

# **CATHOLIC YOUTH ORGANIZATION ARCHDIOCESE OF KANSAS CITY IN KANSAS ATHLETIC PROGRAM**

\*changes for 2016-2017 are indicated in green

## **ARTICLE I – PURPOSE**

**SECTION 1.** The purpose of the athletic program is to help youth grow in the image of Christ through athletic events; to assure its contestants and managers of complete honesty and fair play at all times; to provide proper safeguards for its contestants; and to cultivate the confidence of the general public in the integrity of the contest played under its sponsorship and supervision.

## **ARTICLE II – EXECUTIVE BOARD**

**SECTION 1.** The Executive Board shall serve as final review and decision in disputes involving CYO athletic programs.

## **ARTICLE III – PARISH DIRECTOR OF SPORTS MINISTRY**

**SECTION 1.** Each parish shall have an Director of Sports Ministry. The parish Director of Sports Ministry, whether appointed, elected, hired or volunteered, shall be the official parish representative to the CYO.

- a. The parish Director of Sports Ministry must be a Christian person of good character who:
  1. Has respect for participants under their care as well as respect for other parish Director of Sports Ministry, coaches, participants and officials.
  2. Considers participating above winning
  3. Provides leadership and an example of Christian sportsmanship
- b. Any person convicted of, or pleads guilty or nolo contendere (no contest) to, a misdemeanor or felony shall not be permitted to be a parish Director of Sports Ministry unless approved by the CYO Executive Board.

**SECTION 2.** Directing the parish programs and insuring that the parish is in compliance with the CYO rules and By-laws is the responsibility of the parish Director of Sports Ministry. The parish, to be considered in good standing, is responsible for compliance with all CYO rules and By-laws.

**SECTION 3.** The parish Director of Sports Ministry shall be a voting member of the CYO Parish Director of Sports Ministry Organization. A parish, by Executive Board ruling, not in good standing, may have voting privileges suspended. This includes, but is not limited to, not presenting and/or discussing rule change proposals, and not voting for Executive Board Members. Upon their return to good standing voting privileges will be reinstated.

**SECTION 4.** A parish that is not in good standing may be disqualified as a participating member of the CYO by the Executive Board. A disqualified parish may be reinstated when found to be in compliance with CYO Rules and By-laws.

**SECTION 5.** The parish Director of Sports Ministry shall attend all Director of Sports Ministry's meetings as called by the Executive Director, a maximum of 3 regular meetings each year. In addition, the parish Director of Sports Ministry is required to complete the initial Play Like a Champion "Sports as Ministry" workshop and complete an "advanced workshop" every two years."

**SECTION 6.** The parish Director of Sports Ministry coordinates the sports program on the parish level. The parish Director of Sports Ministry shall have the authority to make decisions concerning who will coach and which team the coach is permitted to coach. The parish Director of Sports Ministry needs to secure and be responsible for coaches of the parish teams. The parish Director of Sports Ministry should make necessary coaching changes when the coach's attitude or actions are not conducive to the CYO philosophy.

**SECTION 7.** Parents enroll participants in a CYO sports program, not for a specific team. The parish Director of Sports Ministry has the authority to make final decisions concerning participants assigned to teams.

**SECTION 8.** The parish and parish Director of Sports Ministry shall provide a gymnasium supervisor for all CYO activities contested in their gymnasium. The supervisor shall be at least 21 years of age. The supervisor will not operate the scoreboard, keep score, work the concessions or take money at the gate (exception if the entire playing floor is visible from the concession area or if the entire playing floor is visible from the table at the gate). The supervisor's responsibility is to supervise and aid in the administration of the contests played in his or her gymnasium. The lack of an adult supervisor may result in a reduction of games scheduled in that gymnasium.

**SECTION 9.** The parish Director of Sports Ministry will receive all schedules, schedule changes, and information concerning CYO sports from the CYO office. It is the responsibility of the parish Director of Sports Ministry to inform his/her coaches and managers of schedule changes and communications that concern his/her coaches and managers.

## ARTICLE IV – PROGRAMS

**SECTION 1.** CYO programs consist of leagues in tackle football (boys only), flag football, volleyball (girls only), cross country, basketball, soccer and track & field. Flag football may be offered between kindergarten and 8th grade, tackle football will be offered in 5th through 8th grades only, and all other sports will be offered for 3rd through 8th grade. High school league programs consist of volleyball (girls only) and basketball for 9th through 12th grades. CYO also offers youth golf tournaments in the summer.

**SECTION 2:** While a student is a member of a CYO athletic squad he/she may not be a member of another CYO squad in the same sport. A squad is considered one team on one roster. (Exception: football may not participate on an outside team or as individual competitor in the same sport.)

**SECTION 3.** The parish must accommodate all students in grades three through eight who register for a program offered by the parish. If a parish does not place all registered participants for a program on one of the parish teams then that parish shall not be permitted to enter any teams in that program in CYO competition; therefore 3<sup>rd</sup> and 4<sup>th</sup> grade participants cannot participate in the 5<sup>th</sup> grade through 8<sup>th</sup> grade program.

The 3<sup>rd</sup> and 4<sup>th</sup> grade program is primarily for instructional purposes; therefore 3<sup>rd</sup> and 4<sup>th</sup> grade participants cannot participate in the 5<sup>th</sup> through 8<sup>th</sup> grade program. The CYO requires that all parishes with multiple teams in 3<sup>rd</sup> grade and 4<sup>th</sup> grade separate those teams as evenly as possible either through evaluation or lottery. Independently formed teams are not allowed.

- a. The parish Director of Sports Ministry shall have the authority to place individuals on teams within the parish to maximize the effectiveness of the program to provide a positive athletic experience for the greatest number of participants in that program.
- b. All 3<sup>rd</sup> and 4<sup>th</sup> grade teams with 6 or 7 players may have players rotate (cannot be the same player every week) between rosters if there are sick or absent players on the team. (This way teams with 10-14 players have an option to split teams and allow the children more playing time in the instructional level).
- c. If the parish offers a football program and does not have enough participants registered for individual grade teams then the participants may be combined into a third/fourth grade team, fifth/sixth grade team or seventh/eighth grade team. Students shall be permitted to play up one grade ONLY. (A fifth grader may play on a sixth grade team; a sixth grader may play on a seventh grade team but not a seventh/eighth grade combination team nor an eighth grade team. A seventh grader may play on an eighth grade team.) A student(s) may play down one grade by approval of the director.

If a parish has fifteen (15) participants or less in a grade level then that parish shall have the option of combining grade levels as stated above.

**OR**

The parish Director of Sports Ministry may submit a proposed plan of where the participants will be assigned to another parish to compete within participants' grade level.

The proposal must be in writing, contain the names of the participants and have the approval of the parish Director of Sports Ministry of all parishes involved. The proposal must be submitted to the CYO office on or before the date specified on the official CYO calendar for football player request to be assigned to an outside team.

The proposal should include information to help the committee make an informed decision. The committee will meet and give a decision within 72 hour. The committee will approve the proposal or reject the proposal.

If the proposal is approved, only the participants listed will be assigned to the outside team. Any other participants from the submitting parish not listed on the proposal shall be placed on outside teams by the CYO director.

If the proposal is rejected then the participants in question will be assigned back to the parish to combine with another grade level or will be assigned to other outside teams by the CYO director. The committee shall be comprised of the CYO director, the parish Director of Sports Ministry representative to the executive board and a member of the executive board appointed by the chairperson. A majority vote is required for approval. The decision of the committee is final.

- d. If a parish offers a basketball or volleyball program, then any combination of third through eighth grades participants shall be permitted to be placed on teams to accommodate all registered participants.
- e. Scores and standings for the third and fourth grade programs will not be recorded or posted by the CYO.

## ARTICLE V – ELIGIBILITY

**SECTION 1.** In order to participate in the athletic program sponsored by the CYO, each member must be registered with the school or parish they represent and the regional CYO Office.

**SECTION 2.** Being registered means that an individual CYO member has on file with the regional CYO Office a completed, current CYO registration/parent release form giving his/her name, address, school or parish, date of birth, and signature of a parent attesting to the physical condition of the member. (Current is a school year that falls within the dates of June 1 through May 31 of that particular school year.) Both the member and the parent must sign the form attesting to the accuracy of the information. A complete official CYO roster form giving the member's name, address, and date of birth must be received by the regional CYO office to complete the registration.

**SECTION 3.** All contestants in the grade school program must be within the age limit as of September 1st of the current school year hereinafter set forth.

- a. Any child who has reached the third (3rd) grade by September 1st of the current school year will be eligible to participate in athletics
- b. In the third grade, a child must not have reached his/her tenth birthday; Fourth grade – Eleventh; Fifth grade – Twelfth; Sixth grade – Thirteen; Seventh grade – Fourteen; Eighth grade – Fifteen.; High School – Nineteen
- c. AGE REQUIREMENT HARDSHIP APPEAL – (exceeding age requirement only) – The Executive Board may waive provisions of the age requirement rule, provided, through a personal interview of the student and parent(s), the following criteria are met:
  1. A maximum of one year (12 months) from (b.) listed above will be considered except for football. Football, there shall be a maximum deviation of 5 months (March 1 in lieu of August 1).
  2. Hardship letter of request must be submitted by the parent(s) and the specific sports must be identified.
  3. Student's physical or mental maturity would not take advantage of or jeopardize the health and safety of other participants.
  4. If the executive board declares the student eligible, he or she shall be eligible upon notification and ONLY for the sports programs approved.

**SECTION 4.** All contestants participating in the grade school CYO program must be members of the parish or attend the parish school of the parish they represent.

- a. For Territorial Parishes, those residing within the boundaries of the parish
- b. For National Parishes, those of the particular nationality who reside within the diocese and are not subject to boundaries.
- c. If a player starts the schedule with a parish team and later moves out of the parish, then he/she may complete the season with the parish provided he/she has played at least three games while still a resident thereof, or he/she may transfer to the team of his/her new parish.
- d. If a student(s) and parent(s) are not members of the parish or the student(s) does not attend the parish school but the parent(s) is employed by the parish, the parent(s) may seek a waiver of the parish membership or school attendance requirement by appeal to the Executive Board. The parent(s) must submit in writing the request to the executive board. Any student declared eligible shall be considered in attendance of the parish school and/or a member of the parish in which the parent(s) is employed.
- e. **If a student is not a registered member of the parish or parish school, he or she may still participate in CYO as an "Unaffiliated Participant" provided the following requirements are met:**
  1. **The child is sponsored by the parish, meaning that he or she is approved by the Pastor and Director of Sports Ministry (Athletic Director) to be placed on a parish team.**
  2. **The child or parents/guardians must live within the boundaries of the parish sponsoring that child or have an alternate parish approved as part of the application and review process (below).**
  3. **The child/parents complete the application for unaffiliated participation as provided by CYO online or via hard copy. Application must include signature approval by the Director of Sports Ministry and Pastor of the sponsoring parish.**
  4. **The application must be approved by the Faith & Spirit Committee of the CYO Executive Board. This approval may be done buy electronic means, or the Committee may request an in-person hearing if necessary."**

**SECTION 5.** Any child who otherwise meets all requirements of eligibility but is prohibited from competing due to the failure of his/her parish to field a team may submit his/her name to the CYO office for assignment to another parish team for competition before deadlines for each sport as set forth by the Executive Board and shown on the official CYO calendar.

- a. A student assigned to an outside parish for participation is considered a member of that parish only for the activity requested and granted for the remainder of his or her elementary school CYO participation. If the parish in which the student is a member and or attends the parish school provides a team for the student to participate; the student will have a one-time option to remain with the assigned parish or return to the student's home parish.
- b. For participation in the CYO Football program, individuals joining outside parish teams or parishes combining to form a team shall occur at the discretion of the Executive Director and require his or her consent in addition to the consent of both parish Director of Sports Ministry involved. These situations will be reviewed to assure that a move is made in the best interest of the child and is appropriate based on geography, parish/team composition and any extenuating circumstances. Children beginning play on an outside parish team during their first year of participation shall thenceforth have the option of participating with that team during the remainder of his or her participation in that CYO sport. Should participants' original parish field a team in subsequent years; the participant(s) shall also have a one-time option to return to that team that shall be binding in future years.

## **ARTICLE VI - GENERAL RULES OF COMPETITION**

**SECTION 1.** Junior high school rules in the state of Kansas are used as guidelines to be followed in the grade school programs, except where provisions may conflict with the conditions which cannot be overcome without undue hardship to any team or official.

**SECTION 2.** Senior high school rules in the state of Kansas are used as guidelines to be followed in the high school programs, except where provisions may conflict with the conditions which cannot be overcome without undue hardship to any team or official.

**SECTION 3.** Any player, manager, coach or spectator ejected from any contest sponsored by the CYO for assaulting physically or verbally, or in an obscene manner any other player, manager, coach or official, will be automatically suspended. The suspended person must appear before an appropriate committee of the Executive Board to seek reinstatement. The suspended person must be granted a hearing within ten (10) days following the request.

**SECTION 4.** Any player, manager, coach or spectator who is ejected from any contest sponsored by the CYO for any reason other than stated in Section 3., shall be suspended for one (1) game. Being suspended includes not attending any CYO sponsored contest for the week the suspension is in effect.

- a. **APPEAL:** If a player, manager, coach is suspended he/she has the right of appeal. The notice of appeal must be received in the CYO office not later than noon on the Tuesday following the ejection. The suspension shall NOT be imposed until the appeal has been heard by the protest Committee. The decision of the protest committee is not limited to a one (1) game suspension and is FINAL. **EXCEPTION:** No appeal granted for volleyball or basketball tournaments.

**SECTION 5.** The CYO prohibits the use, sale or possession of alcohol, cereal malt beverage, illegal drugs or narcotics while a member of a CYO team. Any player, manager, coach or parent using or in the possession of alcohol, cereal malt beverage, illegal drugs or narcotics while in the area of members of a CYO team practicing or competing in a contest will be liable to suspension from the CYO.

**SECTION 6.** The CYO prohibits the use of any performance enhancement drug or medication by any player, except prescribed as medically necessary by a medical doctor. Violators are subject to suspension from the CYO.

**SECTION 7.** Teams dropping out: If any team drops out of the league or is suspended from competition, games played by such teams will be treated as follows:

- a. All completed rounds or scheduled games will stand as played – this includes forfeitures.
- b. Should a team drop out before completing a specific round of play, all games in the round will be declared victories for the scheduled opponents.
- c. All scheduled games forfeited will be liable for forfeiture fine of \$50 per contest.

**SECTION 8. SUPERVISION:** It is required that every CYO team be accompanied to all competition by a coach or adult supervisor who shall be responsible for the team conduct and the conduct of the team members' parents and followers. The absence of the adult supervisor is not grounds for protest. However, lack of supervisor, and/or unsportsmanlike conduct by the coach, players, players' parents, or team followers will make the group liable to suspension. An adult is defined as someone 21 years of age.

**SECTION 9. POSTPONEMENTS:** When it becomes necessary to postpone any scheduled contest sponsored by the CYO for any legitimate reason, it is the responsibility of the team representative, seeking the postponement to contact the CYO director as well as the opposing team's representative, at least 24 hours in advance of the scheduled contest. The postponement shall be effective only upon agreement of both teams' representatives and the approval of the CYO director. The spiritual directors, managers or team representatives are the only persons who shall be recognized as qualified to request the postponement. Disagreement as to postponement must be submitted to the CYO director for decision.

- a. All postponed contests must be played within seven (7) days of the original scheduled date. Results must be received in the CYO Office seventy-two (72) hours after the completion of the contest. The two teams involved must make arrangements for game site, officials, and other necessary personnel. The two teams involved are responsible for payment of officials, and all other expenses for the postponed contest. If the above arrangements are not fulfilled, the two teams involved will each be awarded a loss by forfeit and be charged the minimum per team forfeit Fine.

**SECTION 10. CHEERLEADERS SHALL NOT BE ADMITTED TO ANY CYO SPONSORED ATHLETIC CONTEST.**

**SECTION 11. UNIFORMS:** Legal uniforms as prescribed by the NFSHSA are required with the following exceptions. Only school or parish names or logos are permitted on team uniforms at the grade school level of competition. Teams who have purchased uniforms before rule changes may compete with those uniforms until uniforms need to be replaced based on budget. High school teams shall have **ONLY LEGAL NUMBERS** on uniform shirts.

- a. Legal basketball uniforms are considered legal volleyball uniforms and legal track uniforms.
- b. Uniform shorts are to be loose fitted and of an appropriate length. Compression shorts, bun huggers, etc. shall not be used as uniform shorts. Legal compression shorts may be worn under uniform shorts.
- c. **GIRLS' TANK TOPS:** If the uniform shirt worn by a female athlete is of the tank top style (boys or girls style) a t-shirt must be worn (this is for modesty reasons). The t-shirt must be white, short sleeve, crew neck and completely unadorned.
- d. Boys undershirt must be legal (NFSHSA) with the exception that white or same color undershirts are acceptable. All team members with undershirts must have the same color.
- e. **COLOR OF JERSEY:** It is recommended that each team is to provide two jerseys – one white and one solid color. Teams shall wear these jerseys as described below. Any team that fails to comply with this regulation shall be required to change into whatever is available at the gym. If both teams have solid colored jerseys and the officials can distinguish between teams, no change is required.
  - CYO Football – During the regular season, the team listed as the home team shall wear the solid colored jersey. The team listed as the visiting or away team shall wear the white jersey. During playoffs, the higher seeded team shall wear the solid colored jersey with the lower seeded team wearing the white jersey.
  - CYO Basketball and Volleyball – During the regular season, the team listed as the home team shall wear the white jersey. The team listed as the visiting or away team shall wear the solid colored jersey. During tournaments, the higher seeded team shall wear the white jersey with the lower seeded team wearing the solid colored jersey.

**SPONSORS:** Allow sponsors to help pay for equipment/uniforms by having banners in their own gym. This has to be approved by the head priest of that parish and the company must have CYO values.

**SECTION 12. SIGNS, POSTERS, BANNERS PROHIBITED** – The CYO prohibits the display of signs, posters; banners at all CYO sponsored contests. Violations of this rule will make the group liable to suspension and/or forfeiture of contest.

**SECTION 13. BEING SUSPENDED** includes not attending any CYO sponsored event while the suspension is in effect.

**SECTION 14. TAUNTING** – During a CYO contest, when the ball is alive or dead and/or if the clock is running or stopped, players on the playing surface or team bench area, are prohibited from using organized chants or cheers in unison by team members that might be construed as TAUNTING. Coaches who permit his or her team to engage in such organized chants or cheers by team members during a contest are liable to suspension.



**SECTION 15.** The CYO athletic program does not permit girls and boys to compete with or against one another.

**SECTION 16.** NO REFUND OF PLAYER'S FEE OR TEAM FEE after a team has been entered in a program and fees have been paid. (Refund of fees due to game cancellations beyond the control of the CYO shall not be granted) (Exceptions for the grade school basketball program: If a total weekend of games is cancelled due to inclement weather the games will not be rescheduled and the post season tournament fee will be reduced \$25). If a player is found to be ineligible, the player fee is forfeited to CYO. The parish shall be assessed a \$50 fine for each ineligible participant.

**SECTION 17.** The CYO will make every effort to provide the maximum amount of games possible for each parish team within its respective season; this is not always possible due to league size, weather, or other factors beyond CYO control. The following are the minimum number of regular season games/matches guaranteed to be scheduled by CYO for teams in each sport:

- Basketball – 6 games
- Football – 6 games
- Volleyball – 12 matches
- Track – 3 meets

A game is considered a single contest between two teams. A match is considered a set of three games played in sequence between two teams. A game/match scheduled but forfeited still applies to this guarantee.

**SECTION 18.** In order to be considered for participation in a CYO league, **all participants must be registered online by 11:59pm on the date that rosters for that sport are due to the CYO Office. This date will be set by the CYO Office and be posted online and communicated to Directors of Sports Ministry. Parishes must submit all teams, rosters, gym availability and schedule requests by 11:59pm on this date. Participants not registered by this deadline shall be assessed a late registration fee of \$25 per child. Teams and requests not submitted via the official team form by this deadline will not be considered for participation.**

#### **EXCEPTIONS**

- a. Any child who becomes a new member of a parish or school during the season and is otherwise eligible based on the Rules of Competition shall be allowed to participate. The student must be submitted to the CYO office for approval.
- b. The Executive Director may grant permission to individual participants for registration up until the second date (week) of competition for that sport. A request for this late registration must be made in writing by the parish Director of Sports Ministry and be received by the Executive Director no later than the regular season start date for games. Once the second game has been played, no exceptions shall be made.
- c. For CYO Grade School Basketball competition only, the Executive Director shall have the authority to grant exceptions for late registrations up until the Friday prior to the final preseason game. Any request for late registration must be received in writing from the parish Director of Sports Ministry. Exceptions will generally be granted only in extreme circumstances or medical hardships. No exceptions shall be made after the final day of competition in the preseason (i.e. the Sunday of the third week of preseason competition).

**SECTION 19.** Video of CYO contests shall not be taken by a person who is not a coach of one of the teams involved, a parent or otherwise related to one of the game's participants, or an administrative member of the CYO Office. This video is to be used for personal use only and cannot be used for competitive purposes unless it falls within the parameters for video sharing as outlined below:

- Video Sharing: Film of CYO contests may be shared for competitive purposes provided that video was taken by a coach or "representative" of the team participating in filmed game and is shared with an opposing coach following the same guidelines. A "representative" shall be considered any person filming a game at the request of the coach of a team participating in that game.

At no time shall any videos be shared in a public forum without the written consent of the CYO Office and subject to parents of all children involved. As such, all game film should be shared via secured channels accessible only to the two coaches exchanging film.

**SECTION 20.** For all basketball and volleyball competition, a player shall be allowed to participate as a substitution for another team at his or her parish provided that team participates at the same or higher level of competition. Players shall not be allowed to participate with a team at a lower level of competition. A player can only substitute on a given team once per season, including tournament play. "Once" shall be defined as a single day of competition and may include multiple matches if occurring on the same day. A team shall only be allowed a substitute player if they have less than six "rostered" players available in basketball or seven "rostered" players available in volleyball (i.e. teams using a substitute may have no more than one bench player including the sub(s). A minimum of three players from the original roster must be present for the game to take place. An individual may participate as a substitute on multiple teams throughout a season, but only once per team. EXCEPTION: While third and fourth grade players are restricted to being rostered only at the third and fourth grade level, a fifth grade team may be allowed to use fourth grade player(s) as a substitute a maximum of two games during the season (above rules apply to individual). Third and fourth grade players are otherwise restricted from being used as substitutes on a fifth through eighth grade team.

**SECTION 21.** All coaches, parents and players must adhere to the *CYO Concussion Management Protocol* as outlined in the document/policy with that name online. Any athlete exhibiting signs, symptoms or behaviors of a head injury shall be immediately removed from a practice or game and enter into the guidelines and process outlined in the *CYO Concussion Management Protocol*.

**SECTION 22.** In order to be considered for league schedules in CYO programs, all schedule requests must be submitted by Directors of Sports Ministry by the date that rosters are due to the CYO Office (Exception: requests for CYO Basketball Regular Season may be submitted by Friday of the final week of the preseason). Though every attempt will be made to accommodate these requests, parish and school conflicts will be given priority over those of individual coaches, players or other team requests. Once this deadline has passed, only unforeseen parish or school conflicts that arise will be considered for rescheduling games. Cancellations or schedule changes due to weather will be the only other exception.

## **ARTICLE VII – FORFEIT**

**SECTION 1.** A parish unit will forfeit all contests in which an ineligible contestant has participated. Each parish moderator, manager, coach or adult advisor is responsible for the eligibility of his/her own participants. All ineligible players and all adults who allow them to compete will be liable for a one year suspension.

**SECTION 2.** Unless otherwise noted, forfeit time will be 15 minutes after the scheduled starting time. A team that waits past the forfeit time for its opponent may not use lateness as grounds for protesting the results.

**SECTION 3.** Only the CYO Director may authorize postponement of scheduled games.

**FORFEIT FINES:**

- a. Minimum fine of \$50 if contest is forfeited at least 72 hours notice before scheduled contest.
- b. \$75 fine, less than 72 hours notice or an attempt is made but does not have enough players or is past forfeit time and forfeits a scheduled contest.
- c. \$100 fine is charged to any team that does not show for a scheduled game and the team is charged with a forfeit.

**SECTION 4.** Volleyball and basketball teams with fewer than eight participants on their official CYO roster will incur the following fines for three categories: (a.) \$75, (b.) \$125, (c.) \$150.

**SECTION 5.** The parish Director of Sports Ministry of a team that forfeits a scheduled game shall be notified by mail that a team in his/her parish has forfeited a scheduled game. The parish Director of Sports Ministry will have 10 days from receipt of the letter to pay the fine that was levied or request a hearing. In the event the parish Director of Sports Ministry takes no action, all future contests that the CYO parish teams participate in shall be forfeited.

## **ARTICLE VIII – PROTEST**

**SECTION 1.** If, for any reason, during the course of a contest, the coach of either team involved wishes to protest the performance of the contest, he must inform the official in charge that he/she is protesting the contest. The coach must indicate, in writing, on the back of the score sheet, the reason for the protest. The coach and the official in charge must affix their signature on the score sheet indicating that the reason for the protest is clear. The protest must be made during the course of the contest. A protest made after the conclusion of the contest is not valid.

**SECTION 2.** Protest must be submitted in writing to the regional CYO director within 48 hours after the completion of the contest involved. If submitted by mail, the protest must be postmarked within the 48 hour period. A \$25 deposit must accompany the written protest. If the protest committee judges in favor of the protest, the \$25 will be returned. If the protest committee judges against the protest, the CYO will retain the \$25.

**SECTION 3.** The protest may be submitted only by the coach and must be signed by the parish Director of Sports Ministry. The one submitting the protest must, in the original letter, enumerate all the grounds on which they are basing their protest and indicate all the facts and information they have to support their claim. Decision will be given only on the grounds mentioned in the letter.

**SECTION 4.** When a protest is received, the opposing team will be immediately informed and will have 48 hours in which to submit an answer.

**SECTION 5.** By the very fact of submitting a protest, the protesting group agrees to abide by the decision of the protest committee.

## ARTICLE IX – COACHES

In response to the United States Catholic Conference of Bishops' Charter to protect children, the Archdioceses of Kansas City in Kansas requires that all adults, both employees and volunteers who work with children must undergo VIRTUS, Protecting God's Children, awareness training. This includes all coaches, assistant coaches and coaching volunteers at any CYO practice, game or sponsored event. Any game played whose team has any coaches not VIRTUS trained will cause that team to be disqualified from further participation until such time when these requirements are met.

**SECTION 1. QUALIFICATIONS:** All CYO coaches must be Christian people of good character who: 1) have respect for the participants under their care as well as respect for other coaches, participants and officials; 2) consider participating above winning; 3) provide leadership, and an example of Christian sportsmanship.

**SECTION 2.** Any person convicted of, or pleading guilty or nolo contendere (no contest) to, a misdemeanor or felony shall not be permitted to coach unless approved unanimously by the CYO Executive Board.

**SECTION 3. HEAD COACH:** The head coach must be an adult at least 21 years of age. The head coach is that person who has the responsibility for the team. The head coach is that person who is present nearly all of the time the team is together. Assistants to the head coach are the head coach's responsibility and should be secured by the head coach keeping in mind the qualifications for all CYO coaches.

**SECTION 4. HEAD COACH MUST ATTEND THE PLAY LIKE A CHAMPION PROGRAM AS REQUIRED BY CYO.** All head coaches must complete the Play Like a Champion Today "Sports as Ministry" program in order to coach a CYO team. Head coaches must complete the initial "Sports as Ministry" workshop and complete an "advanced workshop" every two years in order to maintain eligibility. Coaches who do not attend the workshop will not be allowed to coach a CYO sponsored team.

- a. **FOOTBALL COACHING REQUIREMENT:** In addition to Play Like a Champion requirement for head coach, all CYO Tackle and Flag Football coaches, including assistants, are required to complete and maintain a minimum "Level 1 Certification" from USA Football. Level 1 Certification may be attained through a USA Football Coach Membership and completion of the Level 1 Certification requirements. Scholarships are available to cover the \$25 membership cost, please apply through the CYO Office.

**SECTION 5. MANDATORY PLAYING TIME:** It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported.

### **MINIMUM PLAYING TIME:**

- **FOOTBALL:** In third and fourth grades, all playing time shall be divided equally among participants. This is understood to mean that all players shall play at least thirty of the games sixty plays. In fifth through eighth grade, all players shall play at least 18 plays (kick off and extra point try and free kicks count as plays). Exception: For all CYO Football leagues (3-8th grade) a team with 24 or more players on their roster who has 24 or more players suited up and physically able to participate shall have a 25 play minimum for third and fourth grades and a 14 play minimum for 5-8th grades.
- **VOLLEYBALL:** In third and fourth grades, all playing time shall be divided equally among participants. In fifth through eighth grades minimum playing time shall be 12 minutes of the entire match or 18 points of one set.
- **BASKETBALL:** In third and fourth grades, all playing time shall be divided equally among participants. In fifth through eighth grades, minimum playing time is 6 minutes of a game.

**SECTION 6.** Any coach who removes his team from competition before the end of the contest is liable to suspension and must appear before the protest committee before the next scheduled contest to show cause. The protest committee will recommend disciplinary action, if any, to be taken to the CYO Executive Board. The CYO Executive Board will make final decisions regarding disciplinary action. If the coach fails to appear, he or she is automatically suspended and cannot coach in the CYO athletic program until he or she is reinstated by the CYO Executive Board. Any contest which involves a suspended coach will result in forfeiture for that team. Any further action, which might result in the suspension of a team, must be taken by the CYO Executive Board.

**SECTION 7.** It is the coaches' responsibility to lead or appoint a team member or assistant coach to lead a prayer before each contest that his/her team is listed last on the schedule. At the beckon of the official or officials, coaches of both teams are to bring their entire teams to the side of the field or playing floor where spectators are located. A coach or coaches will ask the crowd to stand and pray along with teams, then commence team prayer. When the prayer is completed, coaches and substitutes will return to their respective sidelines or benches, leaving starting teams with the officials to begin the contest.

**SECTION 8.** Any coach who does not enforce special CYO rules, which are exceptions to the National Federation of State High School Associations Rules, for his /her team shall be liable to suspension. It is unrealistic to expect officials to know and implement our special rules one hundred percent of the time. Any coach who claims that he/she did not know the rule or misunderstood the rule is liable to.

## **ARTICLE X – OFFICIALS**

**SECTION 1.** When the contest is about to start, the officials are to beckon both teams with their coaches to the center of the field or court. The officials are to stay with the teams while the team listed last on the schedule leads both teams in prayer. When the prayer is completed, the coaches and substitutes leave the field or floor and the officials along with the starting teams begin the contest.

**SECTION 2.** If an official ejects anyone from a game for any reason, the official is required to state the reason for the ejection on the score sheet. The word ejection should be written on the score sheet. The reason should be explained at length, stating the particulars of the incident so appropriate action may be taken to insure that the incident is not repeated in the future. The CYO director should be notified by phone as soon as possible after the conclusion of the contest at (913) 396-2277. (Leave a message on recorder if director is not available.) All Officials of the contest shall submit a written statement of their observation of the action that preceded the ejection and any actions that followed the ejection to the CYO director within 48 hours of the conclusion of the contest. The statement may be faxed to 913-384-5204.

**SECTION 3. PROTEST:** Officials are required to give the coach protesting the contest the time necessary to write the reason for the protest on the back of the score sheet. The official shall read the statement and shall sign below the coaches' signature indicating that you are aware of the reason for the protest.

# **FOOTBALL**

**CYO programs consist of leagues in tackle football (boys only), flag football, volleyball (girls only), cross country, basketball, soccer and track & field. Flag football may be offered between kindergarten and 8th grade, tackle football will be offered in 5th through 8th grades only, and all other sports will be offered for 3rd through 8th grade. High school league programs consist of volleyball (girls only) and basketball for 9th through 12th grades. CYO also offers youth golf tournaments in the summer.**

The National Federation of State High School Associations' Rules will be used to govern play. The following exceptions have been approved by the CYO:

1. A Minimum of 15 players is required to enter a team in the CYO football program.
  - a. 10 minute ON FIELD warm up before every football game.
2. All games shall be started at the scheduled game time (except when unusual circumstance may dictate). The team listed as the home team on the schedule shall occupy the sideline opposite the press box or bleachers/primary viewing area; this team shall be responsible for leading the prayer before the game and for supplying the chain crew made up of three people 16 years of age or older.
3. Prior to the first game, each team will submit an official roster to the CYO Office that contains each player's name, jersey number, and official weight, with an "X" clearly marked next to any player exceeding the weight limit. A copy of this exact roster must be exchanged prior to each game by opposing head coaches and submitted with the play count sheets and score sheets following each game. Any changes made from the original roster should be clearly noted with the reason for that change listed next on the roster. If rosters are not exchanged, the referee shall not begin the game.
4. The game shall be divided into four quarters. For 7th and 8th grades, each quarter will consist of twenty-two (22) plays from scrimmage. For 5th and 6th grades, each quarter will consist of eighteen (18) plays from scrimmage. A play shall be counted each time the ball is snapped from center from scrimmage; exclusive of kickoffs (including a free kick following a safety); and a try for extra point following a touchdown. The snap of the ball on the last play of the quarter equals time expired.
  - Teams will have a 30 second play-clock at all levels of play.
5. Qualified persons (one from each team) working in unison, shall perform the following duties: 1) Record the number of plays in each quarter. 2) Inform the officials when a quarter is completed. 3) Record all scores. 4) Be responsible for score sheet being turned in at the concession stand, promptly after conclusion of the game.
  - a. Playcounter for each team must be together and located in score booth at every football game. Playcounts will be tracked on scoreboard so that everyone knows what is going on. Playcounts can be tracked in the "ball on" or "to go" spot on almost every scoreboard. In the event that a facility cannot provide a scoreboard it will be kept on the field like in the past. Play and score sheets will be filled out as currently stated.
6. At least one qualified adult person present on the team's sideline shall complete the official individual play count sheet for all players. The purpose of this form is to keep accurate count, of the plays each player participates, in order to comply with the minimum playing time rule. The head coach is responsible for the individual play count form being completed and given to the field supervisor (form to be turned in at the concession stand if field supervisor is unavailable). Failure to submit completed form in a timely manor after the game will result in a warning. The second offense will result in a one game suspension.
7. The intermission between the second and third quarter shall be seven minutes, with the third quarter beginning 10 minutes after the end of the second quarter. (Seven minute half – three minute warm up).



- 8. POINT SPREAD: When a point spread of 30 points is reached at the end of the third quarter, or at any point during the fourth quarter, the game shall be stopped and declared complete.**
9. The game shall be considered complete and the results shall stand, if following the first half of play, the CYO director or the game officials stop the game.
10. NO STUNTING allowed by any player within three yards of the line of scrimmage. (Stunting is defined as forward movement by any player within the three yards limit prior to the snap of the ball to gain momentum.) Penalty: FIVE YARD - illegal procedure.
11. ILLEGAL PERSONAL CONTACT – Officials are instructed to use a quick whistle and no player shall:
- a. Grasp an opponent's face mask or any edge of a helmet opening b. Grasp an opponent's helmet to tackle an opponent c. Grasp an opponent's helmet to throw the opponent, who is blocking d. Spear, which is the intentional use of the helmet in an attempt to punish an opponent. (This includes intentional contact with an opponent at the opponents' upper area of the shoulders and the head with the forearms and helmet.)
  - b. PENALTY: a.; b.; and c. 15 yard penalty for the first offense. 15 yard penalty and disqualification for the second offense by the same player. d. 15 yard penalty and disqualification
12. Only football shoes with molded non-removable cleats or screw-in male plastic cleats without metal ends will be allowed. To be legal, cleats must not exceed ½ inch in length and must be made of rubber type synthetic materials that are not abrasive and do not develop a deep, cutting edge.
13. One overtime period shall be played if the game is tied at the end of regulation. If after one overtime period the game is tied, the game shall end and be recorded as tied. Exception – playoff games – play as many overtime periods as needed to declare a winner. The KSHSAA overtime procedure will be used for any overtime period. Third and fourth grades do not break ties.
14. WEIGHT LIMITS: 3rd Grade – 85 lbs.; 4th Grade – 98 lbs.; 5th Grade – 108 lbs.; 6th Grade – 121 lbs.; 7th Grade – 137 lbs.; 8th Grade – 153 lbs.; 3rd -4th Grade Combination – 98 lbs.; 5th-6th Grade Combination 121 lbs.; 7th-8th Grade Combination 153 lbs. Weight Limits will be reviewed every 3 years.
15. All players shall be weighed by the CYO director or his representative at least seven days before the first scheduled game. Each player shall be weighed wearing shorts and shirt for the first weigh-in. Players who are not weighed (wearing shorts and shirt ONLY) shall not be eligible to compete in the CYO football program. For all additional weigh-in, players may wear their football uniform, if they desire, however, each player must wear the minimum of shorts and shirt.
- a. In order to be eligible for participation in CYO Football, all players must be weighed in by the CYO office prior to the first CYO Football contest in a given season. For most seasons, this date will be the Thursday immediately following Labor Day. Failure to be weighed in by this date will forfeit the individual's ability to participate during that season.
16. Parish Director of Sports Ministry shall be notified at least 24 hours before their parish is to report for the weigh-in. Parish Director of Sports Ministry, or their representatives, shall attend and shall be the only parish representative present in the area that the weigh-in takes place. Several parishes may be assigned the same day and location for their weigh-in.

17. Players who weigh less than 10 pounds under the weight limit at the pre-season weigh-in will be weighed at the scheduled re-weigh. This re-weigh will be scheduled for the week immediately preceding the beginning of the CYO Football Playoffs, with only participants on teams included in these playoffs required to attend. The time and date of this weigh-in will be determined by the Executive Director and communicated to parishes within a reasonable amount of time prior to the re-weigh. In addition, with reasonable cause, the Executive Director reserves the right to call one additional, unannounced re-weigh at his discretion. Any player exceeding the weight limit at any weigh-in shall be restricted as stated in Sections 20, 21, 22 and 23 for the remainder of the season.
  - a. **Participants who weighed the following amounts during the initial preseason weigh in must re-weigh as described above: 5th Grade - 99-108 lbs; 6th Grade and 5/6th Grade - 112-121 lbs; 7th Grade - 128-137 lbs; 8th Grade - 144-153 lbs; 7/8th Grade - 144-153 lbs.**
18. If a player has been weighed, and the parish Director of Sports Ministry agrees to enter a parish team in a lower weight class, players are not entitled to a re-weigh, if the player exceeds the lower weight limit.
19. Each team is permitted ONLY six (6) players who exceed the weight limit on the field at any one time.
20. Players exceeding the weight limit shall be restricted to middle line positions (center, guard or tackle) on offense. No player exceeding the weight limit shall play the end position on the line on offense. (illegal procedure calling for a five-yard penalty.)
21. Players exceeding the weight limit shall be restricted to line positions on defense. All linemen on defense are required to be in a three or four point stance prior to and during the snap of the ball. Failure of a player to be down in a three or four point stance shall constitute an illegal procedure calling for a five-yard penalty.
22. Players exceeding the weight limit may kickoff, place kick or punt. They may also intercept passes, receive short kicks and recover fumbles, but UNDER NO CIRCUMSTANCES SHALL THEY ADVANCE THE BALL MORE THAN A STEP BACKWARD OR Laterally to protect themselves. Violations of this rule shall call for a penalty of fifteen yards from the point of possession. The BALL BECOMES DEAD when any player exceeding the weight limit gains possession, other than to be the kicker. Any player exceeding the weight limit playing any other position than those positions set forth shall constitute an illegal procedure calling for a five-yard penalty.
23. Players exceeding the weight limit shall wear a helmet with prescribed CYO marking denoting weight status. Violations of this rule shall make the player ineligible for the contest until the helmet is properly marked. The head coach shall be liable to suspension.
24. A Student may not play/practice for another football team during the CYO football season which is posted on the calendar. If a student is found to be playing/practicing for another team during this period then the TEAM will forfeit all CYO games the individual participated in.

25. Practice information and beginning date for conditioning and practice will be listed on the official CYO calendar and made known to Director of Sports Ministry prior to each football season. Practice shall be considered any time the team is together participating in a football activity and shall include viewing of film, drills, and all other football activities related to the team. Teams in fifth through eighth grades are limited to four practice sessions of ninety minutes each or three practice sessions of two hours each per week. A week shall be defined as seven days. For fifth through eighth grades, drills and activities involving "live" physical contact shall be allowed for a maximum of half of each practice (50%). During the remainder of the time, all drills and activities must be non-contact. A 10-minute rest and refreshment period for all players shall occur at the midpoint of practice time. Third and fourth grade teams limited to three practices of ninety minutes each per week. For third and fourth grade, "live" contact is limited to one-third of practice time (33%). During the remainder of time all drills and activities must be non-contact. For all levels, "live" contact shall be considered any situation where two participants are coming into contact at a speed greater than one-third normal speed. Practice time shall be defined as total practice time for the team. This excludes a live or controlled scrimmage conducted with another team as allowable in CYO rules. Any team found to be in violation of these regulations may be subject to forfeiture of games and suspension or expulsion of coaches and/or Director of Sports Ministry.
26. Coach controlled scrimmages or practice games are permissible only with other CYO teams within the same weight class.
27. The OFFICIAL BALL used for all CYO Football games will be provided by the CYO. Fifth and sixth grades use the Junior ball, seventh and eighth grades use the Youth ball. Teams may choose to use their own ball for their team's offensive possession provided it is the same size and composition as the official CYO ball listed above. If the use of this ball slows the game's progress at any point, officials shall have the right to return to use of the official CYO ball.
28. Official CYO sideline passes are required for sideline personnel. Sideline passes are provided for the head coach, five assistant coaches, one score keeper, and three chain crew (when assigned). The head coach shall be liable to suspension for not requiring all sideline personnel to be in compliance, and anyone not properly displaying such pass may be denied access to the playing field areas.
29. Any appropriate committee to rule on football violations by players, coaches, managers, parents, or officials shall be chaired by a member of the CYO Executive Board and be composed of two members from the Missouri Parishes and the two members from the Kansas parishes. (Total committee of five)
30. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: 18 plays (kick off and extra point try and free kicks count as plays) (EXCEPTION: If a team has 24 or more players on their roster and has 24 or more players suited up for the game and are physically able to participate then 14 plays shall be the minimum) Third grade and Fourth grade – All playing time shall be divided equally among all participants.

31. TIEBREAKERS For football leagues with a playoff that results in a championship game, the following standards shall be used to determine final league standings in case of identical records between two teams:

1. Head-to-head competition during regular season
2. League Record
3. Record against common opponents
4. Coin Flip

Clarification: "League Record" is understood to mean that when two opponents are scheduled to play twice during regular season, the first meeting is considered a part of the league schedule, while the second game is not.

- 32. Parishes that combine kids to create football teams must be created within geographic boundaries and consistent throughout all grades within the parishes. Parishes should be within 12 miles of each other. These parish groups will be decided the Director of Sports Ministry. Exceptions can be made for a school outside a group has a small number of players by the Director of CYO. The Director can place them with a certain group.**

## **VOLLEYBALL**

The National Federation of State High School Associations' Rules, will be used to govern play. The KSHSAA will use rally scoring beginning with the 2003 season. The following exceptions have been approved by the CYO.

1. **COURTS:** All courts approved by the CYO Director shall be noted as legal courts. Seventh, eighth and seventh-eighth grade teams will play on a regulation size court. Third, Fourth, Fifth, Sixth grade teams will play where scheduled. The serving line for the 3rd grade is 15 feet, the Fourth grade is 20 feet, the Fifth grade and Sixth grade is 25 feet. Once the ball has been served, the out-of-bounds marking for that particular court will be used regardless of size.
2. **NET:** The top of the net shall be at least 7 feet from the floor and no higher than 7'4 1/4 from the floor.
3. **VOLLEYBALL:** All Third Grade through Sixth Grade competition shall use the —Volley Lite ball.
4. Clean non-marring tennis shoes are required.
5. **SCOREKEEPING:** One person (Preferably an adult) from each team shall be seated at the scorer's table and jointly keep score. The referee is the official timekeeper. The official may use the official scorers to keep time.
6. **FORFEIT TIME:** Game time is forfeit time for the first game of the match. If the team fails to be ready for play fifteen minutes past scheduled game time then the entire match is forfeited. (If team shows before fifteen minutes past scheduled game time, begin game number two. **EXCEPTION:** For Tournaments only, scheduled game time is forfeit time for the entire match.
7. **LIBERO PLAYER** will not be used.
8. **COACHES NOT PERMITTED TO STAND** other than 12-2-5, items a through e and 12-2-6, items a through c.
9. **WARM-UP** – Six minutes shall be allowed for warm up before the beginning of each match.
10. **FREE SUBSTITUTION:** But only in positions 4, 5, 6 – only injury substitutions will be permitted in positions 1,2, and 3. **INTERPRETATION:** With approval of the official, when the ball is dead, if the team must rotate before the next serve, then rotation must take place before substitution can occur. The team not required to rotate may substitute when the ball is dead with approval of the official.

### CLARIFICATION OF FREE SUBSTITUTION RULE

Server				
INJURY SUBSTITUTION ONLY	Right Back 1	Center Back 6	Left Back 5	FREE SUBSTITUTION AREA ONLY
	Right Front 2	Center Front 3	Left Front 4	
FREE SUBSTITUTION AREA ONLY	Left Front 4	Center Front 3	Right Front 2	INJURY SUBSTITUTION AREA ONLY
	Left Back 5	Center Back 6	Right Back 1	
Server				

11. LENGTH OF MATCH: **A “match” shall be defined as the entire contest between two teams, where each match will consist of three “sets”.** In fifth through sixth grade, each set will begin at 0 and be played to 25 points or 15 minutes, whichever comes first. Seventh and eighth grade will play three sets, with no clock. The first two sets of a match in seventh and eighth grade will begin at 4-4 and be played to 25, with the third set begun at 0 and played to 15. (NOTE: Winning team does not need a two-point advantage – one point advantage is all that is required). Third and fourth grade match will consist of three sets. Each set will be 15 minutes regardless of the score.
  - a. If the official has signaled for serve before time has expired, the that serve must be played.
  - b. After a time-out, the clock will start when the ball is contacted for serve.
12. END OF GAME RULING: To end a game, time must have expired and the ball must be dead.
  - a. INTERPRETATION: When time expires, the game continues until the ball becomes dead. Point scored on this play is counted. NOTE: Teams need not win by two points. One point is sufficient.
13. TIE SCORE: Sudden death period will go into effect. The game shall continue untimed. The service rotation must be maintained. The first team to score two untimed points shall be declared the winner. NOTE: need not win by two points, one point is sufficient. Third and fourth grade will not break ties.
14. Third and fourth grade server is limited to five consecutive points. After the fifth point the official shall award a side out. (Five points reported to the official by the scorekeepers.)
15. DETERMINING STANDINGS: Each game will count one point and the winner of the match will be awarded one point. Each match will have a possible 4 points. Example: Team A wins first and second games, Team B wins third game. Standings - - Team A 3-1 Team B 1-3
16. CITY TOURNAMENTS: All teams shall be automatically entered into the end of season tournament. The tournaments shall guarantee each team two games with a single elimination style bracket determining champion. A seeding committee will place the teams into tournaments. The committee will decide how many divisions, and which teams are placed in which division. All committee decisions are final (see Bylaws for committee details). Teams may elect not to participate in the tournament with no fines for forfeiture provided that the director is notified no later than Noon the Friday before the 5th week of regular season league play.
17. NO TIME LIMIT FOR TOURNAMENT GAMES – Best two out of three games determines match winner. Games one and two shall be played to 25 points, no cap. Game three shall be played to 15 points, no cap. Winning team must have a two-point advantage
  - a. **Tournament games shall start at a score of 0-0 for all grades.**
18. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: 12 minutes or 18 points of one game. Third grade and Fourth grade – All playing time shall be divided equally among all participants.
19. The 3rd/4th grade volleyball program is designed to be an instructional league to introduce participants to the game.
20. A player is allowed to move up (with the exception of 3rd and 4th grade) and the player can only be moved two times a season. A player can only be moved up if the team has less than one player over the required minimum. The moved player would also be able to play with her assigned team.

21. A CYO Volleyball team shall require a minimum of five players to begin a contest without forfeiture. Should a sixth player arrive after the beginning of the contest, that player can enter the contest in a normal substitution pattern at the next available substitution, provided she is listed on the score sheet prior to the contest beginning. While the team plays with only five players, the team shall lose point and serve each time the 6th participation spot rotates into the service position (position 1, right back per Rule 10).
22. **The first two weeks of the season will be played based on the levels the Parish AD submitted each team to compete at. On the Monday following the end of the second week a seeding committee made up of Director of Sports Ministry (Sports Ministers) or Parish Representatives will meet to seed the teams according to performance in the first two weeks of play. This will be an attempt to fairly place the girls in divisions they can compete well and enjoy the CYO experience. The third week of the season will be played as scheduled from the start of the season and will not count against win/loss record for seeding in the Tournament. Only games played in weeks 4 through the final game will be used to determine tournament rankings.**

# **BASKETBALL**

The National Federation of State High School Associations' Rules will be used to govern play. CYO has approved the following exceptions:

1. One person (Preferably an adult) from each team shall be at the scorer's table and jointly keep score.
2. Time-outs between halves and games will be of five minute duration only.
3. OVERTIME RULING –Grade school only: If the score is tied at the end of the second half, one timed extra period shall be played (three minutes). If the score is tied at the end of the first extra period, the game shall continue with a jump ball at center court. The team that scores first shall be declared the winner. NOTE: All extra periods begin with a jump ball at center court and there shall be a one minute time out between extra periods. EXCEPTION: During tournament play regular overtime procedures will be used.
4. At the following basketball courts, the opposite free-throw line shall be designated as the back court line; St. John's (Lawrence), St. Benedict (All Saints), Queen of the Holy Rosary (John Paul II).
5. FREE THROW LINE: In third through fifth grades only, the free throw line shall be 12 feet from the plane of the face of the backboard. In all other grades the normal free throw line shall be used.
6. FULL COURT PRESS: Rules regarding the ability to employ a full court press are as follows:
  - Third and Fourth Grade – No full court press is allowed at any time. The first and second violations by a team shall result in a warning issued by the official and the ball shall be taken out of bounds by the offensive team at the spot the violation occurred. All further violations shall result in a two-shot technical foul. The technical foul is not charged to any one player or coach and does not count toward team total fouls for the bonus free throw.
  - **Sixth, Seventh and Eighth Grade – Full court press is allowed at any point during competition.**
    - ❖ NOTE: For all grades, once a 15-point spread is reached in the scoring at any point of the game, the team with the 15-point lead will be prohibited from employing a full court press until the margin is once again below 15 points.
  - a. INTERPRETATION: When the offensive team (team A), while in their front court, attempts a try for goal or lose control of the ball and the defensive team (team B) gains control of the ball, the enforcement of the full court pressing rule begins. Team B is now on offense and team A is now on defense. Defensive players are not permitted to full court press and shall not attempt to guard, steal the ball or intercept a pass while that defensive player is in back court.
  - b. The defense shall take positions on the floor on the other side of the mid-court line (offensive team's frontcourt). The defensive team may guard, steal the ball, or intercept a pass provided that the defensive player or players' feet are on the frontcourt side of the mid-court line. Please note that the defense may do whatever is permitted in the general basketball rules provided that the defense is on their side of the mid-court line.
7. POINT SPREAD: Fifth through Eighth Grade School Program – When a point spread of 30 points is reached at the end of the first half, or at any point during the second half, the clock shall not be stopped except for a time out or technical foul (regular timing procedures will not resume if the spread is lower than 30 points after this procedure begins).
  - a. When a point spread of ten points is reached in a third or fourth grade basketball game, the scoreboard in the gym shall freeze and no additional score shall be added for either team until the deficit once again drops below ten points.



8. DESIGNATE BASKETS: The CYO is the game management. The team listed first on the schedule shall occupy the bench on the North or East of the score table. The team listed last on the schedule occupies the bench on the South or West of the score table. (Queen Gym—East bench has South goal first half. West bench has North goal first half.
9. The 7th and 8th grade boys basketball programs shall use the high school boys' size basketball. 3rd – 6th grade boys will use a 28.5 inch basketball. **The 5th - 8th grade girls shall use the high school girls' size basketball (28.5 inch). The 3rd - 4th grade girls use a 27.5 inch basketball.**
10. Use of Coaches' Box: **During play, Head Coaches are allowed to stand briefly (less than 10 seconds) within the limits of the bench (the box) to give instruction to players. When the Head Coach is in or out of the box behaving inappropriately the coaching box rule will be enforced as follows: Technical Foul. Assistant Coaches do not have the same privileges as Head Coaches. Assistants must remain seated during the game. The officials will warn the Head Coach if an assistant is standing in the box. Any subsequent violations will be penalized with a technical foul and an indirect technical foul assessed to the Head Coach.**
11. The 3rd grade program will use a 9 foot goal. Fourth grade program will use regulation 10 foot goal.
12. **Third and Fourth grade games will consist of four 10-minute quarters. All four quarters shall be running clock. The clock will stop for free throws and timeouts ONLY, with the clock restarting after fouls as soon as the children are lined up for the first free throw attempt. Timeouts at this level shall be limited to two full timeouts and one 30 second timeout.**
13. Third and Fourth grade games will be scheduled on the hour. One hour is allotted for each game including warm-up. The game will end when time expires on the game clock or if the allotted time expires, which ever comes first.
14. Man to Man defense is required in all Third and Fourth grade games. No double team defense allowed. The penalty for violation is team warning for the first and second offence. All other offence will result in a team technical foul.
15. Third and Fourth grade – the three point line will not be used. All Field goals will count two points.
16. CITY TOURNAMENTS: All **5th-8th grade** teams shall be automatically entered into the end of season tournament. The tournaments shall guarantee each team two games with a single elimination style bracket determining champion. A seeding committee will place the teams into tournaments. The committee will decide how many divisions, and which teams are placed in which division. All committee decisions are final (see Bylaws for committee details). Teams may elect not to participate in the tournament with no fines for forfeiture provided that the director is notified no later than Noon the Friday before the 5th week of regular season league play. **CYO does not sponsor a tournament for 3rd and 4th grade teams.**
17. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the match. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: six (6) minutes. Third grade and fourth grade – All playing time shall be divided equally among all participants.
18. A player is allowed to move up (with the exception of 3rd and 4th grade) and the player can only be moved two times a season. A player can only be moved up if the team has less than one player over the required minimum. The moved player would also be able to play with his/her assigned team.
19. All gymnasiums shall keep the time and score for games in a place visible to players and coaches of both teams, preferably on a mounted scoreboard. Scores will be kept for all grade levels. For

3rd and 4th grade games, the scoreboard is not to exceed a point spread of more than 15 points at any given time. If a spread of more than 15 points is reached, the scorekeeper should continue to keep the game score on the official scoresheet and the scoreboard shall remain frozen. If the point spread becomes less than 10 points at any time, the score shall once again be kept on the scoreboard.

# TRACK

The track program consists of four weeks (four track meets).

1. WEEK ONE: The total number of parishes will be divided into three groups. One third of the parishes will participate at Ward Field, one third will participate at Miede Field, while the other third will participate at Bonner High School Field. The meets will be on Saturdays and the make-up meets will be on Sundays. Each grade will have their own meet; Fifth grade, sixth grade, seventh grade, eighth grade. If a parish only has limited numbers in a grade group, they may combine for the relays, always participating in the grade level which corresponds with the oldest members of their combined relay team; sixth and seventh grade combined team will compete as seventh grade team. In all individual events all contestants will compete with their own grade group. Ribbons awarded for six places for each track meet. No team points will be tabulated. Class A and Class AA and Class AAA will have no bearing for these meets.
2. WEEK TWO & WEEK THREE - The parishes will again be divided into thirds with one third participating at one of the three tracks. The meets will be conducted as in Week One.
3. RAIN-OUT – All Track Meets stopped because of in climate weather shall be considered complete if half of the session has been completed. Completion of the 400 Meters (440 Yd) is considered half session being complete.
  - a. If one of the three meets is cancelled due to weather, it will not be rescheduled. The city finals will be held as scheduled. If two of the first three weeks are cancelled, one of the weeks will be rescheduled week # 4 and the City Finals will be schedule one week later.
4. CITY FINAL MEET: Students must have competed in at least one (1) of the first three (3) track meets to qualify for the city track meet. (Note: Participation in the Mo-Kan meet does not qualify a participant for the city finals). (EXCEPTION: If one of the first three meets is canceled due to weather then this requirement is waived). The parishes will be divided into Class A, Class AA, and Class AAA for the city final meet. Classes are determined by **parish participation in** grades five through eight. (Class AA and AAA race distance in meters).
  - a. The city final meet will be held on week four. The preliminaries for the 60 yd dash, 80 yd dash, 100 yd dash, 120 yd dash, and the 220 yd dash will be run in the morning while the field events are being conducted. The best six times make the finals in each of the dashes. The FIELD EVENTS will begin in the morning. Each of the field events will have only three trials only, except the high jump, which has three trials for each height.
  - b. Ribbons awarded for six places. Team points will be tabulated, trophies for three places. Championship patches for first place. All CYO TRACK PARTICIPANTS will receive a CYO TRACK PARTICIPANT RIBBON.
  - c. For all meets (including City Final), all classes will be divided in competition by grade and gender. Grades will include 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> and will not be combined.
5. FIELD EVENTS: high jump, long jump, softball throw (girl's only), football throw (boys' only), shot put: Fifth and Sixth grade boys and all girls use 6 lbs.; Seventh and Eighth grade boys' use 8 lbs. Participants are required to sign in at the event site no later than 30 minutes after the final call for the event has been made.
6. RUNNING EVENTS: mile run; 100 yd dash; distance medley relay (110-110-220-440), 60 yd dash; 440 yd run, 220 yd dash, medley relay (110-55-55-220), 880 yd run; 120 yd dash; 440 yd relay (110- 110-110-110). The mile run and 880 yd run will use an international start (all contestants in a grade group compete at the same time). (EXCEPTION: City meet ONLY – substitute 80 yd dash for distance medley relay)
7. EACH COMPETITOR LIMITED TO FOUR EVENTS.
  - a. A competitor may NOT COMPETE in races of 440 yards or more back to back.
  - b. Each competitor that competes in the Mile Run and the 880 Yd Run may compete one (1) additional running event for that day. The competitor may compete in a fourth event, it must be a field or relay event.

8. HIGH JUMP: The cross bar shall be raised at two inch intervals starting at the following heights. Seventh grade and Eighth grade girls opening height is 3' 8"; Seventh grade and Eighth grade boys opening height is 4' 0"; Fifth grade and Sixth grade girls and boys opening height is 3' 6".
9. Third and Fourth Grade Program: Participants may participate in track for the first three weeks. They may not participate in the city finals. The order of events: 200 meters, 60 meters, 120 meters, 100 meters and 400 meters. Each participant may participate in two events. No times will be taken – each participant crossing the finish line will receive a blue CYO participation ribbon.
10. EIGHTH GRADE PENTATHLON is open to all Eighth grade track participants who have competed in the CYO city finals track meet. ONLY QUALIFIED CYO TRACK PARTICIPANTS DRESSED IN THE LEGAL TRACK UNIFORM OF THEIR PARISH WILL BE PERMITTED TO COMPETE. Note: if the Eighth grade pentathlon is canceled due to inclement weather it will not be re-scheduled. A \$100 fine is assessed to the parish if an illegal participant competes in the pentathlon.
11. UNIFORMS: Legal uniforms are required. ONLY STUDENTS WITH LEGAL UNIFORM SHIRTS ISSUED BY THE PARISH, WITH PARISH COLORS, NAME OR LOGO SHALL BE PERMITTED TO COMPETE. HATS AND OR CAPS ARE PROHIBITED WHILE COMPETING.
12. SCORING: Points will be tabulated for the city track finals ONLY. Each parish/team is allowed to have four (4) participant places kept for scoring.
13. ONE-FOURTH (1/4) inch short spiked shoes are legal equipment. Longer and/or needlepoint spikes are prohibited by the CYO. (Tennis shoes are legal equipment). DISQUALIFICATION IS THE PENALTY FOR REPORTING TO THE EVNET WITH ILLEGAL SHOES.
14. Parish Director of Sports Ministry or coaches are to provide personnel to help time and to judge events (preferably adults). Coaches may bring stopwatches, and batons. Personal shot puts, softballs and football should not be brought to the track, all throwing implements are provided.
15. NO STARTING BLOCKS will be used in CYO competition. On the SECOND FALSE START, the contestant is disqualified.
16. RELAYS: Parish track teams may enter as many relay teams as they wish during the first three weeks of the track program. AT THE CYO CITY FINALS TRACK MEET each team is limited to one relay team per relay.
17. HEAT AND LANE ASSIGNMENTS: Coaches should instruct their runners in which heat they want them to run; if possible, draw for lanes. In races where preliminaries are held, finals' assignment based on time in preliminary. Best time – Lane 3; second best – Lane 4; third best – Lane 2; fourth best – Lane 5; fifth best – Lane 1; sixth best – Lane 6
18. RECORDS: New records can be established in the city final meet ONLY. **Records may be set in either the preliminaries or finals of any event at this meet.** (Record times are official if two watches are used – take slower time.) Performances in question, whether or not they are records, will be brought before the track commissioners for a vote.
19. FIELD EVENTS: A contestant shall be charged with an unsuccessful attempt if the contestant does not complete a trial or pass it within time limit after being called for the trial (unless excused by the event judge to participate in another event.)
  - a. The event shall be declared officially closed when the judge leaves the event site to take the paperwork to the press box or when the paperwork is sent to the press box via a worker.

20. TRACK MEET OFFICIALS and participants competing in an event are permitted on the track or infield during the track meet. Competitors not competing in an event or being staged for the next event are required to be in the bleacher area. ALL OTHER PERSONNEL ARE REQUIRED TO BE IN THE BLEACHER AREA. HEAD TRACK COACHES, WITH FIELD PASS, ARE PERMITTED ON THE INFIELD. Coaches and team members are prohibited from aiding a competitor.
21. COACHES AND NON-PARTICIPANTS in an unauthorized area will make any contestant, representing parish of coach and/or non-participant, liable to disqualification.
22. TRACK COMMISSIONERS: The track commissioner or commissioners in attendance will have the power to rule on any conflict not covered in the rules.

## **CROSS COUNTRY**

The Cross Country program will consist of four meets held in the fall each year.

1. **ELIGIBILITY:** All eligible CYO participants may participate in Cross Country meets, including those also competing in another sport during the fall season.
2. **FIRST, SECOND AND THIRD MEETS:** All meets shall be divided into a "Third and Fourth Grade Start" time, a "Boys Start" time and a "Girls Start" time, to be posted on the season schedule. Third and fourth grade participants shall begin first with all participants awarded a "Participation" ribbon. For fifth through eighth grade, the first, second and third meets shall be individual competition with no team awards. Students in fifth/sixth and seventh/eighth will start at the same time within their gender group. Ribbons shall be awarded for top 10 places of each group for fifth through eighth grades.
3. **FOURTH MEET (CITY FINALS):** Students must have competed in at least one of three previous meets to be eligible to compete in City Finals met. Parishes will be divided into classes "A", "AA" and "AAA" based on **parish participation in** grades five through eight. All parishes will run at the same meet, with start times divided the same as earlier meets and results separated by class. Ribbons will be awarded for top 10 finishers of each gender, with trophies awarded to parish (team) for top three places of each gender in combined grades fifth/sixth and seventh/eighth. **Four places from each team will score points toward team results in all classes.** The Cross Country City Finals Meet will occur on the 7<sup>th</sup> week of the Fall seasons, so as not to conflict with the championship contests of other sports the following weekend.
4. **Distances run for grades shall be as follows:** All **THIRD AND FOURTH GRADE** participants shall run 800 meters (.5 miles). **FIFTH AND SIXTH GRADES** boys and girls shall run 1600 meters (1.0 miles). **SEVENTH AND EIGHTH GRADE** boys and girls shall run 2400 meters (1.5 miles).
5. **RAIN-OUT:** For any meet postponed due to weather, the makeup date for that meet shall take place the following week as available. For the first, second and third meets, if only one meet is postponed due to weather, that meet may be cancelled and not made-up if accommodations cannot be made for course space. In this event, the remaining two weeks would be run either at their regular time or on a makeup date. The City Finals meet shall be run or postponed to a makeup date the following week.
6. **UNIFORMS:** Legal uniforms are required. Only students with legal uniform shirts issued by the parish, with parish colors, name or logo shall be permitted to compete (see General Rules). Hats and caps will be permitted as allowable by NFHS rules.
7. No jewelry, wristwatches, or electronic devices of any kind shall be allowed on the course during competition.
8. Records can be established in the City Finals meet only.
9. The Administrator/Commissioner on duty at the each meet shall have the final say in terms of participant eligibility or disqualification, as appropriate within CYO Rules of Competition.
10. **Parish Director of Sports Ministry or coaches are to provide adult volunteers to assist during the meet.**

## **GOLF**

1. The CYO GOLF programs shall consist of one or more CYO Youth Golf Tournaments to take place each year. Each participant shall compete individually for the parish or school in which he or she resides. There shall be no team scoring or awards.
2. ELIGIBILITY: Any child in grades five through eight and eligible to participate in the CYO of Johnson and Wyandotte Counties (see Article V), or in programs sponsored by the Parochial League of Kansas City, is eligible to participate in the golf program. Third and fourth graders are not eligible to compete in tournaments but are welcome to attend any clinic held in conjunction with each tournament.
3. UNIFORMS: Appropriate golf course attire should be worn at all times, including collared (polo) shirts when possible. Golf shoes are recommended but not required; sandals or flip-flops are not permissible.
4. USGA Rules governing the game of golf and those specific to the PGA Junior Series shall be used, except where CYO Rules of Competition are different and shall supersede those rules.
5. COACHES shall not be allowed to give advice to participants on the course once the round has begun. Coaches and all other spectators may watch only from designated viewing areas as set by CYO and the host course for each tournament.
6. SCORING shall be standard stroke play and individuals will compete within their age group by gender (i.e. 5<sup>th</sup> grade girls, 5<sup>th</sup> grade boys, 6<sup>th</sup> grade girls, etc.) A maximum of 10 strokes shall be allowable on each hole, with participants reaching 10 strokes required to pickup ball, record a score of 10, and proceed to the next hole of play.
  - a. CYO shall set appropriate Teeing Grounds for each age and gender at the course being played. All participants must use the assigned teeing ground for each hole.
7. All EQUIPMENT shall be in its original state and unaltered (normal wear and tear is allowable). Balls and Driver Heads shall be listed on the current list of conforming equipment for the USGA.
8. AWARDS shall be provided for the top three finishers in each age/gender group at each tournament. Results shall be posted online following the completion of each tournament. The CYO shall keep individual records by course beginning after the second year of competition.
9. The CYO SUPERVISOR on duty, or the organization's Executive Director, shall have final say in all matters of equipment, rules or elements of play during tournaments.
10. CONDUCT and PACE OF PLAY: A participant will be subject to penalty if he or she unduly delays play or exhibits conduct inappropriate for CYO competition or standard golf etiquette. Penalties will be at the discretion of the supervisor on duty. Repeat offenses may result in removal from play.

## **WYANDOTTE COUNTY SOCCER PROGRAM**

1. All boys and girls entering Third Grade through 8th Grade and eligible for CYO participation may participate
2. Leagues will be formed by CYO Office based upon teams registered for play. Leagues may be formed by single grade or by combining grades (ex. 3-4, 5-6, 7-8). To be determined prior to season.
  - a. Leagues are single gender and grouped depending on age and interested players. Decisions on leagues to be made prior to the season by CYO Office with assistance of Wyandotte County Director of Sports Ministry.
3. Players on the field and roster size requirements will be determined by the following numbers of players.
  - a. 3rd & 4th Grade will play 6 v 6 and must have at least 8 players on team roster.
  - b. 5th & 6th Grade will play 8 v 8 and must have at least 10 players on team roster.
  - c. 7th & 8th Grade will play 11 v 11 and must have at least 14 players on team roster.
  - d. Exception: In leagues with low participation, CYO Office may allow 7th & 8th grade to play 8 v 8 and follow requirements for 5th & 6th grade team roster.
4. Games will be played on fields within Wyandotte County with field size determined by age group and recommended by United States Youth Soccer.
  - a. 5th & 6th Grade will play on field no longer than 80 yards and no shorter than 70 yards. Field will be 45 - 55 yards wide. Penalty area will be 14 yards from the inside of each goalpost and 14 yards out from goal line. Goal box will be 6 yards from the inside of each goalpost and 6 yards out from goal line. Penalty spot will be 8 yards from goal. Same fields size may be used for 7th & 8th grade playing 8 v 8 games. Goal dimensions will be 6' x 18'.
  - b. 7th & 8th Grade playing 11 v 11 will play on field no longer than 130 yards and no shorter than 100 yards. Field may be 50 - 100 yards wide. Penalty area will be 18 yards from the inside of each goalpost and 18 yards out from goal line. Goal box will be 6 yards out from inside of each goalpost and 6 yards from goal line. Penalty spot will be 10 yards from goal. Goal dimensions will be 8' x 24'.
5. All players in 3rd Grade through 6th Grade will use Size 4 soccer ball. All players in 7th Grade and 8th Grade will use Size 5 soccer ball.
6. Game Duration will be the following based on age group: 3rd & 4th Grade will play 2 x 25 minute halves, 5th & 6th Grade will play 2 x 30 minute halves, 7th & 8th Grade will play 2 x 35 minute halves. Halftime in all games will be 10 minutes at all levels.
7. No jewelry of any kind may be worn during competition.
8. Uniforms shall be provided by parishes and follow CYO General Rules of Competition. Shin guards are required for participation. Goalkeepers must wear alternate colored shirt or uniform that is different than that of any other player on the field. Goalkeeper gloves are allowed.
9. Substitutions shall be unlimited at all levels of competition in the CYO Wyandotte County Soccer Program. Teams may substitute at any dead ball situation at the discretion of the official (who may allow play to continue to avoid interrupting flow of the game), including on goal kicks, throw-ins and corner kicks, or after a goal is scored. Substitute must report to center line (mid-field) and be waved on by the center official before entering the field of play.
10. League Standings will be determined by a point system, with 3 points awarded for a win, 1 point awarded for a draw (tie) and 0 points awarded for a loss.
  - a. A tiebreaker may be used to determine champion at end of season if teams are tied on points. The first tiebreaker shall be head-to-head, followed by goal differential, most goals scored, and fewest goals allowed.



11. All fouls and violations will be called by center official. Assistants on sidelines may notify the official of possession on throw-ins or assist with call of offsides if instructed by the official, with the center official given the right to affirm or deny any call. Only the center official may whistle the ball dead and his/her ruling on the field of play is final.
12. Any player or coach receiving a red card during play will be ejected from the contest and automatically suspended from the following game. A player receiving 2 yellow cards during a contest will be shown a red card and ejected from the game, with the same suspension rule applying. Per CYO Rules, all ejections may be appealed to Protest and Discipline Committee of CYO Executive Board by Noon on Tuesday following the game.
13. Players in 3rd Grade through 6th grade may not head the ball in the field of play. Only 7th and 8th grade players may head the ball during play.
14. The team listed as the away team on the schedule shall have the opening kick-off from the center spot. The team listed as the home team shall kick-off to begin the second half. After a goal, the opposing team (not scoring) shall have a kick-off from the center spot.
15. Match rules and foul calls will conform to FIFA rules and standards with CYO Rules of Competition superseding those rules where stated. The following are common rules and fouls explained:
  - a. Goal Kick - When attacking team kicks the ball out-of-bounds over the end line, the defending team's goalkeeper shall place the ball parallel to the goal line on the goal box and has a free kick of the ball.
  - b. Corner Kick - When defending team kicks the ball out-of-bounds over the end line, the attacking team shall place the ball inside the line 1' out from the corner flag and may restart play with a free kick from that position.
  - c. Throw-In - When ball goes out-of-bounds on sideline during course of play, the opposing team shall have the right to throw the ball in overhead to restart play.
  - d. Free Kick - When a foul is given, the opposing team shall have a free kick from the spot designated by the center official. The opposing team must give the player at least 8 yards free space until play is restarted with the kick.
    - Direct Free Kick - When awarded by the center official, the player kicking the ball may score directly from this free kick.
    - Indirect Free Kick - When awarded by the center official, the ball must be touched by another attacking player before entering the goal.
  - e. Hand Ball - With the exception of the goalkeeper, no player may play the ball with his/her arm or hand. The goalkeeper may only handle the ball while it is inside the penalty area. At the official's discretion, he or she may determine when a player touches the ball with arm or hand that he/she did not have sufficient time to move from the ball's path and choose not to call a hand ball. A hand ball shall result in a free kick given by the center official.
    - If a teammate passes the ball back to the goalkeeper with his or her feet, the goalkeeper may not handle the ball and may only play the ball with his or her own feet. In the event the ball is played to the goalkeeper by a teammate using his or her chest or head (7th & 8th grade only) the goalkeeper may then handle the ball. The penalty for a goalkeeper handling the ball illegally is an indirect free kick from the spot the goalkeeper touches the ball (including inside the penalty box).
  - f. A penalty kick shall be awarded for fouls committed inside the penalty area (penalty box). The ball shall be placed on the penalty spot and the opposing team given a direct free kick with only the goalkeeper playing defense. All other players must remain outside the penalty box until the ball is kicked. Any player on the team fouled may take the penalty kick.
16. A goal is scored when the *entire ball* crosses the goal-line. A ball is considered out-of-bounds only when the entire ball crosses the end line or sideline.

## **CYO FLAG FOOTBALL**

The following rules shall govern the CYO Flag Football program.

1. All boys entering Kindergarten through **8th** Grade and eligible for CYO participation may participate in grade school league. All students entering 9th - 12th grade will be eligible for high school league.
2. Leagues will be formed by CYO Office based upon teams registered for play. Leagues may be formed by single grade or by combining grades in both grade school and high school. Only children in at least 4th grade may play "up" on 5th grade team. To be determined prior to season.
3. Games shall be played on fields deemed appropriate and scheduled by CYO. Standard field size shall be 50 yards in length by 30 yards in width, with some fields varying based on age and existing dimensions. End zones shall be at least 8 yards in length on either side. The following additional rules apply to the field of play:
  - a. The area marked 5 yards out from each end zone shall be considered the "No Running Zone" and no running plays shall be executed by either team within this zone.
  - b. There shall be two lines marked at 18 yards out from each end zone (or adjusted for scale of field) that shall be considered "First Down" lines. See rules for completing first down.
4. Uniform and Equipment - The official uniform for teams shall be provided by the team's sponsoring parish or by the CYO Office for high school leagues. It shall consist of shorts/pants and a t-shirt or jersey top; flag football uniforms must meet all other CYO uniform guidelines regarding design and modesty. Shirts must be tucked in to shorts/pants at all times during competition.
  - a. Flags shall be provided by league for all contests. Players must wear flags as instructed, with belt properly fastened and flags clearly visible over child's uniform.
  - b. Shoes are required for participation. Cleats are allowed and must meet standard CYO requirements (see CYO Football rules section).
  - c. Players must remove all jewelry, including watches, earrings, or anything else deemed hazardous by CYO Officials or Administration. Soft braces are allowed provided child has been cleared to participate with brace by physician. Sleeves and tights must be white, black, beige or the predominant color of the player's uniform. Headbands, armbands and wristbands may also be worn provided they are white, black, beige or the predominant color of the player's uniform; if multiple players on the same team are wearing accessories they must all be the same color. Tape is allowed on arm, fingers or ankles. Players may wear gloves and/or (soft) knee or elbow pads.
  - d. Mouth guards are required for each player participating. These must be appropriate size and fit. Mouth guards must be plain; colors are allowed but there may be no logo, image or writing visible on the mouthguard at any time.
5. An adult supervisor shall be appointed by CYO and be present at each facility during games. The supervisor shall be the sole representative of the CYO Office and shall have final say in all decisions or disagreements before, during or after competition.
6. The head coach and a player from each team shall meet at midfield prior to each game for the coin toss. The team listed on the schedule as "visiting team" shall call the toss prior to coin flip. Team winning the toss will receive the ball first with opposing team receiving ball first after halftime. Officials may address any special facility rules or appropriate game notifications at this time.
7. Each team shall have seven (7) players on the field of play at one time. Teams may begin play with no less than six (6) players. Game time is considered forfeit time in all contests.

8. The game shall be played using the following rules and guidelines:
- a. Teams shall start each possession at their offense's own 5 yard line, with the exception being that following interceptions teams shall take over at the spot where the player was ruled down.
  - b. Play will begin with the "center" snapping the ball to the "quarterback". The offensive team must have at least one player on the line of scrimmage at the snap on each play, with up to four players allowed on the line of scrimmage. The center must snap the ball through his legs and the ball must completely leave his hands.
  - c. Teams on offense shall have three downs to reach a first down marker or score a touchdown. First down markers shall be placed at approximately 18 yards out from each end zone, so that a team beginning on its own 5 yard line may get two first downs before scoring a touchdown. When a team reaches or passes the first down marker their downs shall "reset" and they shall have three more downs to reach the other first down marker or the end zone.
  - d. There shall be no punting or kicking in the game. Teams not reaching a first down marker in three attempts shall turn the ball over to the other team, who shall begin possession from their own 5 yard line.
  - e. The ball is considered a live ball when snapped and remains so until the ballcarrier's flag has been pulled or the ball hits the ground and the official whistles the ball dead. A player who catches the ball in the air is considered in-bounds if one foot touches in the field of play prior to the remainder of his body landing.
  - f. There are no fumbles in the game. All "fumbles" shall be considered a dead-ball where the ball hit the ground and the offensive team shall retain possession. A fumble does not result in a turnover to the other team.
  - g. Any ballcarrier whose flags fall off during the play, even accidental without a defensive play on the flags, shall be considered down at that spot. See Rule 10, Part L regarding receivers.
  - h. Each touchdown is worth six points. The team shall then have one attempt from the 5 yard line to reach the end zone worth another two points. The "No Running Zone" is not in affect during the two point conversion attempt and teams may pass or run. Regardless of the play's success, the opposing team shall start with ball at it's own offensive 5 yard line following the two point conversion. An interception off a two point conversion may not be returned and the play will be considered dead upon the defensive player taking possession.
    - A touchdown, two-point conversion, and safety shall be the only scoring plays in the game. A safety is called when an offensive player is called down in his own end zone.
  - i. All players on the field shall be considered eligible to throw, run or catch the ball on each play.
  - j. Substitutions may be allowed on any dead ball.
  - k. Blocking or screening of any kind is not allowed. An offensive player may not impede a defensive player's path to the ball carrier, including when the defensive player is rushing the passer from a legal rushing position (see Rule 6, Part L). Once the ballcarrier crosses the line of scrimmage or receives a pass, all other offensive players should cease moving to avoid penalty.
  - l. The quarterback may not run directly with the ball from the snap. He may handoff or lateral/pitch the ball to another player, as well as scramble behind the line of scrimmage, but cannot run directly. A player who takes a handoff or lateral behind the line of scrimmage may throw the ball. No handoffs or laterals are allowed once the ballcarrier passes the line of scrimmage.
  - m. A defensive player may rush the passer provided he begins the play at least 7 yards from the line of scrimmage on the defensive side of the ball. Any player beginning the play within 7 yards is not eligible to rush the passer. Once the quarterback has completed a handoff or lateral/pitch, all defensive players are eligible to cross the line of scrimmage.
    - A player crossing the line of scrimmage may attempt to block a pass by jumping but may not come into contact with the passer at any time (results in Roughing the Passer penalty). A ball batted down will be considered a dead ball at that spot and remain with the offensive team provided it is not fourth down, regardless of whether it is a forward pass or pitch/lateral.

- n. **Flag Guarding is considered an attempt by the ballcarrier to impede the defensive players' attempt to pull his flag. A ballcarrier may not impede the defensive players' attempt to pull his flag at any time through use of hands, uniform or any other method of "guarding" the flags. However, the offensive player may spin and/or move laterally from left to right to avoid the flag pull, provided that they do not guard the flag in any other way. An offensive player may only leave his feet if it is clearly an attempt to avoid a collision without receiving a penalty, though he will be declared down at that spot.**
  - o. Only one player is allowed "in-motion" at a time and all motion must be lateral to the line of scrimmage and not moving toward the line of scrimmage.
  - p. Defenders may not tackle or hold the ballcarrier in anyway while trying to grab a flag.
9. Clock - Games are played with a 44-minute running clock and shall be split into two 22-minute halves. Halftime is 6-minutes. The official game clock shall be kept by the official(s). The clock shall only stop for timeouts, though the official(s) may stop the clock at any time at their discretion, including for injuries.
- a. Each team shall have one 1-minute timeout per half, for a total of two timeouts per game. Timeouts do not carry over to the second half if not used in the first half.
  - b. If the game ends in a tie, no overtime period shall be played except during end of season playoffs at the 5th and 6th grade levels.
  - c. Each team shall have 30 seconds from the end of the previous play to run a new play. Time shall be kept by the official and failure to run play shall result in "delay of game" penalty.
10. At the end of the regular season for 5th and 6th grade and high school leagues, all teams in the league may participate in a playoff tournament to be held on the final weekend of the season. This tournament shall be organized by the CYO Office.
11. When a team is winning by 35 points or more in the second half, the trailing team is provided one more opportunity to score in order to continue regulation play. If the team does not succeed in scoring, the game is considered over at that point and scoring stopped at that time. However, if more than 10 minutes remains in regulation time at the point in which the game is stopped, the trailing team may have up to two consecutive offensive possessions as time allows in order to attempt to score. Each possession will last until the team scores, fails to reach a first down, or turns over the ball. Points are not counted toward the final score. The game shall end regardless when full time has been reached.
12. Penalties and Yardage. Officials shall be the only individuals who may call penalties during the game. Their ruling is considered final and may not be argued or reviewed. Coaches arguing penalties may be given an unsportsmanlike conduct penalty.
- a. False Start results in a loss of five yards from the line of scrimmage.
  - b. Defensive Offside shall be called when any defensive player crosses the line of scrimmage at any time prior to the snap of the ball. The play shall be whistled dead at the time of the penalty and the penalty shall be five yards forward from the line of scrimmage.
  - c. Offensive Pass Interference results in a loss of five yards from the line of scrimmage and a loss of down.
  - d. Defensive Pass Interference results in the ball being placed at the spot of the foul and an automatic first down being given to the offensive team.
  - e. Illegal Motion is called when more than one person is moving prior to the snap on the offensive side of the ball. Results in a loss of five yards.
  - f. Illegal Blocking shall be called on any offensive player impeding a defensive player's attempt at the ballcarrier, either while rushing or pursuing a player beyond the line of scrimmage. The result shall be a loss of five yards and loss of down.
  - g. Flag guarding shall result in a loss of five yards from the spot of the foul and a loss of down.
  - h. Unsportsmanlike Conduct shall be called in the event of any unnecessary roughness or inappropriate behavior on behalf of players, coaches or fans. Any penalty called on coaches or fans shall be assessed to the team they represent. The penalty shall be a loss of ten yards from the spot of the foul and a loss of down. Two unsportsmanlike conduct penalties on any individual will result in ejection from the contest and an automatic suspension from the next game (see General Rules of Competition).

- i. An Illegal Rush shall be called on any player who rushes from a starting point within 7 yards of the line of scrimmage. The penalty moves the offensive team five yards forward from the line of scrimmage and results in an automatic first down.
- j. Holding shall be called on any defensive player who holds an offensive player. The penalty shall be five yards from the end of the play and an automatic first down.
- k. Roughing the Passer shall be called if contact is made with the quarterback in any way by the defensive player other than in pulling the quarterback's flag while he has the ball. The penalty shall be ten yards from the end of the play and an automatic first down.
- l. An Illegal Flag Pull shall be called on any defensive player who pulls a players flags before he receives the ball either through a pass or running play. Only the ballcarrier may have his flags pulled during a play. An illegal flag pull results in a 10 yard penalty and automatic first down for the offensive team.
  - In the event the defensive player did not make a play on the flags of an offensive player yet the flags fall off, an official may deem an illegal flag pull "inadvertent" at his discretion and may choose not to assess a penalty. Any receiver or ballcarrier whose flags fall off "inadvertently" will be considered down at that spot. A receiver may catch the ball after his flags have fallen off but will be considered down immediately following the catch.

13. **During Flag Football games from Kindergarten through 4th grade, one coach from each team will be allowed on the field during play. This coach may instruct the participants on his or her team but may not interfere with play**

## **HIGH SCHOOL PROGRAMS**

Participants are eligible to participate, if they are members of the parishes that have a grade school program in the CYO, Archdioceses of Kansas City in Kansas or if the student attends Bishop Ward High School, Bishop Miege High School, St. Thomas Aquinas High School, St. James Academy, Archbishop O'Hara High School, St. Teresa's Academy, Notre Dame De Sion High School or Rockhurst High School.

1. The High School participants are not bound by parish boundaries. A parish CYO must sponsor each team. (PLEASE NOTE, a parish is not required to sponsor high school teams). The parish Director of Sports Ministry is responsible for the team's action. Any fines are the responsibility of the sponsoring parish CYO.
2. Any player, manager, coach, parent or spectator ejected from a contest shall be suspended for one game. The suspended person may not attend any CYO sponsored event while being suspended. Any player, manager, coach, parent or spectator ejected from a second contest is suspended for the remainder of the season. Any freshman, sophomore or junior ejected twice in one season shall carry one ejection to the following season. That player shall be suspended for the remainder of the season on his/her first ejection of the season.
3. Any basketball player fighting is suspended for the remainder of the season. If more than one player of the same team is fighting the team is suspended for the remainder of the season. Any remaining games already scheduled are forfeited and the sponsoring parish is assessed the forfeit fine. FIGHTING IS DEFINED in Rule 4, section 4, Section 18 of the NFSHSA Basketball Rules. Bench personnel charged with fighting is defined in Rule 10, Section 4, ART. 1 h., ART. 4 of the NFSHSA Basketball Rules.
4. Any volleyball player fighting or ejected for unsportsmanlike conduct shall be suspended for the remainder of the season. If more than one player of the same team is ejected for fighting or unsportsmanlike conduct during the same match the team shall be suspended for the remainder of the season. Any remaining matches shall be forfeited and the sponsoring parish is assessed the forfeit fine.
5. Any team that is disqualified and is suspended from the CYO Program forfeits all remaining scheduled games. The sponsoring parish shall be assessed the forfeit fines.
6. GAME TIME is forfeit time for all basketball games. Game time is forfeit time for the first game of a volleyball match. No fine if team is ready to begin game two fifteen minutes past scheduled time of the match. MINIMUM FORFEIT FINE is \$100 for each basketball game or volleyball match forfeited. \$150 forfeit fine for not enough players to begin a basketball game or a volleyball match. \$200 forfeit fine for a NO SHOW.
7. An additional fine of \$100 is added to the \$100 forfeit fine when a game is forfeited because the game is terminated due to unsportsmanlike conduct or for making a travesty of the game.
8. PROBATION: Any team placed on probation for unsportsmanlike behavior shall be suspended for the remainder of the season on the next offense by any player, coach or parent of the team. All players on a team that has been placed on probation shall carry one ejection per season for the remainder of their eligibility.

9. HIGH SCHOOL UNIFORM

- a. CYO shorts and CYO shirts are required. The numbers on the shirt shall be permanently attached and centered on the front and the back and may not be altered with tape or marking device. Female participants wearing the tank top style of the official red/white reversible Shirts are required to wear an undershirt. The undershirt must be white and must be completely unadorned. Other than color it must comply with the NFSHS Basketball Rules. The CYO on the shorts must be permanently attached and may not consist of tape. Compression Shorts, if worn shall be black and other than color shall comply with the NFSHS Basketball Rules. (Altered shorts or shirt make them illegal)
    1. High school basketball teams may use either the CYO uniform available ONLY at Center Sports or a Parish provided uniform. These Parish provided uniforms will comply with the same restrictions and guidelines that are followed for grade school basketball teams.
  - b. If team WARM-UPS are used, the warm-up must be a solid color, RED or WHITE ONLY and must be completely unadorned except for one visible manufactures logo/trademark is permitted and shall be limited to 2 1/4 square inches and shall not exceed 2 1/4 inches in any dimension.
  - c. If an undershirt is worn, it must be white and must be completely unadorned. Other than color, it must comply with NFSHS Basketball Rules.
  - d. **The game official and/or gym supervisor shall notify the coach and athlete who is in violation of uniform protocol. The official and/or gym supervisor, the athlete and his or her coach will then sign the score sheet confirming knowledge of the violation. A \$50.00 fine will be imposed by CYO for the first violation and a \$100.00 fine for subsequent violations by the athlete.**
10. REFUND: The CYO will not refund any part of the team fee for high school basketball games cancelled due to inclement weather or acts not under the control of the CYO, unless it happens more than once to a team. The CYO will refund, to the parish, ten percent 10% of the team fee, per game cancelled, for games exceeding the one game allowance.
11. THE DECISION OF THE CYO DIRECTOR IS FINAL. There is no appeal. Disqualified teams forfeit entry fee. No refund or partial refund shall be granted.

## ELIGIBILITY

1. In order to participate in the athletic program sponsored by the CYO office, each member must be registered with the school or parish they represent and the regional CYO office.
2. Being registered means that an individual CYO member has on file with the regional CYO office a completed, current registration/parent release form giving his/her name, address, school or parish, date of birth, and signature of a parent attesting to the physical condition the member. (Current is a school year that falls within the dates of June 1 through May 31 of that particular school year.) Both the member and the parent must sign the form attesting to the accuracy of the information. A completed official CYO roster form giving the member's name, address, and date of birth must be received by the regional CYO office to complete the registration.

## **BASKETBALL**

1. When a spread of 30 points is reached in the fourth period, the clock shall not be stopped except for a time out or technical foul (regular timing procedures will not resume if the spread is lower than 30 points after this procedure begins).
2. When a high school basketball team has the minimum number of players (5) or less, that team may include a substitute player(s) up to 6 total players on a game day roster. The team may include no more than 3 substitutes during a game. Any substitute must be a registered participant of CYO high school basketball and must exist on another team roster at the time substitution. Any substituting player(s) must be the same age or a younger age than the team he/she is participating with.

## **VOLLEYBALL**

1. A minimum of six teams must enter the volleyball program before the program is offered. CYO special volleyball rules apply to the high school program with the following exceptions.
  - A. Scorekeeper and timer provided
  - B. LENGTH OF MATCH – Each match will consist of three games. Each game played for 15 minutes regardless of the score. Need not win by two points, one point is required.
  - C. TOURNAMENTS – Best two out of three games determines match winner. Games one and two shall be played to 25 points, no cap. Game three shall be played to 15 points, no cap. Winning team must have two-point advantage.