



CYO

2023-2024

Rules of Competition

A Manual for the CYO of Johnson & Wyandotte Counties

Revised August 1, 2023

CATHOLIC YOUTH ORGANIZATION ARCHDIOCESE OF KANSAS CITY IN KANSAS ATHLETIC PROGRAM *Changes for 2023-24 are Indicated in **Red** *Clarifications for 2023-24 are Highlighted in **Yellow**

Table of Contents

Article 1: Purpose.....	Page 2
Article 1i: Executive Board.....	Page 2
Article 1ii: Parish Director of Sports Ministry.....	Page 2
Article 1v: Programs	Page 3
Article v: Eligibility.....	Page 4
Article vi: General Rules of Competition	Page 6
Article vi1: Forfeit.....	Page 10
Article vii1: Protest	Page 11
Article 1x: Coaches	Page 12
Article x: Officials.....	Page 13
Fall Sports	
Cross Country	Page 15
Flag Football	Page 17

Tackle Football.....Page 22

Volleyball.....Page 29

Winter Sports

Grade School Basketball.....Page 33

High School Basketball.....Page 37

Spring Sport

Track and Field.....Page 40

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 a 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.

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.
4. 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 ensuring 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. In addition, the parish Director of Sports Ministry is required to complete the initial Play Like a Champion "Sports as Ministry" workshop.

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 and have an adequate understanding of CYO rules and expectations. 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 sports leagues:

Tackle football (boys only 5TH–8TH grade),

Flag football (boys 2nd grade–5th grade, girls 3rd–8th grade),

Volleyball (girls only 3rd–8th grade),

Cross country (boys and girls/3rd–8th grade),

Basketball (boys and girls/3rd–8th grade),

Track & field (boys and girls/3rd–8th grade),

High School Basketball (boys and girls 9th–12th grades).

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 parishes teams then that parish shall not be permitted to enter any teams in that program in CYO competition.

The 3rd and 4th grade program are primarily for instructional purposes. **For all sports outside of football, 4th graders can play at the 5th grade level as needed to field teams. The CYO requires that all parishes with multiple teams in 3rd grade and 4th grade separate those teams as evenly as possible through evaluation. Independently formed teams are not allowed.**

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.

1. All 3rd and 4th 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).
2. 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.
3. 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 or meet the requirements of the Unaffiliated Participant as outlined in Section 4e below.

SECTION 2. Being registered means that an individual CYO member has on file with the regional CYO Office a current CYO 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.

1. Any child who has reached the third (3rd) grade by September 1st of the current school year will be eligible to participate in athletics.
2. 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
3. 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:
 - a. A maximum of 5 months from (b.) listed above will be considered.
 - b. Hardship letter of request must be submitted by the parent(s) and the specific sports must be identified.
 - c. Student’s physical or mental maturity would not take advantage of or jeopardize the health and safety of other participants.
 - d. 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.

1. For Territorial Parishes, those residing within the boundaries of the parish.
2. For National Parishes, those of the particular nationality who reside within the diocese and are not subject to boundaries.
3. 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.
4. 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.
5. 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:

- a. The child is sponsored by the parish, meaning that he or she is approved by the Pastor and Director of Sports Ministry (Athletic Director), and the Tackle Football pod coordinator, if applicable, to be placed on a parish team.
- b. The child/parents must complete the application for unaffiliated participation online by the deadline as published on the CYO website. Application must include electronic signature approval by the Director of Sports Ministry and Pastor of the sponsoring parish. In lieu of Pastor being available for an extended period of time (i.e., vacation or extended trip), an Associate Pastor and Business Administrator may be used.
- c. The application must be approved by the Faith & Spirit Committee of the CYO Executive Board. This approval may be done by 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 must 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. For players affiliated with a parish that do not have a grade level team, the parents must contact CYO to request assignment to another parish. The CYO office will make the determination as to where the player will be assigned.

1. 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.

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 manor any other player, manager coach or official, will be automatically suspended for the remainder of the season. Being suspended includes not attending any CYO sponsored events. 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.

1. **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 Wednesday following the ejection.

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 events for the week the suspension is in effect.

APPEAL: If a player, manager, coach is suspended he/she has the right of appeal. The notice of appeal: a written explanation why the suspension should not be imposed, via email, to the CYO Board: executiveboard@cyojwa.org) must be received no later than noon on the Wednesday following the suspension notice by the CYO Director. The suspension shall NOT be imposed until the appeal has been reviewed by the Protest Committee. After the Committee review, a final decision will be made and the suspended individual will be informed prior to the next game he/she is participating in. The decision of the protest committee is not limited to a one (1) game suspension and is FINAL.

EXCEPTION: No appeal granted for tournaments and the suspension will be imposed immediately.

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:

1. All completed rounds or scheduled games will stand as played – this includes forfeitures.
2. 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.
3. 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. CHEERLEADERS SHALL NOT BE ADMITTED TO ANY CYO SPONSORED

ATHLETIC CONTEST. Exception; PLKC and KCFC can have cheerleaders at CYO venues. The Cheer squads are not allowed to taunt opposing team and performance and attire must be modest.

SECTION 10. GRADE SCHOOL UNIFORMS: Legal uniforms as prescribed by the NFS HSA 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.

1. Teams shall have ONLY LEGAL NUMBERS (numeric numbers between 0-5 only between 0-55) on uniform shirts.
2. Uniform shorts, for boys and girls, are to be loose fitted with an inseam of 5" or longer. Compression shorts, bun huggers, etc. shall not be used as uniform shorts. Legal compression shorts may be worn under uniform shorts. Shorts must be worn over leggings/tights.
3. GIRLS' TANK TOPS: If the uniform shirt worn by a female athlete is of the boy's tank top style a t-shirt must be worn (this is for modesty reasons). If the uniform worn by a female athlete is a properly fit girls cut tank top where no undergarments are visible, no t-shirt is required. T-shirts must be white or the same color as the jersey, short sleeve or tank top style and unadorned. All players from the same team with visible t-shirts outside the jersey must wear the same color t-shirt.
4. 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.
5. If a team does not meet these requirements, the opposing team will be given a technical shot and the opposing team will be given ball to start the game. The Technical foul will not be recorded as a team foul.
6. COLOR OF JERSEY: It is recommended that each team is to provide two jerseys or one reversible jersey- 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.
7. 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.
8. 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.

SECTION 11. Tasteful signs and banners that are approved by Pastor and Director of Sports Ministry shall be allowed in parish gyms during CYO competition. This includes sponsor, parish and school signage. Non-permanent signs, posters and banners brought in from the outside and

not formally approved by Pastor and Director of Sports Ministry shall not be allowed. Violations of this rule will make the group liable to suspension and/or forfeiture of contest.

SECTION 12. 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 13. The CYO athletic program does not permit girls and boys to compete with or against one another.

SECTION 14. MINIMUM GAMES GRADE SCHOOL The CYO will make every effort to provide the maximum number 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 (post season included for tackle football)/matches guaranteed to be scheduled by CYO for teams in each sport:

1. Cross Country – 3 meets
2. Tackle Football – 6 games including post season
3. Flag Football – 6 games
4. Volleyball – 12 matches
5. Basketball – 6 games
6. Track – 3 meets
 - a. 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.
 - b. Refund amounts, if applicable, will be defined and distributed to each parish at the end of the season.

SECTION 15. PLAYER ELIGIBILITY

1. All participants must be registered online by 11:59 pm on the date defined by the CYO office. These dates will be published on the CYO website.
2. Participants not registered by this deadline shall be assessed a late registration fee of \$25 per child.

EXCEPTIONS

1. 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.
2. The Executive Director may grant permission to individual participants for registration up until the second date (week) of competition for that sport (except Grade School Basketball). 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.

3. **LATE REGISTRATION DEADLINES: Late registration for Tackle Football, Volleyball, and Grade School Basketball ends on the team file due date. Late registration for Cross Country and Track will be Friday prior to the 2nd meet. Late registration for Flag Football ends Friday on week two of the season.**
4. If a situation arises where due to extenuating, unforeseen or other circumstances would prevent the child from playing a sport and the timeline for enrollment has passed and no other exceptions are available, then a majority vote by the DSM's and a separate majority vote by the Executive Board shall be conducted to allow for player enrollment in that sport. The child's DSM shall initiate the request for vote which may be done in person or electronically.
 - a. All participants must be registered online by 11:59 pm on the date defined by the CYO office. These dates will be published on the CYO website.
 - b. Parishes must submit all teams, rosters, gym availability and schedule requests by the deadline dates as defined by the CYO office. Teams and requests not submitted via the official team form by this deadline will not be considered for participation.
 - c. 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 team lists 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.

SECTION 16. VIDEO OF CYO CONTESTS 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:

1. 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.
2. 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 17 GUEST PLAYERS For all basketball and volleyball competition, a player shall be allowed to participate as a guest player 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 guest play on a given team up to three times 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.

EXCEPTION: High School Basketball players shall not be allowed to play a guest player during the postseason tournament. A team shall only be allowed a guest player if they have less than seven "rostered" players available in basketball or eight "rostered" players available in volleyball (i.e., teams using a substitute may have no more than two bench players 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 guest player on multiple teams throughout a season, but only three times per team. Guest player rules as defined in this section shall apply to fourth graders participating as a guest player on a 5th grade team. Third and fourth grade players are otherwise restricted from being used as guest players on a fifth through eighth grade team. Guest player rules as defined in this section do not apply to High School Basketball. See the High School Basketball section, Rule 2, for the High School basketball substitute player rule

SECTION 18 CONCUSSION MANAGEMENT PROTOCOL 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*.

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. 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 2. Forfeit time will be 15 minutes after the scheduled starting time except for High School Basketball, game time is forfeit time. A team that waits past the forfeit time for its opponent may not use lateness as grounds for protesting the results.

FORFEIT FINES GRADE SCHOOL:

1. Minimum fine of \$50 if contest is forfeited at least 72 hours' notice before scheduled contest.
2. \$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.
3. \$100 fine is charged to any team that does not show for a scheduled game and the team is charged with a forfeit.

SECTION 3. Volleyball with fewer than eight players and basketball teams with fewer than seven participants on their official CYO roster will incur the following fines for three categories: (1.) \$75, (2.) \$125, (3.) \$150.

SECTION 4. All forfeits that occur will be reviewed at the end of the season by the CYO office. Applicable fines can be applied to parish reimbursement.

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 front 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. A protest must be submitted via email to the CYO Executive Director within 48 hours after the completion of the contest involved.

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 email, 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 email.

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 I. 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.

1. 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.

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 disciplinary 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. See further details explained within each sport below.

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 too.

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 ensure that the incident is not repeated in the future. The CYO director should be notified by email at admin@cyojwa.org as soon as possible after the conclusion of the contest. All Officials of the contest shall submit a written statement by email 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.

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 front 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. To assist with the process we ask that the protesting coach also sends an email to CYO at admin@cyojwa.org.



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 5th – 8th 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. **CITY MEET CHAMPIONSHIP:** Students must have competed in at least one of the three previous meets to be eligible to compete in the city meet. Parishes will be divided into classes “A”, “AA” and “AAA” based on parish participation in grades five through eight. Once a designation is defined for a parish team, it cannot be changed. 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. If at least three full teams are not available by scoring four places, then three places shall be scored. If three full teams are not available by scoring three places, then two places shall be scored. The Cross Country City Meet will occur on the 7th week of the Fall seasons, so as not to conflict with the championship contests of other sports the following weekend.
4. 3rd and 4th graders will run before City Meet. No trophies will be awarded.
5. Distances run for grades shall be as follows: All **THIRD AND FOURTH GRADE** participants shall run 800 meters (.5 miles). **FIFTH AND SIXTH GRADE** boys and girls shall run 1600 meters (1.0 miles). **SEVENTH AND EIGHTH GRADE** boys and girls shall run 2400 meters (1.5 miles).

6. RAIN-OUT: For any meet postponed due to weather, the makeup date for that meet shall take place when possible. 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.
7. 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 per NFHS rules.
8. No jewelry, wristwatches, or electronic devices of any kind shall be allowed on the course during competition.
9. Records can be established in the city meet only.
10. The Administrator/Commissioner on duty at each meet shall have the final say in terms of participant eligibility or disqualification per CYO Rules of Competition.
11. MANDATORY PERSONNEL/VOLUNTEERS: Parish Director of Sports Ministry or coaches are to provide adult volunteers to assist during the meet.



CYO FLAG FOOTBALL

The following rules shall govern the CYO Flag Football program.

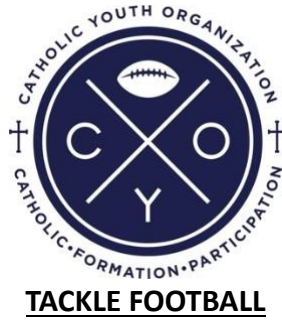
1. **ELIGIBILITY:** All boys entering 2nd Grade through 5th Grade and all girls in 3rd Grade through 8th Grade are eligible for participation.
2. **LEAGUE FORMATION:** Leagues will be formed by CYO office based upon teams registered for play. Leagues may be formed by single grade or by combining grades in both grade school. Only children in at least 4th grade may play “up” on 5th grade teams. To be determined prior to the season.
3. **FIELD SIZE:** Games shall be played on fields deemed appropriate and scheduled by CYO. Standard field size shall be 50 yards in length by 40 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. **UNIFORMS:** The official uniform for teams shall be provided by the team’s sponsoring parish. 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 into 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. Teams may wear their own (CYO approved flags if the flags provided by the CYO are inadequate or insufficient.)
 - b. **OFFICIAL BALL** used for all CYO Flag Football games will be provided by CYO. All grades will use the Pee Wee size ball.
 - c. Shoes are required for participation. Cleats are allowed and must meet standard CYO requirements. 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.

- d. 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 a 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 the arm, fingers or ankles. Players may wear gloves and/or (soft) knee or elbow pads.
 - e. Mouth guards are **highly recommended** 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 mouth guard 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 the 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 **five (5)** 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. A player who intercepts the ball shall be allowed to return the interception and he shall be considered live until his flag is pulled, he scores a touchdown, or he is otherwise ruled down by the official.
 - 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 ball carrier'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. A dropped exchange from the center to the quarterback (either direct snap or in shotgun) shall be considered a fumble.
- g. Any ball carrier whose flags fall off during the play, even accidental without a defensive play on the flags, shall be considered down at that spot.
- 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 its 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.
- i. 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.
- j. All players on the field shall be considered eligible to throw, run or catch the ball on each play.
- k. Substitutions may be allowed on any dead ball.
- l. 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. Once the ball carrier crosses the line of scrimmage or receives a pass, all other offensive players should cease moving to avoid penalty.
- m. 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 ball carrier passes the line of scrimmage.
- n. One 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.
- o. Flag Guarding is considered an attempt by the ball carrier to impede the defensive players' attempt to pull his flag. A ball carrier may not impede the defensive players' attempt to pull his flag at any time through the 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.
- p. 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.
 - q. Defenders may not tackle, hold, or dive at the ball carrier 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 22minute 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 .
 - 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. 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 of when full time has been reached.
11. 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 ball carrier, 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.
 - 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 player's flags before he receives the ball either through a pass or running play. This shall also be called on any defensive player who dives at the ball carrier in attempt to grab flags. Only the ball carrier 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.
 - m. 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 ball carrier 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.
12. During Flag Football games, 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.



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. 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.
2. 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.
3. **LENGTH OF GAME:** The game shall be divided into four quarters. For 6th, 7th, and 8th grades, each game will consist of 10-minute quarters using a field clock for all games. For 5th 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. For all grades, teams will have a 30 second play-clock, a 1-minute break between quarters, and a 11 minute half time including a 3 minute warmup.
4. **GAME RECORD KEEPING 5th-** Qualified persons (one from each team) working in unison, shall perform the following duties:
 - a. Record the number of plays in each quarter.
 - b. Inform the officials when a quarter is completed.
 - c. Record all scores.
 - d. Be responsible for score sheet being turned in to Field Supervisor, promptly after conclusion of the game. Play counter for each team must be together and located on the home team side. Play counts will be tracked on scoreboard. In the event that a facility cannot provide a scoreboard it will be kept on the field.

5. POINT SPREAD: For 7th – 8th grade, anytime a team has a 30 point or more advantage on its opponent in the 4th quarter, the officials shall run the clock with no stoppages but for time outs and player injury, for the remainder of the game. For 5th – 6th grade, when a point spread of 40 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.
6. 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.
7. NO pre-Snap FORWARD movement allowed by any player within two yards of the line of scrimmage. (Movement is defined as FORWARD movement by any player within the two yards limit prior to the snap of the ball to gain momentum.) Penalty: FIVE YARD - illegal procedure.
8. If a defensive player is inside the tackle box and on the line of scrimmage or within the 2-yard limit, they must be in a 3-point or 4-point stance. LB's can stand up in the gaps; but they need to be at least 2 yards off the LOS.
9. 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.)
 - e. PENALTY: a.; b.; and c. 15-yard penalty. d. 15-yard penalty and disqualification.
10. 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.
11. 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. Each team gets the ball on the 10 yd line with four plays to score. Winner of coin toss decides who goes first.
12. JAMBOREE: League wide scrimmage, which is mandatory for all teams, will be held the second to last week of August. To participate in the Jamboree all players must weigh in.
13. WEIGHT LIMITS: 5th Grade – 112 lbs; 6th Grade – 126 lbs; 7th Grade – 145 lbs; 8th Grade – 162 lbs; 5th-6th Grade Combination 120 lbs; 7th-8th Grade Combination 153 lbs. Combined

grade teams that play in single grade divisions will play at that division's weight limit. Weight Limits will be reviewed every 3 years.

14. WEIGH-IN: All players shall be weighed by the CYO director or his representative at least seven days before the first scheduled game. The first scheduled game, in most seasons, 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 unless approved by the CFL. The official weigh in will be at the Jamboree. Each player shall be weighed wearing shorts and shirt for the first weigh-in. Players who are not weighed shall not be eligible to compete in the CYO football program.
15. Players who weigh less than 5 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 teams 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.
 - a. Participants who weighed the following amounts during the initial preseason weigh in must re-weigh as described above: 5th Grade – 108-112 lbs; 6th Grade 121-126 lbs; 5/6th Grade – **116-120** lbs; 7th Grade – 141-145 lbs; 8th Grade – 158-162 lbs; 7/8th Grade – **149-153** lbs.
 - b. Players competing in all grades will be allowed a two-pound increase prior to the reweigh that takes place before playoffs. If a player chooses not to reweigh, they become an "X" automatically.
16. Restricted Ball Carrier (X-Head)
 - a. Each team is permitted ONLY six (6) players who exceed the weight limit on the field at any one time.
 - b. Players exceeding the weight limit shall wear a helmet marked with contrasting color that extends the full length and width of the helmet. 2-inch tape or wider to be used on the helmet. Violations of this rule shall make the player ineligible for the contest until the helmet is properly marked.
 - c. Players exceeding the weight limit may 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.
 - d. Offense Restrictions:
 - i) Players exceeding the weight limit may not carry, pass, or receive the football.

- ii) Players exceeding the weight limit shall be restricted to middle line positions (center, guard, or tackle) on offense. They must be on the line of scrimmage and cannot line up outside of the tight end.
- iii) No player exceeding the weight limit shall play the end position on the line on offense. They must be covered up by a non X Head on the line of scrimmage.
- e. Offensive Exceptions:
 - i) An offensive player who is a Restricted Ball Carrier may, without advancing the football, recover a fumble or bad snap at any place on the field.
- f. Defense Restrictions.
 - i) Players exceeding the weight limit shall be restricted to line positions on defense.
 - ii) 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.
 - g. Defense Exception.
 - i) Those players exceeding the weight limit are allowed to line up at the defensive end position. Defensive ends are allowed to line up in the standing position.
- h. Special Teams:
 - i) X Head is permitted to kick, punt or hold for field goal attempts.
 - ii) X Head for kickoff return must be no more than 10 yards off the line of scrimmage of kicking team.

17. 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.
18. 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. 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. Coach controlled scrimmages or practice games are permissible only with other CYO teams within the same weight class. 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.

19. The OFFICIAL BALL used for all CYO Football games will be provided by 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.
20. SIDELINE PERSONNEL: The head coach, assistant coaches, one score keeper, and three chain crew (when assigned) are allowed on the sideline. The head coach shall be liable to suspension if more personnel are present.
21. 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. 6th-7th-8th grade - Minimum playing time: 8 plays each half to equal a minimum of 16 per game (kick off and extra point try and free kicks count as plays) 5th grade 9 plays each half to equal a minimum of 18 per game (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 7 plays each half to equal a minimum of 14 per game shall be the minimum) 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 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. Failure to submit completed form in a timely manner after the game will result in a warning. The second offense will result in a one game suspension.
22. 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: a. Head-to-head competition during regular season b. League Record c. Record against common opponents d. **Thirteen (13) Point Tiebreaker Procedure:** • A 13 point tiebreaker procedure will be used to determine seeds when there are two or more teams still tied after criteria #1 and #2 are not able to break the tie. • The total average margin of points each team had in all games prior to week #9 (eight regular season games is the maximum). Marginal points are the point differences in final game score. No team will add or subtract more than thirteen (13) points in any game. No team will add or subtract more than one (1) point in any game which was tied at the end of regulation time and the winning team was eventually determined in overtime. • If more than two teams are tied in win-loss percentage and there was no common winner between those teams, then marginal points will be used to establish the first seed from those tied. The tiebreaker process will begin again with the remaining teams. This process will continue until all teams tied have been seeded onto the bracket. e. 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.

23. PAT 5/6 Grade 2 points for kick / 1 point for run/pass. No fake kicking plays, no rush on kicking attempts. The play is dead if the ball is not cleanly fielded and placed. PAT 7th/8th grade 1 point for kick / 2 points for run/pass.
24. 5th grade punting- either no rush on a declared punt or a choice for 20-yard advancement and change of possession. The punt advancement rule is always half the distance to the goal if the ball is inside the 40 yd line.
The choice for 20-yard advancement does not count towards play count
25. If the parish offers a tackle football program and does not have enough participants registered for individual grade teams then the participants may be combined into a 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.
26. No player shall be allowed to play down a grade in tackle football without unanimous approval from opposing schools’ Director of Sports Ministry (DSM) and CYO Director. All requests must be presented in writing to the CYO Director and opposing schools’ DSM by two weeks prior to submission of rosters.
27. 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 participant’s grade level.
28. Parishes that combine kids to create football teams must be created within geographic boundaries and consistent throughout all grades within the parishes. These parish groups will be decided by 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.
29. Coach’s meeting in August, mandatory attendance for 1 coach per team. Meeting held during preseason.
30. CFL Committee has full authority to move teams to appropriate divisions at any time during the season / player safety.
31. Teams cannot have players from 2 grades below in division the team is playing in i.e. 8th grade teams cannot have 6th graders

Current pods are as follows:

CYO PLKC POD STRUCTURE 2023	
POD	PARISH
Brookside	Pembroke Hill, St Elizabeth, St Peter, Visitation
Eastland	Nativity, Presentation, St John LaLande, St Regis
Holy Southern	Corpus Christi, Holy Cross, Holy Spirit, Holy Trinity, Prince of Peace, St John, St Paul
Northeast Joco	Holy Name, John Paul II, Our Lady of Unity, St Agnes, St Ann
Northland	Charles Borremeo Academy, St Andrew, St Gabriel, St James, St Patrick, St Therese
Shawnee Catholic	Christ the King, Good Shepherd, Resurrection, Sacred Heart, St Joseph, St Patrick
Southern Joco	Ascension, Holy Rosary WEA, Nativity, St Michael
Stateline	Cure, St Thomas More

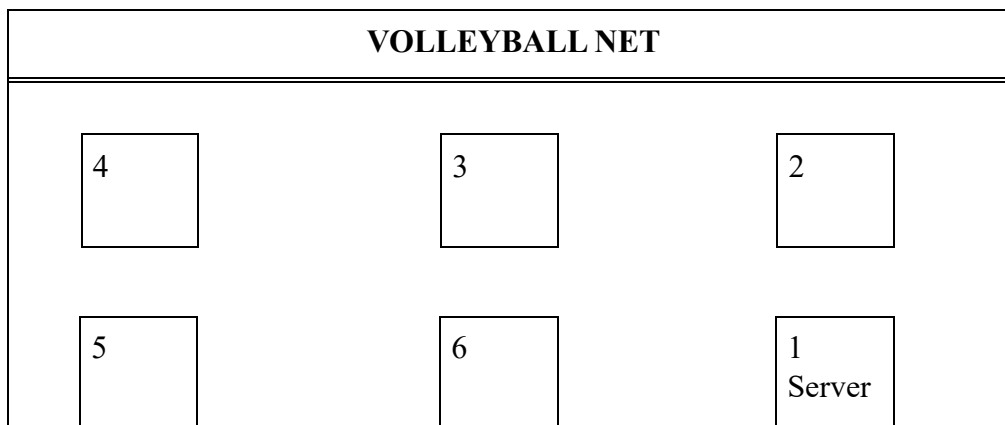


VOLLEYBALL

1. 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. The 3rd/4th grade volleyball program is designed to be an instructional league to introduce participants to the game.
2. 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.
3. 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.
4. VOLLEYBALL: All Third Grade through Sixth Grade competition shall use the —Volley Lite ball.
5. Clean non-marring tennis shoes are required.
6. 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.
7. 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.
8. LIBERO PLAYER will be used adhering to the National Federation of High School Libero Rules. The libero is specialized defensive player that replaces players on the back row. The libero can only play across the back row. The libero replacements aren't substitutions. The player that the libero replaces must be the same player that comes back into the set to replace

the libero. The libero must wear a uniform whose jersey must at least contrast in color with the rest of the team members. The libero uniform may have a different design but must be numbered like the rest of the team members.

9. Coaches permitted to stand per NFHS guidelines.
10. WARM-UP – Six minutes shall be allowed for warm up before the beginning of each match.
11. SUBSTITUTION: For 3rd and 4th grades, free substitutions, but only in positions 4, 5, 6 – only injury substitutions will be permitted in positions 1,2, and 3. For grades 5 through 8, National Federation of High School substitution rules will be followed. Addendum to the volleyball rules: A coach can indicate to the official that they only intend to only sub players in consecutive order in the 6th server position (center back).



12. LENGTH OF MATCH: A “match” shall be defined as the entire contest between two teams, where each match will consist of three “sets. The first two sets of a match in Grades 5-8 will begin at 4-4 and be played to 25, with the third set begun at 0 and played to 15. 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, that serve must be played. B. After a time-out, the clock will start when the ball is contacted for serve.
13. END OF GAME RULING: To end a game, time must have expired, and the ball must be dead. INTERPRETATION: When time expires, the game continues until the ball becomes dead. Point scored on this play is counted.
14. TIE SCORE: Third and fourth grade will not break ties
15. CONSECUTIVE POINTS: 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.)

16. 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
17. 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 D director is notified no later than Noon the Friday before the 5th week of regular season league play.
18. NO TIME LIMIT FOR TOURNAMENT GAMES – Best two out of three games determine 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. Tournament games shall start at a score of 0-0 for all grades.
19. 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 of a match or 18 points of a match. Third grade and Fourth grade – All playing time shall be divided equally among all participants.
20. GUEST PLAYER: A player is allowed to participate as a guest player for another team at his or her parish as indicated under Article VI – Section 16 .
21. MINIMUM NUMBER OF PLAYERS: 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. LEVEL OF PLAY: The first two weeks of the season will be played based on the levels the Parish DSM 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.~~ Games played in preseason and the regular season through the weekend prior to the publication of the tournament schedule will be used to determine tournament rankings. The final game of the regular season will not be considered for the seeding process due to the seeding schedule.

23. Teams are only allowed to compete in the grade level at which they competed in the regular season for the post season.



GRADE SCHOOL 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 half and games will be of five-minute duration only.
 3. At the following basketball courts, the opposite free-throw line shall be designated as the backcourt line: Queen of the Holy Rosary (John Paul II).
 4. 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.
-
1. FULL COURT PRESS: Rules regarding the ability to employ a full court press are as follows:
 - a. 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.
 2. 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.
 3. 5th Grade - In the fourth quarter of play only, teams may employ a full court press. Until this point, no full court press shall be allowed at any time. The first violation 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.

4. Sixth, Seventh and Eighth Grade – Full court press is allowed at any point during competition.
5. NOTE: For 5TH-8th, 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.
6. 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, steel the ball or intercept a pass while that defensive player is in back court.
7. 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, steel 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.
8. POINT SPREAD: 5th - 8th grade – 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). 3rd - 4th grade **beginner and** experienced - When a point spread of fifteen points is reached in a 3rd or 4th grade **beginner and** experienced basketball game, the scoreboard in the gym shall freeze and no additional score shall be added for either team until the deficit drops below ten points.
9. 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. (JPII Gym—East bench has South goal first half. West bench has North goal first half.
10. 4th – 8th 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 and 3rd grade boys will use a 27.5 inch.
11. COACHES' BOX: During play, Head Coaches are allowed to stand 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.

12. GOAL HEIGHT: The 3rd grade girl's program will use a 9-foot goal. Fourth through eighth grade girls' program and 3rd grade through eighth grade boys' program will use regulation 10-foot goal.
13. GAME TIMES: 3rd – 4th 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. 5th – 8th grade games will consist of 6 minute stop clock quarters.
14. OVERTIME RULING – If the score is tied at the end of the second half, one timed extra period shall be played (Regular season two minutes / Tournament 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. Third and Fourth grade games scheduled will be played to completion with no overtime. ~~EXCEPTION: During tournament play regular overtime procedures will be used.~~
15. DEFENSE 3rd – 4th grade: 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.
16. Man to Man Defense Guidelines in 3rd and 4th grade:
 - a. Zone defense is prohibited; teams must play man-to-man defense.
 - b. The defender must be within 5 feet of his/her player at all times.
 - c. The defender may "help" with his/her teammates' assigned opposing player when said opposing player is in the lane.
 - d. Violation of the zone defense rule will result in the ball being awarded to the opposite team and a warning will be issued to the head coach of the violating team. A third or subsequent violation will result in a technical foul.
17. 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.

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 disciplinary reasons. 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.
19. **Guest Player:** A player is allowed to participate as a guest player for another team at his or her parish as indicated under Article VI – Section 16 .
20. 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.
21. **3rd and 4th Grade basketball:** The DSM will list the team as “Experienced” or “Beginner” so CYO can schedule teams that are most compatible with each other. Experienced is defined as 50% or more players on the team have played one year or more prior to 3rd grade or two or more years prior to 4th grade.
22. Teams are only allowed to compete in the grade level at which they competed in the regular season for the post season.
23. **LEVEL OF PLAY:** The first three weeks of the season will be played based on the levels the Parish Director of Sports Ministry (Sports Ministers) submitted each team to compete at. On the Monday following the end of the third week, a seeding committee made up of the Sports Ministers or Parish Representatives will meet to seed the teams according to performance in the first three weeks of play. This will be an attempt to fairly place the teams in divisions where they can compete well and enjoy the CYO experience. Games played in preseason and the regular season through the weekend prior to the publication of the tournament schedule will be used to determine tournament rankings. The final game of the regular season will not be considered for the seeding process due to the seeding schedule.
24. **BODY PAINT:** Under no circumstances will any participant be allowed to participate in any contest with body paint and/or paint in the hair, face or any other body part.



HIGH SCHOOL BASKETBALL

Catholic High School students can only participate if the student attends one of the following high schools. Bishop Ward High School, Bishop Miege High School, St. Thomas Aquinas High School, St. James Academy, Saint Michael's High School, St. Teresa's Academy, Notre Dame De Sion High School, Pius X, or Rockhurst High School. A valid school photo ID will be required to complete the registration process.

1. **ELIGIBILITY:** The High School participants are not bound by parish boundaries. All teams will be submitted directly to the CYO Office with Manager acting as sponsor and supervisor of team. Manager will be responsible for all communication and actions of the team, including violations or forfeits.
2. **PRACTICE:** Teams may request practice time from parishes at their discretion, but no practice time will be provided by CYO Office.
3. 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. Two technical for a player in a game equals a one game suspension. Three technicals on any team in one game equals one game suspension.
4. **FIGHTING:** Any basketball player or bench personnel fighting will be 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 team will be assessed the forfeit fines. Play and bench personnel fighting is defined per the NFSHSA Basketball Rules. Any team that is disqualified and is suspended from the CYO Program forfeits all remaining scheduled games.

5. GAME TIME is forfeit time for all basketball games. MINIMUM FORFEIT FINE is \$100 for each basketball game forfeited. \$150 forfeit fine for not enough players to begin a basketball game. \$200 forfeit fine for a NO SHOW.
6. 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.
7. 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.
8. HIGH SCHOOL UNIFORM
 - a. CYO High School uniforms are required for participation in these leagues. You can also use your parish uniforms, contact the parish DSM (AD) to make this request. Parish provided uniforms will comply with the same restrictions and guidelines that are followed for grade school basketball teams.
 - b. You may use your uniform from past years or purchase a new one through Jock's Nitch (located at College and Pflumm in Lenexa). You can now order your uniform online through Jock's Nitch by [clicking here!](#) You may also download the manual form [here](#) and submit to Center Sports in person. Please allow two weeks for delivery. We recommend ordering prior to Thanksgiving. Please see CYO Rules of Competition for more details
 - c. NUMBERS: 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. The numbers must be legal numbers, 1 to 2 digits between the 0 and 5. Teams cannot have players with duplicate numbers.
 - d. GIRLS' TANK TOPS: If the uniform shirt worn by a female athlete is of the boy's tank top style a t-shirt must be worn (this is for modesty reasons). If the uniform worn by a female athlete is a properly fit girls cut tank top where no undergarments are visible, no t-shirt is required. T-shirts must be white or the same color as the jersey, short sleeve or tank top style and unadorned. All players from the same team with visible t-shirts outside the jersey must wear the same color t-shirt.
 - e. SHORTS: 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)
 - f. WARM-UPS: 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.
 - g. 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.

9. 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. All refunds will include a deduction of Credit Card transaction costs and fines. CYO will refund the registration amount if the season cancels before it starts. If the season starts and becomes incomplete, CYO will refund an amount depending on the number of games played. Any refund amount will be determined considering CYO administrative and parish costs up to that point in the season. Please allow 10 business days for refunds.
10. 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.
11. ELIGIBILITY: 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 CYO office. All teams and participants must complete registration prior to the deadline defined on the CYO website (www.cyojwa.org). There are no exceptions to the registration deadline.
12. SUBSTITUTE PLAYERS: 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 7 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 of substitution. Any substituting player(s) must be in the same division or lower than the team he/she is participating with. **EXCEPTION: High School Basketball players shall not be allowed to play a substitute player during the postseason tournament**
13. When a spread of 30 points is reached in the fourth quarter, 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).
14. LENGTH OF GAME – 8 minute stop clock quarters.
15. TIMEOUTS – 3 full, 2 30 second
16. OVERTIME RULING – If the score is tied at the end of the second half, one timed extra period shall be played (Regular season two minutes / Tournament 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.
17. BODY PAINT: Under no circumstances will any participant be allowed to participate in any contest with body paint and/or paint in the hair, face or any other body part.



TRACK & FIELD

The track program consists of four weeks (four track meets). 3rd – 4th grade will have a minimum of 3 meets to include participation on the day of City Meet Championship if required due to weather cancelations.

1. **REGULAR SEASON MEETS:** Girls will compete with girls and boys will compete with boys only and in their same 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; i.e. 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. Participation ribbons will be given to 3rd and 4th graders only. No team points will be tabulated. Class A and Class AA and Class AAA will have no bearing for these meets.
2. **CITY MEET CHAMPIONSHIP:** 5th – 8th grade only Students must have competed in at least one
(1) of the first three (3) track meets to qualify for the city meet. (Note: Participation in the MoKan 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 meet. Classes are determined by parish participation in grades 5th- 8th. Once a designation is defined for a parish team, it cannot be changed.
3. The city final meet will be held on week four. Each of the field events will have only three trials, except the high jump, which has three trials for each height.
 - a. Ribbons awarded for six places. Team points will be tabulated and trophies will be issued for three places.
4. **RAIN-OUT** – All track meets stopped because of inclement 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 scheduled one week later.
5. FIELD EVENTS: high jump, long jump, softball (size 12") throw (girls only), football (size: 5th – 6th Junior 7th – 8th Youth) throw (boys only), Shot put: 5th-6th grade boys and all girls use 6lbs, 7th-8th grade boys' use 8 lbs. Participants are required to sign in at the event site no later than the final call for the event has been made.
6. RUNNING EVENTS: mile run; 100-meter dash; distance medley relay (100-100-200-400), 60meter dash; 400-meter run, 200-meter dash, medley relay (100-50-50-200), 800 meter run 400meter relay (100- 100-100-100). The mile run and 800-meter run will use an international start (all contestants in a grade group compete at the same time)
7. EACH COMPETITOR LIMITED TO FOUR EVENTS.
 - a. A competitor may not compete in races of 400 meters or more back to back.
 - b.Each competitor that competes in the Mile Run and the 800 meter run may compete in one (1) additional running event for that day. The competitor may compete in a fourth event but 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.
7th – 8th grade girls opening height is 3' 8"; 7th grade – 8th grade boys opening height is 4' 0"; 5th grade and 6th grade girls and boys opening height is 3' 6". (EXCEPTION: Once a participant is determined as the winner, the bar can be raised at any increment requested by the participant.)
9. 3rd-4th 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, 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. 8th GRADE PENTATHLON is open to all 8th 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 meet 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 EVENT WITH ILLEGAL SHOES.
14. MANDATORY PERSONNEL/VOLUNTEERS: 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 footballs 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 MEET each team is limited to one relay team per relay.
17. HEAT AND LANE ASSIGNMENTS: When possible, lanes will be assigned based upon prior performance. The order will be 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 meet ONLY. Performances in question, whether or not they are records, will be brought before the track commissioner for a determination.
19. FIELD EVENTS: A contestant shall be charged with an unsuccessful attempt if the contestant does not complete a trial or pass it within the time limit after being called for the trial (unless excused by the event judge to participate in another event.) 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 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.