

DIOCESE OF CLEVELAND CYO

GENERAL RULES

The CYO Athletic General Rules have been adopted in order to further our goal of providing a well-organized, high quality, Christ-centered athletic program. All who choose to participate in the CYO athletic program, including athletes, their parents, and coaches, agree to adhere to these rules and to be bound by the enforcement and interpretation of these rules as determined by the CYO Director of Athletics.

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CYO ATHLETICS

The Message

Mission

CYO & Community Services is a partnership of youths, adults and parishes rooted in Catholic values, committed to fostering a culture of community services and dedicated to serving the young, the disabled, the elderly and the poor.

Committed to Catholic Values

Spirituality: CYO Athletics shall enhance the spiritual development of CYO athletes through their participation in a pre-game prayer, a post game prayer, Team Mass Sunday and teaching our Faith through our example.

Dignity: CYO Athletics shall contribute to the dignity of each athlete by accepting one another through compassion, respect, patience, kindness, humility and understanding.

Inclusiveness: CYO Athletics shall foster the development of inclusive communities with God as their center through the acceptance, uniqueness and appreciation of every athlete as a player on God's team.

Service: CYO Athletics shall nurture a spirit of selfless service by providing opportunities and challenges to children as they learn about themselves and others by becoming more productive members in their parishes and communities.

Purpose of CYO Athletics

The overarching goal of CYO Athletics is to provide as many young people as possible the opportunity to experience spiritual, physical, mental, and emotional growth through participation in a variety of sports. When done with effective leadership, no other learning experience allows young people to build character and acquire so much information about themselves and others.

CYO Athletic Philosophy

We believe that CYO Athletics can lead each young person to a Christ - centered and Christ - like lifestyle. Our programs focus on the total development of each child. They significantly influence the formation of Catholic values in all participants. For this reason, CYO sports are a vital and important part of the Catholic Church's total ministry to youth.

CYO Athletic programs must provide not only for the development of particular physical skills but also social interaction, emotional stability, affirmation and spiritual strength. Consciously, we work with our young people as whole persons. The young person, not the athletic activity, is our key focus.

We believe that all CYO athletic programs should be well organized and maintain standards of high quality. We believe that all who have the opportunity to be on a team should also have the right to participate in the game. We also believe that interested people should have the opportunity to be involved in athletics at the level of their abilities.

Central to CYO Athletic programs is the coach. The coach sets the tone and gives direction to any team. This position must be seen in the context of real ministry. The coach's challenge is to take those reachable moments of victory or loss and give witness to Catholic values by the manner in which he/she mentors the young people.

Successes are important for any team. It is the role of the coach to enable the young person not to see success only in terms of winning. Most importantly, the coach teaches, that by setting achievable personal and team goals and reaching those goals, everyone is successful and "a winner". In CYO Athletics, the final score does not measure success; it is measured by the effort of individuals striving to achieve team goals and at the same time having fun.

We affirm that the very heart of CYO Athletics and the key of its success are found in the many volunteers who freely give of their time, energy and expertise. We believe it is the right of the parish, staff, parents and the young people involved to expect these volunteers to model the ideals of our Catholic heritage. We also believe that acceptance of this philosophy of the CYO and its sponsored certification programs and seminars are essential.

We believe that all CYO Athletic programs should be viewed as a part of and in support of the life of the parish. These programs can be effective tools that will invite, welcome and involve any young person into the life of that faith community. The inter-relationship with family life, parish life and school life is essential.

CYO sports are committed to the acceptance of love for all nationalities and races. Through our CYO programs, we build community and a bond of unity that leads to caring for one another in the ways that Jesus taught. CYO sports are different from secular athletic programs.

Athletic programs that promote appropriate behavior and build character look at what is being emphasized in winning or losing. They are concerned with the individual as a whole person. CYO Athletics provides an atmosphere of care, growth and enjoyment for each child with the emphasis on a Christ-centered life.

Catch It

WHAT IS A GOOD SPORT? - A Good Sport is defined as behavior worth modeling. A true good sport exhibits fairness, courteous relations and graceful acceptance of the results. A good sport has also been defined as the quality of responsible behavior that is characterized by a spirit of benevolence and genuine concern for an opponent. A good sport exercises the "fair play" ethic in every facet of life - business, commerce, law, education and all other human interactions. A good sport may be an overworked expression, but a good sport is the key to success. Without the word "good" in front of both sport and conduct, there can be no justification for athletics. A good sport, like a good athletic performance, is learned, practiced and executed. The most rewarding sound in athletics is the blending of cheers for the home team and applause for the visitors. This sound indicates good behavior has been attained.

THE COACHES - A good sport begins with an athletic team's coach. The coach possesses a great deal of influence over the attitudes of the athletes, student body, spectators and the community as a whole. In order for good sports to become a reality, the coach should:

- Always set a good example for athletes, fans and the community.
- Teach appropriate behavior and establish high standards for the athletes, parents and fans.
- Develop and enforce penalties for those athletes who do not abide by these standards.
- Treat opposing coaches with respect.
- Respect and work with officials, recognizing their importance to the athletic contest.
- Attend workshops and clinics to keep up-to-date on eligibility standards and contest rules.
- Assume a positive attitude before conducting interviews with news media or making comments to team, parents or other groups.

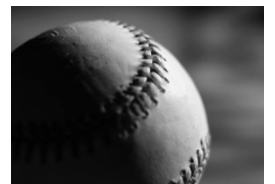
THE ATHLETES - Athletes' responsibility in displaying appropriate behavior is second only to that of the coach. Because athletes are admired and respected, they carry a great deal of influence over the actions and behavior of spectators.

Therefore, athletes should:

- Live up to the high standard of appropriate behavior established by their coaches.
- Help fellow athletes and fans maintain these standards.
- Be well versed in the rules and strategies of the game.
- As athletes, they are representing not only themselves, but also their school, family and community.
- Treat opponents with respect.
- Practice self-control in adversity or success.
- Respect the officials, accepting their decisions without emotion.
- Display positive public action at all times - shaking hands with opponents, showing concern for injured athletes and asking fans to display appropriate behavior.

THE SPECTATORS - The spectators at an athletic contest also have an important role in displaying appropriate behavior. Their habits and reactions reflect directly upon the reputation of their school and community. Spectators should:

- Show respect for the opponent in every way possible.



Rule 1 - Structure

Section 1: Parochial: The most important segment of the CYO is the organization of lay people, under the direction of the pastor or parish moderator, held responsible for the youth athletic program within the parish. All players shall be classified accordingly as parishioners. Parish takes precedence. The diocesan assignments of approved parish clusters will apply where needed.

Section 2: Inter-Parochial: Although the CYO Athletic Program is parish centered, leagues composed of several parishes are established to promote competition, to exemplify behaviors of a good sport, and to provide opportunities for social development and character building.

Section 3: Region: The Akron CYO office will administer the parish athletic programs to all parishes in the Southern Region of the Diocese of Cleveland. The Akron CYO will organize, unify, assist and administer parish athletic programs. The Akron CYO Director of Athletics must approve participation of teams in the Southern Region who wish to participate outside the region.

Section 4: Local: Public Schools and Christian Schools students are eligible with some restrictions. Contact the Director of Athletics for more information.

Rule 2 - Grade and Age Division

Section 1: Division I: In grades 7 and 8, and 14 years of age and under as of October 1.

General: Any participant in a Division I sport cannot play for a Division II, III or IV Division of that same sport. A Division II player may be moved up to the Division I level but then cannot move back down to the Division II level. A player may be listed on the Division I roster for the first two (2) games of the season and be allowed to move down to the Division II level.

Section 2: Division II: In grades 5 and 6, 12 years of age and under as of October 1.

Section 3: Division III: In grades 3 and 4, 10 years of age and under as of October 1.

Section 4: Division IV: In grades 1 and 2, 8 years of age and under as of October 1.

Section 5: High School: In high school, and 19 years of age and under as of October 1. If a player is no longer attending high school or graduated early, they are eligible to participate until the class in which they entered high school graduates.

Section 6: If a parish has more than one team in the same division and a player is on a team roster, the player cannot be moved to another division roster.

Section 7: Adults: Out of high school and older.

Section 8: Exceptions: Physically or mentally disadvantaged Individuals are eligible to participate in CYO Athletic Programs. A Special Appeals Application should be submitted to CYO. The CYO Director of Athletics will make an appropriate placement or accommodation of the individual regarding eligibility or game rules.

Rule 3 – Recognized Sports

Section 1: A recognized sport is one adopted by the CYO Akron and operated through its auspices. (Note: Baseball, Boys and Girls Basketball, Cheerleading, Chess, Boys and Girls Cross Country, Football, Boys and Girls Soccer, Fast Pitch Softball, Boys and Girls Track, Boys and Girls Volleyball are recognized sports). Consult the published annual calendar and/or the sport specific rulebook of the current year for detailed information.

Section 2: Recognized sports will be evaluated and may be deleted as interest and viability changes.

Rule 4- Medical Expenses and Insurance

Section 1: The responsibility for all medical expense incurred while participating in CYO athletic activities lies with the parent or guardian of the injured individual. The CYO Athletic Administration, CYO members and agents in no way assume liability for any injuries that occur on the way to scheduled games or practices, at said events, or after departure from the activities.

Section 2: The CYO Athletic Administration and CYO Member assumes no responsibility for providing for and the expense of Life, Accident, Medical, and Hospitalization insurance. This responsibility is solely that of the parent(s) and/ or legal guardians.

Rule 5 - Player Eligibility

To participate in the CYO Athletic Program, the athlete must meet the following criteria:

Section 1: A. All children whose parent(s) or guardian(s) are registered members of a parish in the Diocese of Cleveland.

B. All children who attend a parish school in the Diocese of Cleveland.

C. All children who regularly attend the parish PSR or Generations of Faith programs. PSR is defined as the "Parish School of Religion". The child must be enrolled, have acceptable attendance in accordance with the parish PSR or Generations of Faith policies and live within the parish boundaries. (Also, see Section 4).

D. Children whose parent(s) or guardian(s) are employees of any Catholic entity listed in the Official Catholic Directory.

E. Children who were eligible to participate in the 2006-2007 school year.

F. Children who are enrolled in and attend full time a faith based (non-Catholic) elementary school.

G. All other children of elementary school age are eligible to participate in **Flag Football, Soccer, Cross-Country, Chess, Adult Sports, Track and Field and Baseball.**

Eligibility pursuant to sections (f) and (g) above shall be conditioned upon the following:

- (1) The child and their parent(s) or guardian(s) have timely completed and signed an application for participation on a form provided by the CYO Athletic staff. Such application will require their acknowledgement and acceptance of the CYO mission, values and philosophy as part of the total athletic experience and adherence to all rules and regulations of the organization and league(s).
- (2) Acceptance into the league and assignment to a team shall be in the discretion of the CYO Director of Athletics. The Director of Athletics shall apply the rules of the organization as well as the CYO mission, values and philosophy in determining acceptance of a child into the league. Upon acceptance into the league, team assignment shall be in the discretion of the Director of Athletics who shall make a determination of the availability or advisability of adding a team to a league or offering an available slot on an existing team to a child.
- (3) Nothing within these rules shall be construed to guarantee acceptance of any child into the league or assignment to any team.
- (4) It is the intent of the organization to follow the parish and cluster boundaries determined by the Diocese of Cleveland when assigning children to teams; provided that doing so does not pose a hardship to any team or parish.

Section 2: If the parent (s) and/or legal guardians are registered members of more than one parish, the player must designate the parish in which they will participate. The player is not permitted to switch from the designated parish during the course of the school year unless the designated parish does not sponsor a team in the particular sport.

Section 3: If two or more parishes combine to sponsor a team, the player's parent (s) or guardian must be a registered member of one of the parishes.

Section 4: PSR or Generations of Faith students who transfer to another PSR or Generations of Faith program other than the parish they were originally registered must attend six classes before they are eligible to participate. Exception: With approval from the Director of Athletics, any PSR or Generations of Faith student who relocates from another city and registers as a PSR student may participate.

Section 5: If a player attends another parish's grade school, the player may participate in the parish team of the grade school they are attending providing both pastors and school principals approve. Either pastors or principals must submit a letter of written approval to the CYO Director of Athletics with the team roster.

Section 6: Adjoining Parish – A. If a player's parish does not sponsor a CYO team, they may participate on any team within their diocesan assigned cluster. Any player attending a parish grade school is eligible to participate outside their diocesan assigned cluster by requesting a Special Appeals Application from the CYO office. After completing and submitting the Special Appeals Application to the office, CYO will direct the player to the closest parish (to his/her address) that is sponsoring a team. The player must submit a Special Appeals Application for each sport involving an adjoining parish. Special appeals are not needed for if a player's parish does not sponsor team, a player whose parent (s) and/or guardian are members of a parish, is eligible to participate by requesting a Special Appeals Application from the CYO office or available on line. After completing the Special Appeals Application to the CYO office, CYO will direct the player to closest parish or an approved program (to his/her address) sponsoring a team.

B. No player may begin practice with an adjoining parish until authorized by CYO Athletics.

1. The Special Appeals Application, completely filled out and signed, must be submitted to the CYO Athletic Department at least fifteen days before the team roster deadline date for each particular sport.

2. Should the closest adjoining parish from where the player lives be unable to accommodate an applicant, the CYO will direct the player to another adjoining parish.

3. The player is not permitted to change from one parish to another in a given school year and IS ONLY permitted to revert back to the home parish should the home parish sponsor a team in a particular sport.

4. Home schooled players shall be classified by age.

Section 7: Players residing at Diocesan youth-serving social service agencies, or attending Diocesan educational institutions or Diocesan recognized Community Centers are eligible for CYO Athletics. Participants must live within the institution's boundaries or the Center's designated area limits. Players must also regularly attend an organized on-going religious education program. It is the responsibility of the pastor or Center Director to validate participation in the religious education program.

Section 8: A player attending a school or institution designated as a participating school or institution by the CYO Athletic Department in a particular area of the diocese is eligible to participate in CYO Athletic Programs for the schools or institution the player attends. Should one or all of these schools or institutions elect not to sponsor a particular sport in the CYO Athletic Program, the player may participate for their home parish team if the sport is offered.

Section 9: A player moving into a parish during the course of a sports season has the option to play with the previous parish team or with the new parish team.

Section 10: An independent team may be allowed to participate in CYO Athletics if they obtain the approval of the CYO Director of Athletics. They cannot participate in CYO tournaments.

A. An independent team is eligible for league championship.

B. Parish teams are not allowed to enter as independent teams.

C. Individuals from parishes are not permitted to participate on independent teams.

D. After one year of independent status in good standing, an independent team may be granted

permission by CYO Director of Athletics for participation in the CYO post-season tournament.

Section 11: Any ethnic parish may be allowed to participate in CYO Athletics after they obtain the approval of the CYO Director of Athletics.

Section 12: Clustering Policy: Player eligibility is governed by the following order 1) Parish/parish school, 2) Cluster parishes as governed by the Diocese of Cleveland or CYO Athletics, 3) Adjoining parish, closest to the player's residence with a Special Appeals Application and 4) As assigned by the CYO Director of Athletics.

Rule 6 - Player Safety Regulations

Section 1: A. Pre-Participation Form: The student pre-participation form shall be signed by a physician, the participant and by a parent or guardian. The pre-participation form must be on file with the Athletic Director or Registrar before any candidate for a team may participate in practice or a competition.

B. The student pre-participation form which provides the physicians certification of the individual's physical fitness is valid for thirteen months from the date of the physician's signature and must be completed annually.

C. The student pre-participation form shall be transferred to the new parish, school or agency if a student transfers during the year.

D. The Athletic Director or Registrar is responsible for verifying the accuracy and completion of all pre-participation forms.

E. When a player participates with a cluster parish or with an adjoining parish the pre-participation form must be on hand at both locations.

F. The Athletic Director or Registrar is responsible for archiving student-pre-participation forms on parish grounds until the student reaches the age of majority plus the corresponding statute of limitations. (21 years of age).

Section 2: Conditioning Period: To ensure the safety of each player, teams may begin conditioning (no sport specific equipment can be used including the ball) one week before the official start date for practice. Conditioning practice is optional and cannot be declared as mandatory by the coach or any parish representative. Within the one week, CYO recommends no more than 4 days of conditioning. Violation: Coach suspended for one game.

Section 3: Equipment: Proper equipment and safety precautions must be stressed to all coaches and players.

A. Equipment must be properly fitted and protective clothing must be worn, such as pads, shoes, helmets, shin guards, mouthpiece, etc.

B. Uniforms shall consist of socks, tennis shoes, and identical uniform shirts with a numbers according to Federation rules and matching color shorts.

C. No player is allowed to wear playing shoes to the game or enter the gym in stocking feet without shoes. Penalty: Immediate game suspension. (It is the responsibility of the coach to inform player and parent.)

D. Uniforms may not have inappropriate slang names or reference to alcohol or drugs. Uniform shorts cannot have names imprinted on the back of the shorts.

E. No jams, cutoffs or sweat pants may be worn.

F. No player is permitted in the restrooms/locker rooms without adult supervision. Penalty: Immediate game suspension. (It is the responsibility of the coach to inform player and parent.)

Section 4: Players may not chew gum during any CYO contest for their own safety. Also, if a participant wears glasses and/or protective goggles, a device for holding glasses in place is recommended. The CYO staff, league directors or officials may remove a player who appears physically sick for their safety and the safety of the other players.

Section 5: Jewelry is prohibited during any game or match. There is no exception for newly pierced body parts. Jewelry must be removed. Officials are not permitted to allow players to place tape over pierced areas. No face paint, hair or body glitter will be permitted.

Section 6: CYO strongly recommends that all teams have their own first aid kit.

Section 7: Lightning and Inclement Weather: Occasionally, it may be necessary to interrupt an outdoor athletic game or practice due to lightning or inclement weather in the area. Due to the fact that this natural phenomenon is highly unpredictable, at the first sign of lightning or other threatening weather (thunder), the official and/or the CYO staff representative (or coach during practices) shall suspend the game until 30 minutes after the last bolt of lightning has been seen or the last sound of thunder has been heard. All games suspended shall be resumed at the point of interruption. (See coach's packet for the complete CYO Lightning Policy.)

Rule 7 - Player Participation

It is the philosophy of the CYO to have player participation at all levels of competition. All players, in all sports, on the bench and in a uniform game must play. CYO encourages all coaches to rotate their starting line-ups weekly to ensure all players have the opportunity to start at least one game a season. CYO denounces the idea of "cutting" players from a team. Therefore CYO will assist any parish, in any way possible, to enter as many teams as needed to insure full participation. Assistance is available through the mentoring program and financial assistance is also available by calling the CYO office. Individual rules for each sport define the implementation of the participation rule for small and large teams.

Rule 8 - Team Roster

Section 1: Each team must have at least the minimum number of players on their roster as required for the specific sport.

Section 2: Roster corrections, additions and deletions may be made until the published deadline date, or the day before the scheduled CYO competition for the season.

Section 3: Players may only be on one roster per sport unless the athletic activities differ during a sports season. A player must choose to participate in one of the following leagues when seasons are concurrent, such as CYO, Y, city recreation, all-star or interscholastic teams. (See specific sport for exceptions.)

Section 4: Each team will receive a set of parish team rules from their athletic director. If a player does not comply with team rules a coach may restrict a player's playing time for disciplinary reasons.

Rule 9 - Multiple Entries

Section 1: A parish or organization can enter more than one team in any sport. CYO will determine in which league the teams shall participate. Parish organizations entering teams in the CYO league must have the minimum number of participants on the first team before entering a second team of the same age classification (see specific sport rule).

Section 2: Any parish that enters a team and then drops from the league will be assessed a penalty of \$150.

Rule 10 - Team Balance and Parity:

Grades 3-6: It is the policy of CYO that talent is balanced among teams when there is more than one team at a particular grade level in same school. This can be best accomplished by an alternating draft done by experienced coaches along with the supervision of the athletic director and/or parish commissioner. If, in the independent judgment of CYO Athletics, the rosters of teams presented do not reflect this policy, then CYO Athletics may reject the rosters and the parish athletic director and/or parish commissioner shall have (3) three days in which to present newly reconstituted rosters. Failure to do so will result in the rosters being reconstituted by CYO Athletics.

Last Year's Team	This Year's Team's	# of Players that need moved
10	10	5
10 or 9	9	4
9	10	5
8	8	4
7 or 6	7-6	3

Examples: Parishes who had two (2) teams the previous year and (3) three teams the current year, or three (3) teams the previous year and (2) two teams the current year any combination not listed above should contact the CYO athletic staff before dividing their teams.

Grades 7-8: It is the policy of CYO that teams at this level will have a greater emphasis on competitiveness than young teams. CYO will establish the division and place teams in the appropriate division on the basis and the recommendation of the parish athletic director/commissioner as indicated on the parish placement sheet.

Rule 11 - Classification Placement

Section 1: Divisions are determined by following:

A. Size of enrollment (secured each year from the Diocesan School Superintendent)

1. **AAA - large** schools
2. **AA -** middle schools
3. **A -** small schools or no parish schools

B. Grade and age

C. Size of roster

Section 2: If a parish offers a team in the grade level of the player, the player must play with that team.

Section 3: If a parish in the AA or AAA classification mixes a team in various grades, they will be placed in the lowest division in the age group of the oldest player on their roster (i.e. teams with players in grades 6th, 7th and 8th will be placed, at minimal, in a lowest 8th grade division etc.)

Section 4: If a parish has players outside of their division (such as a 5th grader- Division II playing on the Division III 3rd & 4th grade team whom they did not refer to an adjoining parish), there will be two options at the discretion of the parish Athletic Director (not the coach).

A. The entire team will not be eligible for the tournaments.

B. The players outside their age group (5th graders) will not be eligible for the tournaments.

Section 5: The CYO Director of Athletics will have the final authority on all team classification.

Rule 12 - Scheduling Request

Parish or school events will be the only consideration for a special scheduling request. The parish athletic director must report these functions with CYO. Coaches are not permitted to send in special requests. No request will be honored after schedules are printed. It is the mutual responsibility of parish leaders/parish registrar to notify CYO of any possible conflict. Requests will be honored to the best of our ability when the procedure is properly followed.

Rule 13- Starting Time

Section 1: No team is permitted to begin practice before the official start date. This includes participation in a pre-season league as a team or a group from the team.

Section 2: All league games shall start promptly at the scheduled time.

A maximum fifteen (15) minute grace period will be allowed. All league games must be played on the scheduled day or shall be forfeited. Coaches may not reschedule games. Any game not approved by the CYO athletic staff will be considered an unofficial game. Games may begin as early as twenty minutes before the scheduled time.

Section 3: No game may begin before 1 pm. on Sundays.

Rule 14 - Electronics/Videotaping or Filming by Spectators

Spectators, parents, parish affiliates and/or coaches cannot video tape another team's games. The use of videotaping is permitted for one's own team's game. Videotaping is not permitted by anyone on the playing area. Violation of this rule may result in the removal of offender from the premises. Walkie-Talkie or any other electronic communication systems are not permitted.

Rule 15 - Mandatory Pre-Season Coaches Meeting:

All head coaches must attend the pre-season coaches meeting. If they are unable to attend, the assistant or athletic director must attend.

Rule 16- Tournaments

Section 1: The designated parish registrar from the parish is responsible to disperse of all tournament information.

Section 2: Each player must play 50% of the regular season games to be eligible for tournament, except if due to injury. If there are an odd number of games; the 50% rule will be the lesser number. If there is an injury, the coach must provide a medical release for the player before the first tournament game.

Section 3: Any team wishing to enter any tournament not sponsored by the CYO must submit the request in writing on the approved form at least one week prior to the tournament.

A. No player may play for more than one team during the CYO season. This includes all-star teams. (See specific sport for exceptions.)

B. Parishes may not combine with other parishes to participate in tournaments not sponsored by CYO Athletics.

C. Parishes are permitted to participate in only two (2) additional tournaments during any given sport season. The sports season begins with the first game date and ends the last tournament game scheduled. Each team may participate in one pre-season tournament. The pre-season begins with the first practice date as defined by CYO.

RULE 17: Awards

Section 1: In most divisions of play a league champion will be determined according to sport specific rules and standards.

Section 2: In sports of individual accomplishment, individual awards will be presented in accordance with sport standards.

Section 3: The James E. Sovacool Championship Trophy will be presented to the championship team.

Section 4: Runner-up trophy of the championship game.

Section 5: Team trophy to the regular season winner. In the event of a tie during the regular season, each team will receive a trophy.

Section 6: CYO participation certificates to all participants in the program available upon request.

Section 7: CYO Championship certificates to all players on the championship team upon

request.

Rule 18 - Off-Season Participation

Section 1: Parish teams may participate on non-CYO teams before and after the CYO sport season (the first official CYO practice date to the final CYO championship game) under the following conditions:

A. There are no restrictions of the number of players from the same parish from June 1 – July 31.

B: Coaches may coach athletes from their parish a maximum of ten days from June 1-July 31. This applies to the entire coaching staff. Each individual coach is not entitled to ten (10) days.

Section 2: Coaches may coach athletes from their parish a maximum of ten days from June 1-July 31. This applies to the entire coaching staff. Each individual coach is not entitled to ten (10) different days of coaching.

Section 3: There may be no instructional programs involving team play from August 1-May 1 except during the CYO sport season. Instructional programs (out of season programs) are defined as any activity of individuals with more than one player opposing another player.

Section 4: Penalty: The coach or player in violation of the above will be suspended for the next season or a penalty deemed necessary by the Director of Athletics.

Rule 19 - Open Gyms, Team/Player Camps, Other

Section 1: Open gyms for specific teams or grades are not permitted.

Section 2: Team/Players Camps are permitted June 1-July 31 only.

Section 3: Other off-season programs must be approved by the CYO Director of Athletics.

Section 4: Other off-season programs must be approved by the CYO Director of Athletics.

Rule 20 - Coaches Eligibility

To participate in the CYO Athletic Program, all coaches head and assistant:

A. Must attend CYO Coaches Training Program every year. No Exceptions.

B. Must comply with diocesan and parish requirements of Virtus Training and have criminal background checks by their perspective parishes.

Section 1: Coaches are not permitted to be the head coach of more than one team in the same sport season. They may be an assistant coach for a second team.

Section 2: All head coaches must be over 18 years of age and out of high school.

Section 5: in all CYO leagues, either a male or female may coach teams. If a male coaches girls' team, he must have a female assistant. If a female coaches a boys' team she must have a male assistant. Male coaches are not permitted in the women's restroom/locker rooms. Females are not permitted in the men's restroom/locker rooms. A male and a female coach must be on the bench for all coed teams.

Section 6: Coaches are responsible to know and understand the rules in their sport.

Section 7: Coaches are responsible for their spectators.

Section 8: Coaches are responsible to conduct themselves in an appropriate fashion and with proper bench decorum. Coaches are required to wear appropriate clothing.

Section 9: Coaches, players, managers, statisticians, scorekeepers, cheerleaders, officials, etc. are prohibited from using any form of alcohol, chemicals or tobacco products at the playing area of any CYO athletic contests and practice sessions. Alcohol is not permitted anywhere on the premises. Penalty for violation by the parish participants is disqualification from that contest. Violations by officials should be reported to the CYO Athletic office. The parish has the responsibility to enforce this policy.

Rule 21- Coaches *Development* and Sports Education Workshops

Once an individual accepts the position as a coach head or assistant in the CYO they accept the responsibility to implement the philosophy of the CYO. To assist with this responsibility, the CYO has adopted and made mandatory for all coaches the "CYO Coaches *Development* Program". The primary objective of the program is to see that all coaches possess the qualities of Catholic leadership, sportsmanship and citizenship that will enable them to guide young people to become responsible adults in the image of Christ. In order to achieve this objective, no person shall be given the responsibility of coaching (head coach, assistant coach, or statistician) a CYO team until they have met the established standards. No Exceptions.

Section 1: Upon entering the program, all coaches must comply with the standard set by CYO. Each individual must attend the entire program. A coach's eligibility is valid throughout the school year.

Section 2: Coaches must renew their eligibility by attending a Sports Education Workshop (SEW). The program provides three hours of additional training. The SEW enhances and provides fundamentals for both veteran and beginning coaches.

Section 3: Upon completion of either program, a coach will receive a coach's card with a lanyard. Coaches must wear the coaching credentials at every game. Failure to do so, the coach will be removed to the spectator area.

Rule 22 - Conduct of a Good Sport/Character/Discipline

Everyone wants to win but someone's going to lose. How a team accepts winning or losing is a direct reflection on the parish and the coach. Coaches and players must win or lose with honor. Coaches, parents or players should not gloat or brag when they win or make excuses and place blame on others if they lose. Un-sportsmanlike behavior is unbecoming a fair, ethical, honorable individual. It has been said that good sportsmanship is the Golden Rule in action. We should treat others, as we would like to be treated. Teams and players should play within the spirit as well as the letter of the rules. The Catholic athlete should desire for his opponent what he desires for himself; a fair, hard-fought game. Teams should simply shake the opponent's hand and congratulate them on playing a good game. Winning cannot take precedence over honesty and principled action for any Catholic. Fair play and ethical behavior should be evident in every game, especially between two CYO teams. Everyone is a winner when they play the best they could. In order to be a winner in anything, everyone must first learn the value of being a good sport. Participation in CYO Athletics is a privilege.

Section 1: Any flagrant or unsportsmanlike conduct warrants ejection from a contest. A coach ejected from a contest for any reason must leave the premises (i.e. the facility or field at which the contest is being held and the adjoining property or parking lot) immediately and an eligible member of the coaching staff must take over the responsibilities of coaching. Any player ejected from a contest for any reason must remain with the team supervised by someone on the team's coaching staff. Ejection of a coach or player from a contest will result in suspension for the next scheduled contest unless noted differently in the sport-specific rules or unless an appeal is filed and granted by the CYO Director of Athletics. The penalty for any coach or player who is suspended twice will be removal from the program for the remainder of the season.

Section 2: Any flagrant or inappropriate behavior is just cause for suspension from the league. Appropriate behavior is expected at all times by all parent's coaches, and players.

Section 3: Any team that has (2) two or more flagrant or inappropriate conduct incidents/technical is just cause for the removal for the remainder of the season. CYO will not tolerate on-going inappropriate behavior from any team or player.

Section 4: Any player or coach who receives an unsportsmanlike or flagrant technical in the tournament will be ineligible to play or coach for the remainder of the tournament.

Section 5: The CYO site director/commissioner has the authority to remove from the premises players, coaches, parents and/or spectators who display inappropriate behavior. The game will be suspended if the offending person does not leave the premises. The Director of Athletics may impose additional penalties. (See Rule 22) The CYO site director/commissioner must secure an Officials Report from the contest official (e.g. referee, umpire) whenever there is an incident involving flagrant or unsportsmanlike conduct during a contest. The Officials Report will be submitted to the CYO Director of Athletics.

Section 6: It is expected that all players, coaches, parents or persons involved with a CYO team, will, whenever they are participating in a CYO program, conduct themselves in such a way as to carry out the objectives of the program. The objectives of the program are to form ideal Catholic youth loyal to God and country. They do this through Catholic leadership, exemplifying conduct of a good sport, and providing healthful and character building programs. This is not accomplished in the following instance:

- A. Failure of the moderator to assume direct responsibility for the individual program.
- B. Failure to abide by the rules and decisions of officials and the CYO.
- C. Violation of the Influence Rules (improper recruiting.)
- D. Knowingly using an ineligible player.
- E. Taking the team off the field, floor, or out of a tournament.
- F. Failure to control the spectators and/or players bench.
- G. Failure to adequately protect officials and visiting team.
- H. Violation of the early start date or playing season in any sport.
- I. Use of profanity, insulting taunting or vulgar language and/or gestures and wearing inappropriate clothing.
- J. Vandalism or the destruction of property.
- K. Verbal or physical abuse or disrespect of players, league directors, opponents, officials or anyone affiliated with the CYO program.
- L. Violation of Parents Pledge.
- M. Participation in two leagues during the same sport season.
- N. Violation of the Zero Tolerance rule.
- O. Disrespect during the CYO prayer.
- P. Any person convicted of criminal activity involving physical or sexual abuse and/or any crime involving children shall not be permitted to coach in the CYO Athletic Program. For a list of criminal activities unacceptable by CYO and other related information, contact the Director of Athletics.

Section 7: Any individual may submit an incident report on an appropriate form for any inappropriate behavior by a person affiliated with the CYO Athletic Program.

Section 8: The CYO staff will investigate all incidents and impose the appropriate penalty according to Rule 22.

Rule 23 – Grievance/Appeal Process

Section 1: The Grievance/Appeals Process may be used to express any concern or disagreement with the administration of the CYO athletic program, including:

- Eligibility of a participant
- The conduct of any person involved in a CYO athletic contest (e.g. player, coach, official, spectator, member of CYO staff)
- The imposition of a player or coach's suspension or removal.

A Grievance/Appeal may not be filed to challenge a decision or interpretation of the contest playing rules by a contest official. The decisions and interpretations of rules by the contest official are final.

The Grievance/Appeals Process can only be initiated by the filing of a written grievance on the

CYO Athletics Grievance Form. The Grievance Form must be signed by the coach and the parish's Athletic Director (or the designee for a non-parish team). The Grievance Form ordinarily must be filed within two (2) calendar days of the incident that is the subject of the Grievance/Appeal or before the next scheduled contest in the athletic schedule if a suspension or removal is the subject of the Grievance/Appeal, whichever is sooner.

Upon receipt of the Grievance/Appeal, the CYO Director of Athletics will notify all parties that are deemed to have an interest in the Grievance/Appeal. The CYO Director of Athletics will collect the pertinent facts. The CYO Director of Athletics reserves the right to determine the methods for gathering facts, including phone interviews, in-person conferences, or other means. The CYO Director of Athletics may consult with the CYO Athletics Committee during the appeal process. The CYO Director of Athletics will issue a written decision resolving the Grievance/Appeal. The decision of the CYO Director of Athletics is final and binding.

Section 2: A grievance regarding the eligibility of any participant may be made to the CYO at any point throughout the regular season.

Section 3: A grievance regarding the eligibility of any participant may be made to the CYO at any point during the tournament and/or championship. After the championship game, no eligibility protests will be allowed.

Section 4: Possible penalties that can be imposed by the CYO Director of Athletics as a result of the Grievance/Appeal process include those set forth in Rule 22.

Rule 24 - Penalties for Violation of Rules

The Director of Athletics can impose penalties for violation of any of these rules:

- A. Suspension of the parish.
- B. Suspension of athletic contests when relationships between two or more teams have so quarrelsome and as inappropriate as to jeopardize the parish and public welfare.
- C. Suspension of the team.
- D. Suspension or removal of a player, coach, parent, or spectator.
- E. Forfeiture of a game or games.
- F. Forfeiture of playoff or tournament rights.
- G. Probation.
- H. Warning.
- I. Documented with no further action.

COACH OF COACHES

*I'm the coach of coaches
I'm the leader of teams*

*I'm Jesus the Savior
I'm Jesus the King*

*Coaches teach, encourage,
Build and lead*

*Their athletes
To sweet victory*

*I teach, encourage,
Build and lead*

*Coaches to
spiritual victory*

*From the beginning of time
'till the very end*

*The coach of coaches
I'll always be.*



CYO ATHLETIC PRAYERS

Pre-Game Prayer

Lord God, thank You for bringing us together in Your name.

We know You are with us now
as You promised.

Please help the players, coaches,
and officials to play and be fair.

Keep us all safe from injury.

Thank You for giving us the chance to teach our faith to
others by our actions.

Amen

Post Game Prayer

Lord, we thank You for the
opportunity and challenge of this game.

You call us to compete well, finish the race,
and grow in our Faith!

Help us to remember we can do all things through You,
who gives us strength.

Amen