTESTS about the ELIGIBILITY of any individual competitor must be written to the League Coordinator, who will convene a committee to discuss the protest and to hear testimony from both sides. The League Coordinator may, under circumstances, decide such questions after hearing from both parties.

**E. CHANGING THE RULES**

The above rules may be changed by a simple majority vote of coaches present at the annual pre-season Meeting held each year, or at any other meeting called specifically for the purpose of changing such rules.



**GIRLS VOLLEYBALL**

**ENTRY FORMS AND FEES DUE: DECEMBER 19, 2019**

**ENTRY FEE- \$ 200 PER TEAM**

**\*ACCEPTED LATE ENTRY FEE \$250 PER TEAM\***

- COMPLETED ROSTERS DUE: JANUARY 11, 2020**
- WAIVER REQUESTS DUE: JANUARY 7, 2020**
- Season begins weekend of: JANUARY 18, 2020**
- Season Ends weekend of: APRIL 4, 2020**
- Addition/Replacements Deadline February 11, 2020**
- Uniform Grace Period Ends: February 11, 2020**
- DIOCESAN PLAYOFFS: APRIL 25 through MAY 16, 2020**

**STRUCTURE AND FEES - GIRLS**

<b><u>DIVISION</u></b>	<b><u>BIRTHDATE ON OR AFTER</u></b>
JUNIOR	1/1/02
TYRO	1/1/04
INTERMEDIATE	1/1/06
ROOKIE	1/1/07
BANTAM	1/1/08
NOVICE	1/1/09
PEEWEE	1/1/10

<u>DIVISION</u>	<u>#OFFICIALS</u>	<u>FEE</u>
JUNIOR	1	\$40
TYRO	1	\$40
INTERMEDIATE	1	\$40
ROOKIE	1	\$36
BANTAM	1	\$36
NOVICE	1	\$36
PEEWEE	1	\$36

**ENTRY FEE- \$ 200 PER TEAM**

**\*ACCEPTED LATE ENTRY FEE \$255 PER TEAM\***

COMPLETED ROSTERS DUE:	APRIL 12, 2020
Season begins weekend of:	APRIL 27, 2020
Addition/Replacements Deadline	May 10, 2020
Uniform Grace Period Ends:	May 10, 2020
Regular Season Ends:	June 2, 2020
DIOCESAN PLAYOFFS:	June 4th through June 11th, 2020

### **STRUCTURE AND FEES - BOYS**

<u>DIVISION</u>	<u>BIRTHDATE ON OR AFTER</u>
JUNIOR	1/1/02
INTERMEDIATE	1/1/06

### **OFFICIALS' FEES**

<u>DIVISION</u>	<u>#OFFICIALS</u>	<u>FEE</u>
JUNIOR	1	\$40
INTERMEDIATE	1	\$40

**OFFICIALS' FEES SPLIT BY BOTH TEAMS. ALL MATCHES CONSIST OF 3 SETS, RALLY SCORING AND NO TIME LIMIT.**

**No schedule will be sent out without a roster being submitted.**

***ALL CHILDREN SHOULD GET SOME PLAYING TIME IN EVERY MATCH DURING THE REGULAR SEASON. IT IS INCONSISTENT WITH THE NEW MISSION STATEMENT OF CYO, THAT CHILDREN DO NOT PLAY IN GAMES. WE ENCOURAGE ALL PARISHES (PAR'S) TO CONSIDER CREATING A POLICY CONCERNING PLAYING TIME TO COINCIDE WITH OUR MISSION STATEMENT.***

- 1 **ADDITIONS & REPLACEMENTS:** A competitor may be added or replaced on the roster, up to and including, Girls - **February 11, 2020**  
Boys - **May 10, 2020**  
If a team has an approved waiver player, the Sports Coordinator must approve the addition or replacement.  
**Once a player plays up age wise in a division he cannot play down in a lower division during the same season. Exceptions need approval from the Sports Coordinator and CYO Director.**
- 2 **ROSTER SIZE:** The usual number of competitors is 12 per team. We strongly suggest roster sizes to be a minimum of 8 Players however, expanded rosters are allowed in all divisions and all listed competitors are eligible for regular season and playoff games. In the event that trophies are won, the parish is responsible for the cost of additional trophies beyond the 12 that are provided by CYO. **NO TEAM WILL BE ACCEPTED WITH 7 PLAYERS OR LESS ON THE ROSTER.**
- 3 **WAIVERS:** Non-parish eligible athletes may qualify to play through waivers.
- 4 All waiver requests are subject to approval by CYO coordinator and staff. Extended waiver limits must be approved by the CYO Director. **(Refer to CYO Rules and Regulations for Waiver Types)**

### **RULES OF COMPETITION**

1. **RULES BOOK:** All divisions are governed by the current NCAA Volleyball rules with the exceptions as listed in this fact sheet.
2. **OFFICIAL SCORER:** The home team shall designate an official scorer at the start of each contest. Name and number of each player must be entered on the official Game Roster form/ line-up sheet (Children under 12 yrs of age should not be keeping score). **Game Roster form must be handed to the opposing coach or scorekeeper prior to the start of the game. The form may be filled out in advance and copies made as needed.**
3. **WINNING SCORE:** The winning team must win by a margin of two points. All divisions play rally scoring. A point will be scored on side outs as well as when team has served. Pee Wee, Novice, Bantam, and Rookie divisions play to 21 points with a 23 point cap. Intermediate, Tyro, and Junior divisions play to 25 points with a 27 point cap on all sets.
4. **MINIMUM PLAYERS:** A set may be played with no less than 5 players. If a team has less than 5 players, it must forfeit the set. **NO PLAYOFF OR CHAMPIONSHIP MATCH WILL BE PLAYED WITH LESS THAN 6 PLAYERS.**
5. **SUBSTITUTIONS:** There is a maximum of 12 substitutions per set.
6. **FORFEITS:** Game time is forfeit time for first set. A minimum of 5 players must be courtside and ready to play at scheduled match time or when previous match ends. Second set is declared a forfeit 15 minutes after scheduled match time. Third set is declared a forfeit 30 minutes after scheduled match time. If a team is delayed in transit and has contacted the home team, consideration should be given to make attempt to play if possible. **Any team which**

**forfeits two matches may be ruled ineligible for playoff competition.**

7. **STANDINGS:** Standings are kept by sets won and lost, not matches. Standings are compiled from information on the CYO Line up sheet and sent to coordinator by the official. Coordinator may ask for some game results from the AD. Any results not sent by final deadline will result in those sets being counted as losses. Playoffs are seeded according to standings. Team will be seeded last if no results are sent.
8. **SERVICE MEASUREMENTS:** Pee Wee and Novice will serve from 20 feet from the centerline. Bantam will serve from 5 feet inside the court from the end line. All others will use regular service from behind the end line.
9. **SERVICE FROM THE HAND:** Pee Wee, Novice, and Bantam teams may serve from the hand (ball can be held in the hand when contacted for the serve). For all others, ball cannot be held in the hand to serve. The hand holding the ball must come away from the ball before player makes contact for the serve.
10. **SECOND TOSS:** Pee Wee, Novice, Bantam and Rookie teams may use a second toss for serve if needed. The additional toss will be granted as long as the referee deemed the first toss a try for serve. All divisions will have eight (8) seconds to serve the ball. Boys Intermediate may use a second toss for serve if needed.
11. **NET SERVES:** All divisions will use the let serve. If a served ball hits/touches/grazes the net and continues over to the other side, it is a good serve and must be played. If the ball hits the net and does not go over, the serve is no good and a side out occurs (point for receiving team).
12. **LIBEROS:** Rookie, Intermediate, Tyro and Junior divisions may use a libero player. The libero uniform shirt must be a contrast color to the team uniform shirt. The libero uniform must have a number on the front and the back of the shirt. The libero player may serve in one position in each set. The libero player will follow the rules in the NCAA rule book, except for certain CYO modifications (see separate Libero Information sheet which is part of these rules).
13. **LINES JUDGES:** Each team should be prepared to supply a lines judge for the match. The referee will brief the lines person on their responsibilities before the match. It is suggested an adult serve as a lines person.

### **EQUIPMENT**

1. **BALL:** Home team will provide an official leather game volleyball, regulation net set up, and visible score. Scorekeeper may be provided by either team. Pee Wee division will use the official "liter" volleyball for all sets. Game ball should have 1/3 of its panels white.
2. **NET SET UP:** All poles for the net should be padded. Referee stand should also have some type of padding. Net height should be according to NCAA standards. Any exposed net cables should be covered and/or padded.

#### **NET HEIGHT:**

All Girls Divisions	7 feet 4 inches
Boys Intermediate	7 feet 4 inches

Boys Junior

7 feet 11 inches

3. **SCORE SHEETS:** Regulation score sheets should be used by all teams, as well as regulation line-up sheets.

### **UNIFORMS**

#### **Team Uniforms:**

**Shirts:** All players on a team must wear identical shirts. All team shirts should have the parish name on the uniform and are numbered on the back (6 inch and centered) and on the front (4 inch and centered). Numbers should be a distinct contrasting color from the predominant color of the shirt. Identical shirts are defined as same color, same style (tee shirts or tank tops). If an undershirt is worn under the uniform shirt, it must be the same color as the predominant color of the uniform shirt.

**Shorts:** All players must wear acceptable shorts or sweat pants. All players must wear the same color shorts/sweat pants. No jeans or cut off shorts. Spandex shorts may be worn as long as the short has at least a 4 inch leg length. NO SPANDEX BRIEF MAY BE WORN while competing in a CYO match. Players who are not properly uniformed as to color and style will not be allowed to enter the game. THE PARISH NAME MUST APPEAR PREDOMINANTLY ON THE UNIFORM.

**Numbers:** All numbers from 0 to 99 are legal and must be a contrasting color from the shirt. Uniform shirt must have a 4 inch number centered on the front and a 6 inch number centered on the back of the shirt.

Neither coaches nor officials are permitted to waive this rule.

#### **Uniform Compliance Dates**

GIRLS - **February 11, 2020**

BOYS - **May 10, 2020**

#### **THE PARISH NAME MUST APPEAR PREDOMINANTLY ON THE UNIFORM.**

**KNEEPADS:** Kneepads are recommended and should be part of the uniform

**FOOTWEAR:** All players must wear proper athletic sneakers. No player should play in a wedge-style sneaker or street shoes with rubber soles.

**JEWELRY:** No jewelry or adornments of any kind are allowed during sets or warm-ups. This includes hair bands, rubber or elastic bracelets on wrists, and taped over earrings. No electronic devices of any kind should be used by a player while on the playing court.

### **SCHEDULING**

**COURT TIME:** Each team must provide adequate court time for themselves to play or be classified as a 'Traveling Team'. Teams with less than the necessary amount of court time will be required to travel to wherever they can be accommodated.

**REGULAR SEASON:** Schedules will be developed by CYO staff. All teams should play 12 matches. An attempt will be made to provide balanced levels of competition within sections.

**TBS MATCHES:** There may be some TBS matches on your schedule. TBS matches are the responsibility of the Parish AD's and all matches must be played before the end of the season. If not played, it will be considered a forfeit for both teams.

**PROTESTS**

1. **PROCEDURE:** All protests must be filed in compliance with CYO rules (Refer to CYO Rules & Regulations),
2. **TYPES:** Only field protests (misinterpretation of the rules) and eligibility protests are permitted.
  - a. Misinterpretation of the rules protest must be settled at that time. Official will consult rule book for correct ruling and explain ruling to both coaches. **You cannot protest a set because of a referee's judgment call.**
  - b. Player eligibility protests should be made before the start of the match, and all information noted on the score sheet. They are not decided at the site by the referee. The coordinator should be called to report the protest and a written protest accompanied by the protest fee should follow immediately. If the player is declared ineligible, the team will forfeit all sets of any match that the player participated in and the protest fee will be returned to the parish placing the protest.

**LIBERO INFORMATION**

Libero is an option – you don't have to use the position.

**Uniform:**

Libero shirt should be a CONTRASTING color to the team uniform shirt.

Libero shirt should have a centered number on the front & back.

Libero shirt should have its' own number.

**Court Position:**

Libero can only replace a back row player.

When libero rotates to front row, libero must be replaced only by the player libero went in for.

Libero exchange is made between ten foot line and end line.

Libero may serve in one position in a set.

**CYO Modification:**

According to NCAA rules, each libero player on a team must have their own libero shirt with a designated number. For CYO purposes only, each team using a libero can have one shirt with a separate number from other team shirts. That libero shirt may be exchanged between sets to give more players a chance to play the libero position. Libero shirt may NOT be exchanged DURING a set.

**Scorekeeping:**

Libero is tracked by the Libero Tracking Sheet; libero is not a formal substitution.

On volleyball score sheet, when libero serves, place a triangle around the serving position number. Any served points scored by the libero are designated by the point in a triangle (instead of a

circle).

**PLAYER EJECTION:**

A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.

B. A player ejected from a game for any reason shall be suspended for the next two (2) scheduled games.

C. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

D. Refer to CYO Rules & Regulations for complete discipline policy



**ENTRY FEES AND FORMS DUE: MARCH 9, 2020**

**ENTRY FEE - \$200 PER TEAM**

**\*ACCEPTED LATE ENTRY FEE \$250 PER TEAM\***

All entry forms, coaches' information sheet, court availability and fees must be submitted by the above date.

- COMPLETED ROSTERS DUE: MARCH 20, 2020**
- WAIVER REQUESTS DUE: MARCH 20, 2020**
- SCHEDULE DISTRIBUTION: MARCH 23, 2020**
- SEASON BEGINS WEEKEND OF: APRIL 3, 2020**
- ADDITIONS/REPLACEMENTS DUE: MAY 1, 2020**
- UNIFORM GRACE PERIOD ENDS: MAY 1, 2020**
- REGULAR SEASON ENDS: JUNE 7, 2019**
- DIOCESAN PLAYOFFS: JUNE 8-20, 2020**

<b><u>DIVISION</u></b>	<b><u>BIRTHDATE MUST BE ON OR AFTER</u></b>
SUBNOVICE	1/1/11
PEE-WEE	1/1/10
NOVICE	1/1/09
BANTAM	1/1/08
ROOKIE	1/1/07
INTERMEDIATE	1/1/06

<u>DIVISION</u>	<u># UMPIRES</u>	<u>FEES</u>
SUBNOVICE	1	\$52
PEE-WEE	1	\$54
NOVICE	1	\$54
BANTAM	1	\$56
ROOKIE	2	\$56 EACH
INTERMEDIATE	2	\$56 EACH

### **ADDITIONS & REPLACEMENTS**

The standard number of competitors allowed on a team is 18. A competitor may be added or replaced on the roster up to and including **MAY 1, 2020**. If a team has an approved waiver player, the CYO director must approve the addition or replacement. Extended rosters are allowed with all listed players being eligible for the playoffs.

- **Once a player plays up age wise in a division, he cannot play down in a lower division in the same season. Any exception needs approval from the CYO Director.**
- **Players are not allowed to play on two different teams at the same time in the same season.**

**WAIVERS:** Non-parish eligible athletes may qualify to play through waivers. **(Refer to CYO Rules & Regulations for Waiver Types)**

### **EQUIPMENT (no forfeits for lack of equipment)**

Teams are to provide bases, home plate, pitching rubber with spikes, measuring tape, extension base and any necessary field maintenance equipment for each game. Each team must supply two or more baseballs of official size and weight for each game. Baseballs must have a cushion cork center. No rubber or plastic baseballs are allowed in any division. During a game, if a ball is lost or unable to be used, the home team will be responsible for replacing that first lost ball; the visiting team will replace the second ball. This process will continue as necessary throughout the game. All games in divisions up to bantam are required to play with an extension base at first base. **ALL GAMES IN ALL DIVISIONS ARE WOOD BAT ONLY. THERE ARE NO RESTRICTIONS TO THE LENGTH OR WEIGHT OF WOOD BATS. MAJOR LEAGUE RULES APPLY. NO BAMBOO OR COMPOSITE BATS PERMITTED.**

### **UNIFORMS**

All teams must be uniformed in all divisions. This means that each player must wear uniform baseball shirt, pants, and cap. Grace period for uniform compliance ends on May 1, 2020. All batters must wear a protective helmet with earflaps both at bat and on the bases. All catchers must wear helmets with earflaps, mask & throat Guards. **Skullcaps are not permitted for catchers.** Teams should share helmets in case of any shortage. No players will

be allowed to participate without the proper helmet. **METAL SPIKES ARE NOT PERMITTED IN ANY DIVISION.**

**A LINEUP SHEET MUST BE PRESENTED TO THE UMPIRE AND OPPOSING MANAGER DURING THE GROUND RULES DISCUSSION.**

### **FIELD**

	<u>BASES</u>	<u>MOUND</u>
<b>SUBNOVICE</b>	<b>60 FT</b>	<b>40 FT</b>
<b>PEEWEE</b>	<b>60 FT</b>	<b>44 FT</b>
<b>NOVICE</b>	<b>60 FT</b>	<b>46 FT</b>
<b>BANTAM</b>	<b>72 FT</b>	<b>48 FT</b>
<b>ROOKIE</b>	<b>82 FT</b>	<b>56 FT</b>
<b>INTERMEDIATE</b>	<b>90 FT</b>	<b>60 FT 6 INCHES</b>

**The home team has the choice of dugout area. The umpire in chief has the authority to decide on the condition of the pitching rubber and allowance, if any that may be granted to the pitcher.**

### **SCHEDULING**

Teams are expected to provide fields for evening games from May to the end of the season.

**NO COACH IS PERMITTED TO CANCEL A GAME.**

### **RAINOUT RULE**

Rained out games must be made up by working with the CYO Baseball Coordinator for field availability and umpire assignments. Any game not made up before the last published date on the schedule will result in a double forfeit. **NOTE:** All teams must be prepared to play doubleheaders as well as back-to-back games. The CYO Coordinator will schedule according to field availability.

### **UMPIRES**

When a CYO umpire fails to show up for assigned games, **both coaches should sign each score book** indicating agreement on the choice of a substitute umpire. Once this agreement is made that game becomes an official CYO game. If the assigned CYO umpire then shows up late he may umpire the game provided that both coaches are in agreement that he does so.

### **SUSPENDED GAMES**

\*If an official game (**5 innings**) has to be curtailed for any reason and the visiting team;

- 1) team is at bat in the 6<sup>th</sup> or 7<sup>th</sup> inning
- and**

2) has scored one or more runs to tie the game or take the lead, then the game shall be a suspended game and resumed to completion from the point of suspension.

**\*EXCEPTION, PEEWEE DIVISION: 4 INNINGS IS AN OFFICIAL GAME.**

### **EXCEPTION TO MLB RULES**

The CYO will adhere to Major League baseball rules except in the following instances:

- The fitness of the playing field for beginning a game shall be decided by agreement of both coaches. If the 2 coaches

cannot agree, the umpire will make the final decision. Once a game starts, the plate umpire will determine whether or not a game should continue. No game will be played on a makeshift field (all divisions) unless both coaches agree to do so.

- **INNINGS:**

**SUB NOVICE & PEE WEE:**  
**6 INNINGS**

**NOVICE, BANTAM, ROOKIE, INTERMEDIATE:**  
**7 INNINGS**

- In the event of a tie at the end of the 7 innings, the game shall be completed if time permits. However, called games will be regulation;

A. If 5 innings has been completed. (4 innings in PEE WEE)

B. If the home team scores more runs in 4 ½ innings than the visiting team scores in 5 innings.

C. If the home team scores one or more runs in its ½ of the 5<sup>th</sup> inning to tie the score.

**SUSPENDED GAMES WILL BE COMPLETED IF THE RESULT OF THE GAME HAS ANY PLAYOFF IMPLICATIONS.**

- If a team is ahead by 10 or more runs and the losing team has **completed its 5<sup>th</sup> AT-BAT** the game will be ended (**MERCY RULE**)
- This rule may not be invoked unless the curfew, as given by the umpire, is protested before game or the CYO umpire is unduly late. Field curfew is 2 hours. **IF NO GAME FOLLOWS, THE CYO GAME WILL BE 2 HOURS AND 15 MINUTES.** The umpire must stay and do the game even though he may have a game somewhere else. (No inning may start after the 2 hour mark from the start of the game)

**PEEWEE & NOVICE DIVISION ONLY:** *if a called or swinging 3<sup>rd</sup> strike is not caught the batter is out. However, with less than 2 outs, the ball is in play and the runner (s) may advance at their own risk.*

1) Stealing or leading is allowed only after the ball passes the batter. **THERE IS NO STEALING ON RETURN THROWS FROM CATCHER TO PITCHER. NO STEALING FROM BATTERS BOX AFTER A WALK.**

2) There will be a maximum of 4 walks per inning. After the 4<sup>th</sup> walk the batter must hit the ball or be called out on strikes.

- **PEEWEE NOVICE & BANTAM ONLY;** No stealing or advancing by a wild pitch or passed ball when leading by more than 10 runs.
- **ALL DIVISIONS:** If a pitcher hits 3 or more batters he may be removed from the pitchers position at the discretion of the umpire.

- **ALL DIVISIONS:** No player may pitch more than 7 total innings in a day in which a CYO game is scheduled.

- **NO HEAD FIRST SLIDES EXCEPT FOR WHEN THE BASERUNNER IS RETURNING TO A BASE ON A PICK-OFF ATTEMPT.**

- **ALUMINUM BATS ARE NOT PERMITTED IN ANY CYO GAMES.**

- **NO CHEAP RUNS (ALL DIVISION):** This applies when a ball may go through a hole in the fence, get stuck in the backstop, and based on the ground rules of each field. UMPIRES DISCRETION

- **ALL DIVISION:** Once a throw is being made to a position player in attempt to pick off or catch the runner stealing the play is live and all baserunners may advance at their own risk. In the case of an overthrow that leaves the field of play (through a fence, in the dugout, onto the concrete area, etc.) the ground rules of the field must be followed. Umpires & Coaches MUST go over the ground rules prior to the start of the game.

#### **CLARIFICATIONS OF MLB RULES**

**RULE 7.10** It is not a balk when a pitcher stands in the pitching circle without the ball unless he makes any motion naturally associated with his pitch.

**RULE 8.05** A balk is considered a play, there is no appeal

**RULE 8.06** **In all divisions, the second trip to the mound in an inning by a coach means the pitcher must be removed. That pitcher may remain in the game and play any other position, but may not return as a pitcher at any time during the game.**

**RULE 9.02** There is no obligation on the part of the plate umpire to ask for assistance and or confirmation from his partner on a checked swing.

#### **BASERUNNERS**

**SLIDE RULE ALL DIVISIONS:** No runner may interfere with the catcher or any fielder (at any base) if that catcher or fielder is in possession of the baseball. The runner must slide or give himself up. If, in the umpire's judgment, the runner comes into the plate or any base and fails to slide, he is out and the ball is dead. In addition, if he comes in standing up and flagrantly makes contact; he is ejected from the game. **(2 GAME SUSPENSION)** The purpose of this rule is to penalize the offensive team for deliberate, unwarranted and unsportsmanlike action by the runner. For example, the obvious purpose of crashing the pivot man on a double play, (any base) or, crashing into the catcher at home plate. **NOTE: THE CATCHER (OR FIELDER) CANNOT BLOCK THE BASELINE WITHOUT THE BALL. NO "PHANTOM" TAGS ARE PERMITTED.**



**DESIGNATED RUNNER:** With less than 2 outs, a coach has the option of using a substitute runner for the catcher; with 2 outs he **MUST** use a substitute runner for the catcher. The coach must use a player not presently in the game; however, if none is available he must use the last player to make an out.

#### **EXTRA HITTER**

The coach has the option to start a game with an extra hitter in the lineup. This is considered to be a 10<sup>th</sup> position in the lineup, which may be interchanged with other positions during the game as long as the same spots in the batting order are maintained. Once a team starts with an extra hitter, they must keep it throughout the game.

**EXCEPTIONS:** If through injury and or illness a team is unable to maintain the 10 batters in the lineup and must use 9 batters the empty spot will be bypassed. If a team has used up all their eligible players and an injury or illness occurs to someone in its line- up, the opposing coach will pick a player from off the bench to replace him. In addition, once a team starts a game with 9 players, they **MAY NOT** add an extra hitter later in that game.

#### **RE-ENTRY RULE (ALL DIVISIONS)**

**Any player in the starting lineup who is removed from a game may re-enter the game once at any field position, but only in the same slot in the batting order from which he was removed. A substitute player may not re-enter the game. A pitcher can re-enter the game as a pitcher provided he was not removed from the game on the two visits to the mound rule by the manager in the same inning.**

#### **MOVABLE BASES**

Once the base is moved by a sliding runner, the runner need only to return to the area where the base was originally placed. (umpire's judgment) Subsequent runners on the same play should also run to the area where the base was originally placed. No runner should follow the base after it has been dislodged from its original place.

#### **PLAYOFFS**

All teams that qualify for the playoffs must bring acceptable proofs of age for all players, in the event of an eligibility protest. The umpire in chief is in charge of protests regarding rule interpretations. In **ALL DIVISIONS**, the championship final in the diocesan playoffs will be one game.

**PLAYOFF FORMAT WILL BE DISTRIBUTED AT THE START OF EACH SEASON.**

#### **FORFEITS**

A forfeit will be declared when a team fails to appear **within 15 minutes** of the scheduled game time. A team must start the game with 8 players. A team with two forfeits may be declared ineligible for the playoffs.

#### **SUBNOVICE DIVISION RULES**

1. No base stealing.
2. No leads. Once the pitcher has stepped on the rubber with possession of the baseball, runners cannot leave the base until the ball is put in play by the batter. If the runner leaves the base before the batter makes contact, that runner will receive a warning from the umpire; he will return to the original base and

the pitch shall be considered a dead ball. There will be one warning per team. Upon any subsequent infraction, the umpire will call out the runner (s), the ball is dead.

3. **All games will be 6 innings.** In the event of a tie at the end of the 6 innings, the game will be completed if time permits.
4. If the catcher drops any 3<sup>rd</sup> strike, the batter is out, base runners may not advance.
5. There will be 2 walks per inning allowed. After the 2<sup>nd</sup> walk, the batter must hit the ball or be called out on strikes.
6. **There will be a complete team lineup allowed.** The inning will be over after either 3 outs or when 10 batters get up. 9 players ONLY in the field. **We strongly prefer that all children play the field and not just bat.**
7. Any coach ejected from a subnovice game will automatically result in a 4 game suspension

#### **PLAYER EJECTION:**

A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.

B. A player ejected from a game for any reason shall be suspended for the next two (2) scheduled games.

C. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

D. Refer to CYO Rules & Regulations for complete discipline policy

#### **COACHES' PHILOSOPHY**

1. Coaches should be models of good behavior for the children. Coaches are required to wear their CYO Certification Card during all games.

2. Try to make baseball fun for the children and yourself. A win at all cost attitude can take the enjoyment out of the Sport.

3. **DO NOT physically abuse a pitchers arm. Give him the necessary rest between his throwing.**

**IMPORTANT NOTE: ONLY PAR / AD ARE TO CALL THE CYO OFFICE. COACHES MUST**

**WORK WITH YOUR PAR/AD IN COMMUNICATING WITH THE CYO OFFICE.**

CYO WEBSITE: [WWW.CYODOB.ORG](http://WWW.CYODOB.ORG)



**GIRLS' SOFTBALL**

**ENTRY FORMS AND FEES DUE: MARCH 8, 2020**

**ENTRY FEE - \$200 PER TEAM**

**\*ACCEPTED LATE ENTRY FEE \$250 PER TEAM\***

All entry forms, coaches' information sheet, court availability and fees must be submitted by the above date.

**COMPLETED ROSTERS DUE:** MARCH 20, 2020  
**WAIVER REQUESTS DUE:** MARCH 20, 2020  
**SCHEDULE DISTRIBUTION:** MARCH 23, 2020  
**SEASON BEGINS WEEKEND OF:** APRIL 4, 2020  
**ADDITIONS/REPLACEMENTS DUE:** MAY 1, 2020  
**UNIFORM GRACE PERIOD ENDS:** MAY 1, 2020  
**REGULAR SEASON ENDS:** JUNE 7, 2020  
**DIOCESAN PLAYOFFS:** JUNE 8-20, 2020

<u>DIVISION</u>	<u>BIRTHDATE MUST BE ON OR AFTER</u>
PEE-WEE	1/1/10
BANTAM	1/1/08
INTERMEDIATE	1/1/06

<u>DIVISION</u>	<u># UMPIRES</u>	<u>FEES</u>
PEE-WEE	1	\$54
BANTAM	1	\$56
INTERMEDIATE	1	\$56

**ADDITIONS AND REPLACEMENTS:**

Expanded rosters are allowed in all divisions and all listed competitors are eligible for the regular season and playoffs. A competitor may be added or replaced on the roster up to and including **May 1, 2020**. If a team has an approved waiver player, the addition or replacement must be approved by the CYO office. In the event trophies are won, the parish is responsible for the cost of additional trophies beyond the 18 that are provided by CYO. **Once a player plays up age wise in a division, she cannot play down in a lower division in the same season. Any exceptions need approval from the CYO Director. Players are not allowed to play on two different teams at the same time in the same season.**

**WAIVERS (See Rules and Regulations for Waiver Types)**

**EQUIPMENT**

Both teams must provide bases, home plate, pitching rubber, scorebook, measuring tape and **any necessary field maintenance for**

**each game.** Each team must supply one or more softballs (clinch F-12). During a game, if a ball is lost or unable to be used, the home team will be responsible for replacing that first ball; the visiting team will replace the second. This process will continue, as necessary, throughout the game.

**Batting helmet chin straps and face masks are MANDATORY.**

**UNIFORMS**

No player may start or enter a game unless she is wearing a uniform or team shirt with a number on it. Players on the same team should wear identical shirts. The grace period for compliance ends **on May 1, 2020**. All catchers must wear masks, helmets and body protectors. All players must wear a protective helmet with earflaps while at bat and on the bases. No player will be allowed to participate without the proper helmet.

**IMPORTANT NOTES:** A player who steps into the batter's box without a helmet **may** be called out. Any base runner that intentionally knocks her helmet off while running the bases will be called out: the ball is declared dead. **(Umpire's judgment cannot be protested).** **METAL SPIKES ARE NOT PERMITTED, SLIDING IS PERMITTED. NO HEAD FIRST SLIDES. PLEASE REMEMBER PLAYERS ARE NOT ALLOWED TO RUN, STANDING UP, INTO A FIELDER WITH THE BALL. PLAYER MUST SLIDE OR GIVE HERSELF UP.**

**Please keep in mind that the purpose of many of these rules is safety. As manager, it is your obligation to make sure that they are followed. The umpires' only obligation is to impose the penalty if these rules are not followed.**

**FIELD**

The following are the correct distances in CYO softball

	<u>BASES</u>	<u>MOUND</u>
Peewee	50 ft.	30 ft.
Bantam	60 ft.	35 ft.
Intermediate	60 ft.	40 ft.

***The home team has the choice of the dugout area.***

***\*ALL DIVISIONS – GAMES ARE 7 INNINGS***

**SCHEDULING**

Teams are expected to provide fields for evening games from May to the end of the season

***NO COACH IS PERMITTED TO CANCEL A GAME.***

**FOREITS**

A forfeit will be declared when a team fails to appear **within 15 minutes** of the scheduled game time. A team must start the game with 8 players. **A team with two forfeits may be declared ineligible for the playoffs.**

## **RAINOUT RULE**

Rained out games must be made up by working with the CYO Softball Coordinator for field availability and umpire assignments. Any game not made up before the last published date on the schedule will result in a double forfeit. **NOTE:** All teams must be prepared to play doubleheaders as well as back-to-back games. The CYO Coordinator will schedule according to field availability.

## **UMPIRE**

When a CYO umpire fails to show up for an assigned game, both coaches should sign each other's book indicating agreement on the choice of a substitute. Once this agreement is made, that game becomes an official CYO game. If the assigned CYO umpire then shows up late, they may umpire the game provided that both coaches are in agreement that they do so.

## **LINE-UPS**

**Teams will be permitted to field 10 players. The 10<sup>th</sup> player may play anywhere on the field. A complete team lineup will be allowed in all division. (OPTIONAL)**

**A LINEUP SHEET MUST BE PRESENTED TO THE UMPIRE AND OPPOSING MANAGER DURING THE GROUND RULES DISCUSSION.**

**DESIGNATED RUNNER: Running for catcher is permitted. With none or one out it is optional. With 2 outs it is mandatory. (speedup rule) The designated runner should be a player not currently in the lineup. In case all players are in the lineup (only 8,9,10 or 11 players at the game) then the last out should run for the catcher.**

**EXTRA HITTER RULE:** Up to the complete team may be listed as starters, any 10 of which may play the field. For example, a player could be the E.H. in the 1<sup>st</sup> inning, pitch in the 2<sup>nd</sup> and play 2<sup>nd</sup> base in the 3<sup>rd</sup> inning as long as the same spot in the batting order is maintained. The coach must decide at game time the size of the lineup. After the game starts the total number of the lineup must stay the same. (Substitutions may be used) The only exception to this is adding players who come late to the game. Teams may start the game with as few as 8 players if no other players are available at game time. After the game starts they may add up to the limit. If a player leaves the game due to an injury or other emergency and there is no substitute available, that player's spot in the lineup will be eliminated. A team may continue to play as long as they can field 8 players, no automatic out. The umpire will be responsible for deciding any unsportsmanlike conduct, in this regard. If a team has used all of their available substitutes and a player in the lineup cannot continue to play because of an injury, the opposing coach shall designate a previously used player to re- enter the game in place of the injured player.

**EACH PLAYER OF THE SIDE AT BAT SHALL BECOME A BATTER IN THE ORDER IN WHICH HER NAME APPEARS ON THE LINE-UP SHEET**

A. The batting order delivered to the umpire must be followed throughout the game unless a player is substituted for another. When

this occurs, the substitute must take the place of the removed player in the batting order.

B. The first batter in each inning shall be the batter whose name follows that of the last player who completed a turn at bat in the preceding inning. **EFFECT – Sec.2b – c:** batting out of order is an appeal play that may be made by the manager, player or coach of the defensive team only.

1. If the error is discovered while the incorrect batter is at bat, correct batter may take his place and legally assume any balls and strikes. Any runs scored or bases run while the incorrect batter was at bat shall be legal.
2. If the error is discovered after the incorrect batter has completed his turn at bat and before there has been a pitch to another batter, the player who should have batted is out. Any advance or score made because of a ball batted by the improper batter or because of the improper batter's advances to 1<sup>st</sup> base on a hit, an error, a base on balls or a hit batter shall be nullified. The next batter is the player whose name follows that of the player called out for failing to bat. If the batter declared out under these circumstances is the 3<sup>rd</sup> out, the correct batter in the next inning shall be the player who would have come to bat had the player been put out by an ordinary play.
3. If the error is discovered after the first pitch to the next batter, the turn at bat of the incorrect batter is legal, all runs scored and bases run are legal and the next batter in order shall be the one whose name follows that of the incorrect batter. No one is called out for failure to bat. Players who have not batted and who have not been called out have lost their turn at bat until reached again in the regular order.
4. No base runner shall be removed from the base he is occupying to bat in his proper place. He merely misses his turn at bat with no penalty. The batter following him in the batting order becomes the legal batter.

**PLAY – with R1 on 1<sup>st</sup> B7 is next on the batting list but B8 erroneously takes her place. The error is discovered by opposing team personnel and reported to the umpire or official scorekeeper: (a) after B8 has received 2 strikes; or (b) after B8 has received a base on balls; or (c) after B8 has hit a foul which is caught or has made a safe her to advance R1; or (d) after a pitch has been delivered to B9. RULING – In (a) B8 is replaced by B7 who assumes the no ball, two strike count also any advancement by R1 on 1<sup>st</sup> is legal. In (b) and (c) B7 is out. B8 is removed from base and bats again with no balls or strikes. R1 must return to 1<sup>st</sup>. In (d) no correction is made and B7 and B8 do not bat again until their regular time.**

C. When the 3<sup>rd</sup> out in an inning is made before the batter has completed her turn at bat she shall be the first batter in the next inning and the ball and strike count on her shall be cancelled

**THE CURRENT A.S.A. SOFTBALL RULES FOR MODIFIED FAST PITCH (NOT JUNIOR OLYMPIC) WILL GOVERN THE STANDARD OF PLAY FOR THE PEEWEE DIVISION ONLY.**

**THE CURRENT A.S.A. SOFTBALL RULES FOR FAST PITCH WILL GOVERN THE STANDARD OF PLAY FOR THE BANTAM & INTERMEDIATE DIVISIONS**

**Points of emphasis:**

- All dead ball appeal plays may be made **verbally** by any infielder (pitcher and catcher included).
- All batting helmets should be equipped with chinstraps/facemasks.
- The tiebreaker procedure will be used after 7 innings, **when time allows**.

#### CYO RULE MODIFICATIONS

- The following are the CYO rules governing the time limits of a softball game:
  - The time limit of a CYO softball game is TWO HOURS.
  - No new inning will be started after one hour and **45 minutes** has past from the start of the game.
  - Whether there is a scheduled game (CYO or other) or not, after an inning is started it shall be completed. (Do not end the game on the stroke of the **105<sup>th</sup> minute**).
  - When it becomes apparent (or you already know) that there is a scheduled game following the one presently being played, no new inning will be started 15 minutes before the next scheduled game time. (NYC parks permit courtesy).
  - When no game follows, the last inning to be played will start prior the **105<sup>th</sup> minute** of the game, and end with the 3<sup>rd</sup> out of the inning being recorded (top if the home team is ahead in the score, or bottom if the home team is behind in the score) no matter how long it takes.
- There is a mercy rule in CYO softball. If one team is leading by 12 or more runs after the losing teams' 5<sup>th</sup> at bat, the game will be ended.**
- TIE GAME: All games ending in a tie after, 7 innings have been played, and time allows, will use the ASA tiebreaker procedure.**
- INNING RUN LIMIT:** In all Divisions, once a team scores eight runs, in innings 1 through 5, that half-inning will end. There is no inning run limit for innings 6 & 7.
- TIME OUT:** The ball must be in the infield. Any player may ask for time out but if any base runners are not on base the umpire cannot grant time out. If the ball is carried into the pitching circle, the base runners must immediately advance or return to base, then, time out may be granted.
- Pitchers must start their motion with both feet on the pitching plate. Their first motion must be toward home plate.
- PEEWEE ONLY** - On a 3<sup>rd</sup> strike (**called or swinging**), the batter is out whether or not the catcher catches the ball.
- BANTAM & INTERMEDIATE** – Dropped 3<sup>rd</sup> Strike, Called or Swinging the batter is entitled to try and reach 1<sup>st</sup> base before being tagged or thrown out, unless a runner already occupies 1<sup>st</sup> base and there is less than 2 outs
- HIT BATTER:** A hit batter will be awarded 1<sup>st</sup> Base (All Divisions), providing the batter has attempted to avoid being hit by the pitch (Umpires discretion). Pitchers may be removed from the game after they hit 4 batters (Umpires discretion). Once a pitcher has been removed in this case, she may not return as a pitcher.
- If, in the umpires' judgment, a player throws the bat in a dangerous manner, that player will be called out and both teams will receive a warning against a reoccurrence. Any

reoccurrence will result in the next player being called out. Any ejection is solely in the judgment of, and at the discretion of the umpire.

#### k. **STEALING BASES:**

- PEEWEE:** Stealing bases is not permitted. A base runner may leave her base after the pitcher has released the ball. If the ball is not hit, the base runner(s) must return to the base(s) occupied at the time of the pitch.
- BANTAM:** Stealing is permitted once the ball crosses Home Plate. There is a three steals per inning limit. Stealing Home is **NOT** permitted
- INTERMEDIATE:** Stealing is permitted once the ball leaves the pitchers hand. There is a three steals per inning limit. Stealing Home is **NOT** permitted.

\*\*\*\*The stealing limit only applies to STRAIGHT STEALS, not advancing on an error or overthrow. For example; once a throw is being made to a position player in attempt to pick off or catch the runner stealing the play is live and all baserunners may advance at their own risk. PLEASE NOTE THAT A DELAYED DOUBLE STEAL IS CONSIDERED TWO (2) STEALS. The umpire has a full discretion on all base stealing attempts.

- PLAYERS MAY NOT WEAR JEWELRY.** Coaches should make sure all jewelry is removed before the game starts.
- PEEWEE DIVISION ONLY:** There will be a maximum of 4 walks per inning. After the 4<sup>th</sup> walk, the batter must hit the ball or be called out on strikes.
- Bunting is allowed in all divisions.

**SOFTBALL CHARGED TRIPS TO THE MOUND:** There shall be only three charged conferences between the manager or other team representative from the dugout with any defensive player(s) in a seven inning game. The fourth charged conference in a seven inning game shall result in the removal of the pitcher from the pitching position for the remainder of the game. **ALL DIVISIONS**

#### **PLAYER EJECTION:**

A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.

B. A player ejected from a game for any reason shall be suspended for the next two (2) scheduled games.

C. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

D. Refer to CYO Rules & Regulations for complete discipline policy



## CHEERLEADING

### SHOWCASE 2020

ENTRY FORM DUE: TBA

SQUAD ROSTERS DUE: TBA

CHEERLEADING DIRECTORS MEETING: TBA

CHEERLEADING SHOWCASE: TBA

Entry Fee: \$150 per squad

Cheer squads from each participating parish will be given the opportunity to “showcase” their talents through sets of cheer and dance performances.

- ALL CHEER SQUADS ARE ALSO INVITED TO PERFORM AT THE BASKETBALL DIOCESAN CHAMPIONSHIPS



## FLAG FOOTBALL

ENTRY FORM & FEES DUE: MARCH 2, 2020

ENTRY FEE - \$200 PER TEAM

\*ACCEPTED LATE ENTRY FEE \$250 PER TEAM\*

COMPLETED ROSTERS DUE: MARCH 13, 2020

SCHEDULE DISTRIBUTION: MARCH 16, 2020

REGULAR SEASON BEGINS: MARCH 27, 2020

UNIFORM GRACE PERIOD ENDS: APRIL 24, 2020

REGULAR SEASON ENDS: TBA

DIOCESAN PLAYOFFS: TBA

<u>DIVISION</u>	<u>BIRTHDATE MUST BE ON OR AFTER</u>
PEE WEE	1/1/10
NOVICE	1/1/09
BANTAM	1/1/08
ROOKIE	1/1/07
INTERMEDIATE	1/1/06

<u>DIVISION</u>	<u>OFFICIALS FEE</u>	<u>#OFFICIALS</u>
PEE WEE	\$40 each	2
NOVICE	\$40 each	2
BANTAM	\$40 each	2
ROOKIE	\$40 each	2
INTERMEDIATE	\$40 each	2
***ALL DIOCESAN PLAYOFF GAMES WILL USE TWO OFFICIALS***		

### OFFICIAL TEAM

- Only players listed on official team roster that meet the eligibility rules are approved to participate
- An official game will consist of 6 players on the field. A game may begin or finished with 5 players.
- Rosters Due March 13, 2020 – No additions after 3<sup>rd</sup> Scheduled Game unless approved by CYO office.

### OFFICIALS

- Two officials will be used for all regular season games
- Officials have the authority to call or suspend a game if conditions warrant
- The head coach & team captain are the only persons who should speak to an official before and during a game

### EQUIPMENT & UNIFORMS

- Game Ball
  - Teams are permitted to use a composite or leather ball (Youth Size 7 Football)
- Uniforms
  - All players are required to wear team uniforms.
  - Numbers on the jersey are MANDATORY. A number shall be printed on the front and back of each jersey. Parish name must be prominently displayed on the front of the jersey.
  - All jerseys must be tucked in.
  - The flags must be worn on the hips and be free of obstruction.
  - Flags Must be of a Velcro Type
  - Cleats are allowed (No Metal cleats or spikes)
  - Mouth guards must be worn at all times.
  - All teams must carry a set of contrasting pinnies to their jerseys in case of color conflict.

### COACHES RESPONSIBILITIES

- All Coaches must be Virtus Certified.

- Coaches are responsible for the supervision of their team before, during and after the game.
- At each game, coaches are to have in their possession: an official team roster and Emergency Medical first aid kit.
- Bench personnel are limited to:
  1. Players listed on the eligibility roster, two (2) coaches (head coach, and assistant coach/trainer)
- The bench will be from the twenty (20) yard line to the opposite twenty (20) yard line..

#### FIELD OF PLAY

- The field shall be 70 yards long and 30 yards wide with two – ten (10) yard deep end zones

#### RULES OF COMPETITION

##### 1. Game

1. The Visiting team makes the call on the coin toss.
2. The team winning the toss will get the option of taking the ball or deferring their option till the 2<sup>nd</sup> Half. The opposing team will then get the option to choose a goal to defend. Teams will automatically switch sides for the 2<sup>nd</sup> Half.
3. Offensive team will take possession at the five (5) Yard line and has three (3) downs to cross midfield. Once the team crosses midfield, they have 3 additional downs to score a touchdown.
4. If the offense fails to score or cross midfield, the ball changes possession and the new offense starts from its own five (5) yard line.
5. All possession changes other than interceptions start on the offensive teams own five (5) yard line. Interceptions are spotted where the play is concluded, except after an extra point.

##### 2. Timing and Overtime

1. All games will consist of two (2) twenty-five minute halves (running time) with a five (5) minute intermission between halves.
2. The Clock stops for:
  - A.) **Timeouts**
    - a.) Each team will be allowed two (2) thirty (30) second timeouts per half.
    - b.) Unused timeouts do not carry over to the second half.
    - c.) A coach or a player on the field may call a timeout.
    - d.) If a timeout is taken after a touchdown, the clock does not run

during the extra point. It will start at the next offensive possession.

##### B.) **Clock will stop after one minute remaining on the game clock during each half for:**

- a.) Incomplete pass (including QB spike)
  - b.) All penalties (except for intentional penalties that are intended to stop the clock)
  - c.) Out of bounds.
  - d.) Change of possession
  - e.) Extra Point
  - f.) Referees discretion including all injuries.
3. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before they receive a delay of game penalty.
  4. There will be no Overtime during the regular season. Tie games at the end of regulation time will be deemed a tie.

##### 3. Scoring

1. Touchdown = 6 points
  - a.) Both player's feet, the ball and two flags must be in the end zone and over the goal line for it to be a touchdown.
  - b.) Exception to above: a player who catches a ball in any part of the end zone only needs one foot to come down in the field of play to maintain control of the ball. This applies only to the side and back lines.
  - c.) A team that scores a touchdown must declare whether it is going for a 1 or 2 point PAT. Once the ball is spotted the decision cannot be changed without the use of a timeout.
2. PAT (Point After Attempt) = 1 point from 5 Yard line or 2 points from 12 Yard line.
  - a.) Intercepted PAT's cannot be returned. The ball is dead and will be spotted as a change of possession.
3. Safety = 2 points
  - A.) A safety is determined when:
    - a.) The offensive player's flag is pulled (or falls out) in his own end zone.
    - b.) When the offensive player goes out of bound in his own end zone.
    - c.) A Penalty is taken within their own end zone.
4. **Live Ball/Dead Ball**

1. The ball remains live from the snap until the official blows the whistle.
  2. The official will mark the line of scrimmage. Any player that crosses the line of scrimmage before the snap will be called for an off sides. Referees will give both teams one courtesy neutral zone warning to allow players to move back onside before the snap.
  3. A player that gains possession in the air is in bounds as long as one foot comes down in the field of play and he maintains control of the ball. This applies to catching the ball in any part of the end zone.
    - a.) If either foot is out of bounds prior to the catch, the pass is incomplete.
  4. A player is considered out of bounds once any part of him touches a sideline or backline.
    - a.) Once a player is out of bounds, they become ineligible to receive the ball for the duration of the play.
  5. Substitutions may be made only after change of possession.
    - a.) Except in the case of injury
    - b.) Or at the discretion of the referee
  6. Play is ruled ended when:
    1. The ball hits the ground
    2. When the ball carrier's flag is pulled.
    3. The ball carrier's knee or elbow hits the ground.
    4. The receiver catches the ball with one or no flags.
      - a.) Reception is good and ball is marked at the spot of the catch
      - b.) If this happens in the end zone, it is a TD.
    5. The seven second play clock expires. The Seven second play clock expires after the ref reaches "7" and the ball has not passed the line of scrimmage.
    6. An inadvertent whistle is blown. In the case of an inadvertent whistle the offense has 2 choices.
      - a.) Take the ball at the spot when the whistle blew or
      - b.) Replay the down.
5. **Running**
1. The ball is spotted where the runner's feet are when the flag is pulled. Not where the ball carrier has the ball.
  2. Both feet, the ball and both flags must be in the end zone and over the goal line for it to be a TD or a First Down at midfield
  3. A QB cannot directly run with the ball even if he catches a battered ball from his own pass
  4. A QB may handoff or pitch BEHIND the line of scrimmage. The ball must be thrown underhand and behind. Multiple handoffs and option plays are permitted.
  5. Once the QB hands off or laterals the ball, he is then eligible to receive and run with the ball.
  6. **No run zone is located 5 yards before each end zone and the midfield first down. Teams are not allowed to run from these zones.**
  7. Any player who receives the ball behind the Line of scrimmage can only pass behind the Line of Scrimmage
  8. Once the ball has been handed off, all defensive players can rush.
  9. Spinning is allowed but a player may not leave his feet to avoid a flag pull.
  10. No blocking or screening is permitted.
  11. Fumbles are spotted at the spot where the ball hits the ground, or where the players front foot is if he fumbles forward.
  12. If a ball is fumbled in the end zone, it is a safety.
  13. Two players cannot run together with both touching the ball.
6. **Passing**
1. All passes must be from behind the Line of Scrimmage, thrown forward and received beyond the Line of scrimmage.
  2. The QB has Seven (7) seconds to pass the ball or the whistle will blow the play dead and the ball will be returned to the Line of Scrimmage.
  3. If the QB is in his own end zone when the 7-second whistle is blown, the ball will be returned to the Line of Scrimmage and it is NOT a safety or a penalty.
  4. The ball must be snapped between the legs. Shotgun formation is permitted.
  5. No direct handoffs from the QB to the Center. All handoffs must be behind the Line of Scrimmage
  6. If the QB muffs the center snap, he can still pick up the ball and complete the play. He cannot however reach over the Line of Scrimmage and retrieve the ball.

7. No deliberate hard or soft snap counts with intent to deceive the defense. One warning will be given and further attempts will result in a Loss of Down penalty.
8. The Ball must be snapped to the QB standing directly behind the Center.
9. Two forward passes on the same play are not permitted.
10. Spiking to stop the clock is allowed only in the last minute of play only.
11. There will be no intentionally grounding if the ball passes the line of scrimmage.

#### 7. Receiving

1. All players are eligible to receive a pass from another player.
2. Only one player is allowed in motion at a time. All motion must be parallel to the Line of scrimmage and not permitted towards the Line of Scrimmage.
3. A player must have at least one foot in bounds for a reception including the end zone.
4. Simultaneous possession goes to the offense.
5. All interceptions may be returned.

#### 8. Defensive Rush

1. The Defense cannot rush on a pass play until:
  - a.) A hand off, lateral, toss or reverse has occurred.
  - b.) The defense may rush once the ball has left the QB's hand.

#### 9. Flag Pulling

1. A legal flag pull occurs only when the ball carrier has full possession of the ball.
2. No ball stripping at anytime.
3. Defenders may not Dive, tackle, hold or run through the ball carrier.
4. If a flag inadvertently comes out, the ball is marked at the spot of possession. If a flag inadvertently comes out during a run, the ball is spotted where the flag fell out.
5. A defensive player may not intentionally pull the flag of any player who does not have possession of the ball.
6. Flag guarding is not permitted. (An attempt to obstruct the defenders access to the flag by stiff arming or covering the flag in any way.)

## PENALTIES

### 1. General

1. The referee will call all penalties,
2. All penalties will be assessed from the Line of Scrimmage, except noted spot fouls.
3. Games cannot end on a penalty, unless declined.
4. Penalties will be assessed half the distance to the goal when the penalty is more than half the distance to the goal.
5. 7-Second play clock remains in effect until the ball crosses the line of scrimmage.

### 2. All Defensive penalties result in an automatic first down except off sides.

### 3. All offensive penalties result in the loss of down except off sides.

### 4. 5 Yard Penalties:

1. Illegal equipment
2. Off sides (No automatic 1<sup>st</sup> Down or loss of down)
3. Hard or soft counts deliberately used to draw off sides
4. Illegal motion
5. Illegal forward pass
6. Offensive Pass Interference
7. Delay of Game
8. Defense illegal contact (holding)
9. Offensive illegal contact (holding)
10. Defense illegal flag pull (before the player has the ball)
11. Defense illegal pass rush

### 5. 10 Yard Penalties

1. Roughing the passer (Contact with QB before pass)
2. Taunting
3. Defensive Pass Interference

### 6. Spot Fouls

1. Flag guarding – 10 yards & loss of down
2. Charging – 10 yards & loss of down
3. Stripping – 10 yards & First Down
4. Offensive Unnecessary Roughness – 10 yard & loss of down
5. Screening/blocking – 5 yards & loss of down
6. Defensive Unnecessary Roughness – 10 yards & First Down
7. Intentional Grounding – Spot of the grounding and loss of down or safety if in end zone
8. Intentional push out of bounds.



7. **Unsportsmanlike Conduct will result in:**
  1. 15 yard penalty
  2. Possible ejection at discretion of referee

#### CAUTION AND DISQUALIFICATION

- A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.
- B. A player ejected from a game for any reason shall be suspended for the next two (2) scheduled games.
- C. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.
- D. Refer to CYO Rules & Regulations for suspensions of Coach & Spectator

#### LIGHTNING & INCLEMENT WEATHER

- A. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play is suspended, a period of 30minutes after the last thunder heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- B. Contest or CYO officials assume authority for competitions when they arrive on the field. When the officials recognize inclement weather they are duty bound to suspend the game.
- C. Announcements related to the status of competitions will be posted on the CYO website.
- D. Contests that are suspended as a result of inclement weather and cannot be resumed with-in a reasonable time at the same site will be cancelled, unless deemed necessary to reschedule by the CYO Administration.

#### PLAYOFFS

1. All teams make the playoffs in CYO Flag Football.
2. Standings are based on a point System
  - a.) 3 PTS = WIN / 1 PT (EACH TEAM) = TIE
3. **Playoff Overtime Rules**
  1. If a game ends in a tie after regulation, teams will flip for choice of who gets ball first.
    - a.) The Higher seeded team will call the coin toss.
    - b.) Coin toss winner will have the choice to receive or defend.
  2. Both teams will move in the same direction, decided by the referee

3. Each team will get the ball at midfield and will get 3 downs to score.
4. If offensive team scores on the first possession, defensive team will have the opportunity to match or win the game on the next possession.
5. If games remains tied after first set of possessions, process will be repeated a second time.
6. If game remains tied after second set of possessions, Winner will be determined by sudden victory (next team that scores will be declared the winner).
7. An Interception TD on any possession ends the game.
  - a.) An interception that does not result in a Touchdown ends that offensive possession. The ball will be placed at midfield and the other team has the chance to score.
  - b.) A penalty committed by the offense after an interception will be assessed on the next possession.
    8. One additional Time out will be awarded to each team for Overtime.



## BOWLING

#### IMPORTANT DATES:

- Team and Individual entry forms are due on October 3<sup>rd</sup>, 2019
- **Registration and Information Night: Thursday October 3<sup>rd</sup>, 2019 @ JIB Lanes** (67-19 Parsons Blvd, Flushing NY 11365) at **6:00pm to 7:30pm**. (Behind Lanes 35 & 36)
- Ongoing Registration and Free Practice and Training for CYO registered bowlers: Saturdays October 5, 12, 19 and 26 at JIB Lanes 9:30am to 11:30am
- League Play Session #1: Thursday evenings November 7<sup>th</sup>, 2019 – January 9<sup>th</sup>, 2020 (6-7:30pm)
- League Play Session #2: Thursday evenings January 16<sup>th</sup>, 2020 – March 12<sup>th</sup>, 2020 (6-7:30pm)

**\*Complete schedule will be provided prior to start of league play\***

**Rule #1** – Teams will consist of 3 members. Each team will be assigned a volunteer coach who will manage the team practices and oversee competition.

**Rule #2** – Team membership is open to boys and girls ages 8-15. The bowling coordinator and coaches will create fair levels of teams and age divisions for league play.

**Rule #3 - Registration Fee:** Teams of 3 and/or Individual registrations will be accepted. The initial individual registration fee is \$110.00 per bowler, \$330.00 per team entry for Session #1. All participants must be registered with the CYO and have an official CYO membership number. (visit the CYO website, www.cyodob.org, for complete information on the CYO Athlete Membership Policy) Registration for Session #2 will be \$100.00 per returning bowler from session #1 and \$110.00 for new bowlers.

**\*\*Registration Fee for Session #1 includes four (4) weeks of free practice and training prior to the start of league play.**

**Rule #4** – All matches will begin promptly at their designated time. Any player who is not present will forfeit their frames and receive a score of zero (0) until they arrive.

**Rule #5** – Competition consists of COMPETITION FORMAT INFORMATION. That three point scoring system will decide a win, loss or tie for the match. The winning team is 1-0 on the standing sheet and the opposing team is 0-1. If any Match is tied a 1 frame roll off will take place with the total score being declared the winner.

**Rule #6** – All scoring is based on a total pin fall situation (no handicap).

**Rule #7** – The Program Commissioner will manage assigning players to teams in the most balanced way possible. There will be an orientation meeting. At this point the contact information for the players will be given to each volunteer coach in the form of email addresses/phone number from the parents. All weeks of competition will be conducted as round-robin match play.

**Rule #8** – You must have a minimum of 1 player to have a legal lineup. Changes in schedule can be requested but must have the approval of the opposing coach and the commissioner. If an accommodation cannot be made the team that didn't have the legal lineup will forfeit.

**Rule #9** – Baker competition. All 3 players will be assigned a position for the game. BAKER FORMAT INFORMATION. The team on the right lane of the schedule will be the home team and start on the right lane. Lineups can be changed at the beginning of each baker game but the rotation must be the same in the second half of the game as the first.

**Rule #10** – Absentee scores will be allowed when a team has a legal lineup (minimum 1 bowler) but less than a full lineup at the start of any game. In the standard individual team game, the absentee score will be the lowest score from the opposing team minus 10 pins. This, lowest score of the opposing team minus 10 pins will NOT count towards the absent bowlers average. The absent bowler may make-up their missed game for average purposes only if they so choose at a later time.

Absentee scores for baker games will be zero pins per frame for the absent bowlers at the beginning of the game. To calculate the absentee score in the baker games, the team shall take zero for the first 3 frames of the game where an absent bowler exists.

For example, if there is one bowler missing from a three person lineup, then the team must take zero for the first three frames. The game would then finish with the players rotating in the normal baker fashion until the game is completed.

Example of scoring with one missing bowler:

0	0	0	9 /	X	9 /	X	9 /	X	9 /	X
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**Rule #11** – If there are an odd number of teams in the league, a vacant team will be created. In order for a team to win a match against the vacant team they must bowl within 30 pins of their average for the team (individual) game and 10 pins within their teams baker average for each baker game. For example if a team averages 400 for their team games, they must bowl at least a 370 for their team game to score a point over the vacant team. If the same team has a baker average of 100, they must bowl a 90 during their baker game to score a point against the vacant team.

**Rule #12** – All other rules not stated above will be at the discretion of the CYO Bowling Coordinator and all USBC Rules will be followed.



## C.Y.O Zero Tolerance Policy

### A. Parents/Spectators

1. May not yell any form of criticism
2. May not make derogatory comments
3. May not use profanity, taunt, criticize, or jeer
4. May not badger, name call, or use foul language
5. May never approach a player, coach, spectator, official, league administrator, or site coordinator at any time before, during, or after a game to question or comment negatively

### B. Coaches

1. May not yell any form of criticism
2. May not make derogatory comments
3. May not use profanity, taunt, criticize, or jeer
4. May not badger, name call, or use foul language
5. May never approach a player, coach, spectator, official, league administrator, or site coordinator at any time before, during, or after a game to question or comment negatively
6. Will respect all game officials and refrain from abruptly questioning their decision. There will be no extensive discussion, comments, or gestures regarding any judgement calls
7. May not approach an official in an abrasive or negative matter at any time before, during, or after a game to question or comment negatively

### C. Game Officials – must pledge to live up to high standards of ethics and training

1. Have sole authority in stopping game when coaches, parents or spectators are displaying inappropriate disruptive behavior that hinders the game. The officials will identify the violator(s) to Site Coordinator(s) for observation and possible removal.
2. If, in the sole opinion of the officials, the situation cannot be remedied by removal of offending person(s), the game will be stopped and the offending team will forfeit.
3. Encourage good sportsmanship by demonstrating positive support of all players, coaches, fellow officials and CYO administrators at all times.
4. Ensure knowledge of rules of each sport officiated, and apply those rules equitably to all participants, teams, and coaches
5. Will not allow personal friendships and associations to influence any decision or contest
6. Refrain from the use of tobacco and alcohol products when in the youth sports environment
7. Remember that youth sports are an opportunity for children to learn and have fun
8. Place safety above all else
9. Display patience and professionalism in the performance of their duties

### D. Consequences

1. Individuals who engage in the above behaviors will be subject to immediate ejection from facility/property
  - a. Individuals ejected from a site, will be suspended as stated in the CYO Rules and Regulations. **The suspension must be served immediately.**
  - b. Individuals ejected from a second game will serve a year suspension from all CYO property and events
  - c. If the ejected individual chooses not to leave the facility/property when asked, the authorities will be called to have the individual removed

### E. Site Coordinators

1. Responsible for supporting game officials' decision 100% by:
  - a. Removing coaches from games
  - b. Observing parents/spectators at all times and when directed to Making decisions to remove parents/spectators when violating the Zero Tolerance Policy.

### F. CYO will not tolerate any abusive behavior toward players, officials, coaches, site administrators, league officials and other spectators