

(up-dated 6-8-10)

CATHOLIC YOUTH ORGANIZATION  
ARCHDIOCESE OF KANSAS CITY IN KANSAS  
+  
ATHLETIC PROGRAM  
+  
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 ATHLETIC DIRECTOR

SECTION 1. Each parish shall have an athletic director. The parish athletic director, appointed, elected, hired or volunteered, shall be the official parish representative to the CYO.

a) The parish athletic director must be a good Christian Person of good character who: 1) has respect for the participants under their care as well as respect for other parish athletic directors, coaches, participants and officials; 2) consider participating above winning; 3) provide leadership, and an example of Christian Sportsmanship.

a) Any person convicted of, or plead guilty or nolo contendere (no contest) to, a misdemeanor or felony shall not be permitted to be a parish athletic director unless approved unanimously by the CYO Executive Board.

SECTION 2. Directing the parish programs and insuring that the parish is in compliance with the CYO Rules and By-laws is the responsibility of the parish athletic director. The parish, to be considered in “Good Standing”, is responsible for compliance with all CYO Rules and By-laws.

SECTION 3. The parish athletic director shall be a voting member of the CYO Parish Athletic Directors 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, 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 athletic director shall attend the three (3) CYO Athletic Directors’ Meetings and a Mandatory Coaches’ meeting for each sport.

SECTION 6. The parish athletic director coordinates the sports program on the parish level. The parish athletic director shall have the authority to make decisions concerning who will coach and which team the coach is permitted to coach. The parish athletic director needs to secure and be responsible for coaches of the parish teams. The parish athletic director 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 athletic director has the authority to make final decisions concerning participants assigned to teams.

SECTION 8. The parish, parish athletic director, shall provide a gymnasium supervisor for all CYO activities contested in their gymnasium. The supervisor shall be at least 21 years of age. The supervisor will not operate the scoreboard, keep score, work the concessions or take money at the gate (exception if the entire playing floor is visible from the concession area or if the entire playing floor is visible from the table at the

gate). The supervisor's responsibility is to supervise and aid in the administration of the contests played in his or her gymnasium. The lack of an adult supervisor may result in a reduction of games scheduled in that gymnasium.

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

#### ARTICLE IV – PROGRAMS

SECTION 1. The programs consist of tackle football (boys only), volleyball (girls only), basketball and track for students in grades three through eight. Volleyball (girls only) and basketball for students in grades nine through twelve.

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 eighth who register for a program offered by the parish. If a parish does not place all registered participants for a program on one of the parish teams,, then that parish shall not be permitted to enter any teams in that program in CYO Competition. The 3<sup>rd</sup> and 4<sup>th</sup> grade program is primarily for instructional purpose, therefore 3<sup>rd</sup> and 4<sup>th</sup> grade participants can not participate in the 5<sup>th</sup> grade through 8<sup>th</sup> grade program. The CYO strongly recommends that , all parishes with multiple teams in the 3<sup>rd</sup> grade and 4<sup>th</sup> grade or combination 3<sup>rd</sup>-4<sup>th</sup> grade, be determined by lottery or divided evenly by the parish athletic director. Independently formed teams are respectfully discouraged.

a) The parish athletic director shall have the authority to place individuals on teams within the parish to maximize the effectiveness of the program to provide a positive athletic experience for the greatest number of participants in that program.

b) If the parish offers a football program and does not have enough participants registered for individual grade teams then the participants may be combined into a third-fourth grade team, fifth-sixth grade team or seventh-eighth grade team. Students shall be permitted to play up one grade ONLY. (A fifth grader may play on a sixth grade team; a sixth grader may play on a seventh grade team but not a seventh-eighth grade combination team nor an eight grade team. A seventh grader may play on an eighth grade team.) (A student(s) may play down one grade by approval of the Director)

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

or

The parish athletic director may submit in a proposed plan of where the participants will be assigned to another parish to compete within participants' grade level.

The proposal must be in writing, containing the names of the participants, and have the approval of the parish athletic directors of all parishes involved. The proposal must be submitted to the CYO Office on or before the date specified on the official CYO Calendar for football player request to be assigned to an outside team.

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

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

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

c) 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.

d) Scores and standings for the 3<sup>rd</sup> grade and 4<sup>th</sup> grade programs will not be recorded or posted by the CYO

## ARTICLE V – ELIGIBILITY

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

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

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

a. Any child who has reached the third (3<sup>rd</sup>) grade by September 1 of the current school year will be eligible to participate in athletics

b. In the third grade, a child must not have reached his/her tenth birthday; Fourth grade – Eleventh; Fifth grade – Twelfth; Sixth grade – Thirteen; Seventh grade – Fourteen; Eighth grade – Fifteen.; High School – Nineteen

c. AGE REQUIREMENT HARDSHIP APPEAL – (exceeding age requirement only) – The Executive Board may waive provisions of the age requirement rule, provided, through a personal interview of the student and parent(s), the following criteria are met:

1. A maximum of one year (12 months) from b. listed above will be considered except for football. Football, there shall be a maximum deviation of 5 months (March 1 in lieu of August 1).

2. Hardship letter of request must be submitted by the parent(s) and the specific sports must be identified.

3. Student’s physical or mental maturity would not take advantage of or jeopardize the health and safety of other participants.

4. If the executive Board declares the student eligible, he or she shall be eligible upon notification and ONLY for the sports programs approved.

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

a. For Territorial Parishes, those residing within the boundaries of the parish

b. For National Parishes, those of the particular nationality who reside within the diocese and are not Subject to boundaries.

c. If a player starts the schedule with a parish team and later moves out of the parish, then he/she may Complete the season with the parish provided he/she has played at least three games while still a resident thereof, or he/she may transfer to the team of his /her new parish.

d. If a student(s) and parent(s) are not members of the parish or the student(s) dose 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.

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

- a. A student assigned to an outside parish for participation is considered a member of that parish only for the activity requested and granted for the remainder of his or her elementary school CYO participation. If the parish in which the student is a member and or attends the parish school provides a team for the student to participate; the student will have a one time option to remain with the assigned parish or return to the students 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 undo 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 undo 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. The suspended person must appear before an appropriate committee of the Executive Board to seek reinstatement. The suspended person must be granted a hearing within ten (10) days following the request.

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

- a) **APPEAL:** If a player, manager, coach is suspended he/she has the right of appeal. The notice of appeal must be received in the CYO Office not later than 12:00 Noon on the Monday following the ejection. The suspension shall NOT be imposed until the appeal has been heard by the protest Committee. The decision of the Protest Committee is not limited to a one (1) game suspension and is FINAL. **EXCEPTION –** No appeal granted for Volleyball or basketball tournaments.

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

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

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

a. All completed rounds or scheduled games will stand as played – this includes forfeitures.

b. Should a team drop out before completing a specific round of play, all games in the round will be declared victories for the scheduled opponents.

c. All scheduled games forfeited will be liable for forfeiture fine of fifty (50) dollars 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. NYSCA COACHES' CERTIFICATION The team of the Head Coach, who is not NYSCA Certified, will be listed on the CYO Web Page. The parish will be assessed a \$25.00 fine

SECTION 10. MANDATORY COACHES' MEETING: The team of the Head Coach, who did not attend the Coaches' Meeting in the sport, will be listed on the CYO Web Page. The parish will be assessed a \$25.00 fine.

SECTION 11. POSTPONEMENTS: When it becomes necessary to postpone any scheduled contest sponsored by the CYO for any legitimate reason, it is the responsibility of the team representative, seeking the postponement, to contact the CYO Director as well as the opposing team's representative, at least twenty-four (24) hours in advance of the scheduled contest. The postponement shall be effective only upon agreement of both teams' representatives and the approval of the CYO Director. The spiritual directors, managers, or team representatives are the only persons who shall be recognized as qualified to request the postponement. Disagreement as to postponement must be submitted to the CYO Director for decision.

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

SECTION 12. CHEERLEADERS SHALL NOT BE ADMITTED TO ANY CYO SPONSORED ATHLETIC CONTEST.

SECTION 13. UNIFORMS: Legal uniforms as prescribed by the NFSHSA are required with the following exceptions. Only school or parish names or logos are permitted on team uniforms at the grade school level of competition. High school teams shall have ONLY LEGAL NUMBERS on uniform shirts.

a) Legal basketball uniforms are considered legal volleyball uniforms and legal track uniforms.

b) Uniform shorts are to be loose fitted and of an appropriate length. Compression shorts, bun huggers, etc. shall not be used as uniform shorts. Legal compression shorts may be worn under uniform shorts.

c) GIRLS' TANK TOPS: If the uniform shirt worn by a female athlete is of the tank top style (boys or girls style) or sleeveless style, a T-shirt must be worn (this is for modesty reasons). The T-shirt must be white, short sleeve, crew neck and completely unadorned.

d) BOYS' undershirt must be legal (NFSHS) with the exception all undershirts must be white.

e) COLOR OF JERSEY: It is recommended that each team is to provide two jerseys – one white and one solid color. During the regular season, the team listed first on the schedule will wear the solid color jersey, and the team listed last on the schedule shall wear the white jersey. During tournament play, the team on the top of each bracket will wear the solid color jersey; the team on the bottom part of each bracket will wear the white jersey. The 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 color jersey and the officials can distinguish the teams, then no change is required.

SECTION 14. SIGNS, POSTERS, BANNERS PROHIBITED – The CYO prohibits the display of signs, posters, banners at all CYO sponsored contest. Violation of this rule will make the group liable to suspension AND OR forfeiture of contest.

SECTION 15. BEING SUSPENDED includes not attending any CYO sponsored event while the suspension is in effect.

SECTION 16. 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 17. The CYO athletic program does not permit girls and boys to compete with or against one another.

SECTION 18. All grade school player fees subject to five (5) dollar discount for payment of fees in full and accompanied with completed CYO Rosters Forms on or before due date as set forth on the official CYO Calendar. NO REFUND OF PLAYER'S FEE OR TEAM FEE after a team has been entered in a program and fees have been paid. (Refund of fees due to game cancellations beyond the control of the CYO shall not be granted) (exception for the grade school basketball program. If a total week end of games is cancelled due to incimate weather the games will not be rescheduled and the post season tournament fee will be reduced \$25.00). If a player is found to be ineligible, the player fee is forfeited to CYO. The parish shall be assessed a fifty (50) dollar fine for each ineligible participant.

#### ARTICLE VII – FORFEIT

SECTION 1. A parish unit will forfeit all contest 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 to suspension for one year.

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

SECTION 3. Only the CYO Director may authorize postponement of scheduled games. FORFEIT FINES: (a.) Minimum fine of fifty (50) dollars if contest is forfeited at least 72 hours before scheduled contest. (b.) Seventy-five (75) dollar fine, less than 72 hours notice or an attempt is made but does not have enough players or is past forfeit time and forfeits a scheduled contest. (c.) One hundred (100) dollar fine is charged to any team that does not show for a scheduled game and the team is charged with a forfeit.

SECTION 4. Volleyball and basketball teams with fewer than eight (8) participants on their official CYO roster will incur the following fines for three categories: (a.) Seventy-five (75) dollars, (b.) One hundred twenty-five (125) dollars, (c.) One hundred fifty (150) dollars.

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

#### ARTICLE VIII – PROTEST

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

SECTION 2. Protest must be submitted in writing to the regional CYO Director within forty-eight (48) hours after the completion of the contest involved. If submitted by mail, the protest must be postmarked within the forty-eight (48) hour period. A twenty-five (25) dollar deposit must accompany the written protest. If the Protest Committee judges in favor of the protest, the twenty-five (25) dollars will be returned. If the Protest Committee judges against the protest, the twenty-five (25) dollars will be retained by the CYO.

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

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

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

## ARTICLE IX – COACHES

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

SECTION 1. QUALIFICATIONS: All CYO coaches must be good 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 plead 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 twenty-one 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 BE CERTIFIED: The Grade School Program head coach must be certified by the National Youth Sport Coaches Association for the current sports year (June 1 through May 31) in the sport that he or she is coaching. (See ARTICLE VII, Section 2).

SECTION 5. MANDATORY MEETING: All Grade School Program head coaches must attend a Mandatory Coaches' Meeting for the sport he or she will coach. (See ARTICLE VII, Section 3) High School Program head coaches must attend Mandatory Coaches' Meeting for the sport he or she will coach.

SECTION 6. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: Football – 18 plays (kick off and extra point try and free kicks count as plays) (EXCEPTION: If a team has 24 or more players on their roster and has 24 or more players suited up for the game and are physically able to participate then 14 plays shall be the minimum). ). Compliance of completion of the "Individual Play Count Sheet" found in ARTICLE XI, SECTION 6. Volleyball – 12 minutes or eighteen (18) points of one game. Basketball – six (6) minutes. Third grade and 4th grade – All playing time shall be divided equally among all participants.

SECTION 7. 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 can not 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 8. 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. (Example: St. Joseph vs St. Pius 5-AAA. In this case St. Pius is listed last and it is the responsibility of the St. Pius coach to make sure that the prayer before the contest is lead reverently.) At the beckon of the official or officials, coaches of both teams, are to bring their entire teams to the center of the field or playing floor. When the prayer is completed, coaches and substitutes leave the field or court, leaving the starting teams with the officials to begin the contest.

SECTION 9. 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 per cent of the time. Any coach who claims that he/she did not know the rule or misunderstood the rule is liable to

#### ARTICLE X – OFFICIALS

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

SECTION 2. If an official ejects anyone from a game for any reason, the official is required to state the reason for the ejection on the score sheet. The word "Ejection" should be written on the score sheet. The reason should be explained at length, stating the particulars of the incident so appropriate action may be taken to insure that the incident is not repeated in the future. The CYO Director should be notified by phone as soon as possible after the conclusion of the contest. (438-5689 –Leave a message on recorder if Director is not available.) All Officials of the contest shall submit a written statement of their observation of the action that preceded the ejection and any actions that followed the ejection to the CYO Director within forty-eight hours of the conclusion of the contest. The statement may be faxed to 913-384-5204.

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

## FOOTBALL

The CYO Football Program is a merger between the Missouri CYO Football Program and the Kansas CYO Football Program. The Director of the CYO of the Archdioceses of Kansas City in Kansas , (Dave Nick), shall be the Director of the CYO Football Program and shall have sole authority to administer the CYO Football Program as prescribed by the CYO Executive Board of the Archdioceses of Kansas City in Kansas through the CYO Rules of Competition. 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 sixteen (16) players is required to enter a team in the CYO Football Program.
2. All games shall be started at the scheduled game time (except when unusual circumstance may dictate). The team listed last on the schedule (St. Joseph vs St. Pius 5-AAA, St. Pius listed last.) shall occupy the sideline opposite press box or bleachers / primary viewing area; be responsible for leading the prayer before the game; for the chain crew (three (3) responsible adults are to be used for the chain crew).
3. Each team will submit an official roster containing each players, name, jersey number, and weight status ("X" indicating that a player exceeds the weight limit) to CYO Director before the first football game. A copy of this roster of players, updated changes if necessary, will be exchanged by the opposing head coaches before the start of each football game. If the rosters are not exchanged, the referee shall not start the game.
4. The game shall be divided into four quarters. Each quarter will consist of a total of eighteen (18) plays (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. Third – fourth grades fifteen (15) plays per quarter and all plays count.
5. Qualified persons (one from each team) working in unison, shall perform the following duties: 1) Record the number of plays in each quarter. 2) Inform the officials when a quarter is completed. 3) Record all scores. 4) Be responsible for score sheet being turned in at the Concession Stand, promptly after conclusion of the game.
6. At least one qualified adult person present on the team's sideline shall complete the official "Individual Play Count sheet" for all players. The purpose of this form is to keep accurate count, of the plays each player participates, in order to comply with the minimum playing time rule. The Head Coach is responsible for the "individual Play Count Form" being completed and given to the field supervisor (form to be turned in at the concession stand if field supervisor is not available). Failure to submit completed form in a timely manor after the game will result in a warning. The second offense will result in a one game suspension.
7. The intermission between the second and third quarter shall be seven (7) minutes, with the third quarter beginning 10 minutes after the end of the second quarter. (7 minute half – 3 minute warm up)
8. POINT SPRED: When a point spread of 30 points is reached at the end of the third quarter, or at any point during the fourth quarter, the game shall be stopped and declared complete. Exception: The game may continue if the loosing (team behind) coach wants to continue the game. Score will not be kept after the 30 point spread has been reached. Third and fourth grades do not use point spread.
9. The game shall be considered complete and the results shall stand, if following the first half of play, the CYO Director or the game officials stop the game.
10. NO STUNTING allowed by any player within three yards of the line of scrimmage. (Stunting is defined as forward movement by any player within the three yards limit prior to the snap of the ball to gain momentum.) Penalty: FIVE YARD - illegal procedure.
11. ILLEGAL PERSONAL CONTACT – OFFICIALS ARE INSTRUCTED TO USE A QUICK WHISTLE  
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 opponents at the opponents' upper area of the shoulders and the head with the forearms and helmet.)

PENALTY: a.; b.; and c. 15 yard penalty for the first offence. 15 yard penalty and disqualification for the second offense by the same player. d. 15 yard penalty and disqualification

12. ONLY FOOTBALL SHOES with MOLDED non-removable cleats are legal provided the cleats do not exceed ½ inch in length and are made of rubber type synthetic materials that is not abrasive and does not develop a cutting edge.

13. One overtime period shall be played if the game is tied at the end of regulation. If after one overtime period the game is tied, the game shall end and be recorded as tied. Exception – playoff games – play as many overtime periods as needed to declare a winner. The KSHSAA overtime procedure will be used for any overtime period. Third and fourth grades do not break ties.

14. WEIGHT LIMITS: 3<sup>rd</sup> Grade – 80 Lbs.; 4<sup>th</sup> Grade – 90 Lbs.; 5<sup>th</sup> Grade – 100 Lbs.; 6<sup>th</sup> Grade – 112 Lbs.; 7<sup>th</sup> Grade – 126 Lbs.; 8<sup>th</sup> Grade – 142 Lbs. 3<sup>rd</sup>-4<sup>th</sup> Grade Combination – 85 Lbs.; 5<sup>th</sup>-6<sup>th</sup> Grade Combination – 112 Lbs.; 7<sup>th</sup>-8<sup>th</sup> Grade Combination – 142 Lbs. The weight limits are determined by the 75<sup>th</sup> percentile of the average weight per grade group over a five year period. The weights established are to be used through the 2011 football season. The 75<sup>th</sup> percentile of the average weight per grade group for the years 2007, 2008, 2009, 2010, 2011 will determine the weight limits for the 2012 through the 2016 football seasons.

15. All players shall be weighed by the CYO Director or his representative, at least seven (7) days before the first scheduled game. Each player shall be weighed wearing shorts and shirt for the first weigh-in. Players who are not weighed (wearing shorts and shirt ONLY) shall not be eligible to compete in the CYO Football Program. For all additional weigh-in, players may wear their football uniform, if they desire, however, each player must wear the minimum of shorts and shirt.

16. Parish Athletic Directors shall be notified at least twenty-four (24) hours before their parish is to report for the weigh-in. Parish Athletic directors, or their representatives, shall attend and shall be the only parish representative present in the area that the weigh-in takes place. Several parishes may be assigned the same day and location for their weigh-in.

17. Players who weigh less than ten (10) pounds under the weight limit at the pre-season weigh-in, will be weighed at the scheduled re-weigh. Players competing in the 7<sup>th</sup>, 8<sup>th</sup> or 7<sup>th</sup>-8<sup>th</sup> grade divisions will be allowed one (1) pound increase per month with a maximum of two (2) pounds before the playoff weigh in. The Director or his representative may call for no more than three (3) unannounced weigh-in's for each team sometime during the remainder of the season, including playoffs. The time and date for each team weigh-in will not be announced to the coaches, players or parents. The parish athletic director, or his representative, shall be present during the weigh-in. All others are prohibited from the weigh-in area. Players not present for any subsequent weigh-in's, are presumed to exceed the weight limit, unless waived by the CYO Director. **Any player exceeding the weight limit, at any weigh in, shall be restricted as stated in SECTIONS 20, 21, 22, and 23 for the remainder of the season.**

18. If a player has been weighed, and the parish athletic director agrees to enter a parish team in a lower weight class, players are not entitled to a re-weigh, if the player exceeds the lower weight limit.

19. Each team is permitted ONLY FIVE players who exceed the weight limit on the field at any one time.

20. Players exceeding the weight limit shall be restricted to middle line positions (center, guard or tackle) on offense. No player exceeding the weight limit shall play the end position on the line on offense. (illegal procedure calling for a five-yard penalty.)

21. Players exceeding the weight limit shall be restricted to line positions on defense. All linemen on defense are required to be in a three or four point stance prior to and during the snap of the ball. Failure of a player to be down in a three or four point stance shall constitute an illegal procedure calling for a five-yard penalty.

22. Players, exceeding the weight limit, may kickoff, place kick or punt. They may also intercept passes, receive short kicks and recover fumbles, but UNDER NO CIRCUMSTANCES SHALL THEY ADVANCE THE BALL MORE THAN A STEP BACKWARD OR Laterally TO PROTECT THEMSELVES. Violations of this rule shall call for a penalty of fifteen yards from the point of possession. The BALL BECOMES DEAD when any player exceeding the weight limit gains possession, other than to be the kicker. Any player exceeding the weight limit playing any other position than those positions set forth shall constitute an illegal procedure calling for a five-yard penalty.

23. Players exceeding the weight limit shall wear a helmet with prescribed CYO marking denoting weight status. The marking shall be explained at the Mandatory Coaches' Meeting. Violations of this rule shall make the player ineligible for the contest until the helmet is properly marked. The head coach shall be liable to suspension.

24. A Student may not play/practice for another football team during the CYO football season which is posted on the calendar. If a student is found to be playing/practicing for another team during this period then the TEAM will forfeit all CYO games the individual participated in.

25. PRACTICE INFORMATION and beginning date for conditioning and practice with full pads will be mailed to parish athletic directors prior to the beginning of the football season. A team is limited to FOUR PRACTICE SESSIONS OF ONE AND ONE HALF (1 ½) HOURS EACH or THREE PRACTICE SESSIONS OF TWO (2) HOURS EACH per week (seven days). A ten (10) minute rest and refreshment period for all players shall occur at the midpoint of the practice time. Violations of this rule will make the coach liable to suspension. Third and fourth grade teams limited to 3 practices of 1½ hours per week.

26. COACH CONTROLLED Scrimmages or practice games are permissible ONLY WITH OTHER CYO TEAMS WITHIN THE SAME WEIGHT CLASS.

27. The OFFICIAL BALL used for all CYO Football games will be provided by the CYO. 3<sup>rd</sup>, 4<sup>th</sup> grades use the K2 ball, the 5<sup>th</sup>, 6<sup>th</sup> grades use the junior ball, 7<sup>th</sup>, 8<sup>th</sup> grades use the youth ball.

28. Official CYO sideline passes are required for sideline personnel. Sideline passes are provided for the head coach, five assistant coaches, one score keeper, and three chain crew (when assigned). The head coach shall be liable to suspension for not requiring all sideline personnel to be in compliance, and anyone not properly displaying such pass may be denied access to the playing field areas.

29. SPECIAL 3<sup>rd</sup> – 4<sup>th</sup> Grade ONLY: No Kickoff – receiving team takes possession on their 35 yard line. No free kicks – kicking team awarded 20 yards and the ball awarded to other team. Punting shall be optional. 1) punt the ball, defense can not rush the kicker. 2) advance the ball 20 yards and the ball awarded to the receiving team. (note – free advance of the ball shall not go inside the opponents 20 yard line). One coach from each team will be on the field at all times.

30. Any appropriate committee to rule on football violations by players, coaches, managers, parents, or officials shall be chaired by a member of the CYO Executive Board and be composed of two members from the Missouri Parishes and the two members from the Kansas Parishes. (Total committee of five)

31. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: 18 plays (kick off and extra point try and free kicks count as plays) (EXCEPTION: If a team has 24 or more players on their roster and has 24 or more players suited up for the game and are physically able to participate then 14 plays shall be the minimum) Third grade and 4th grade – All playing time shall be divided equally among all participants

## VOLLEYBALL

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

1. **COURTS:** All courts approved by the CYO Director shall be noted as legal courts. Seventh, eighth and seventh-eighth grade teams will play on a regulation size court. Third, Fourth, Fifth, Sixth grade teams will play where scheduled. The serving line for the 3<sup>rd</sup> grade is 15 feet, the 4<sup>th</sup> grade is 20 feet, the fifth grade and 6<sup>th</sup> grade is 25 feet. Once the ball has been served, the out-of-bounds marking for that particular court will be used regardless of size.
2. **NET:** The top of the net shall be at least 7 feet from the floor and no higher than 7'4 ¼" from the floor.
3. **VOLLEYBALL:** All 3<sup>rd</sup> Grade through 6<sup>th</sup> Grade competition shall use the "Volley Light" ball.
4. Clean non-marring tennis shoes are required.
5. **SCOREKEEPING:** One person (Preferably an adult) from each team shall be seated at the scorer's table and jointly keep score. The referee is the official timekeeper. The official may use the official scorers to keep time.
6. **FORFEIT TIME:** Game time is forfeit time for the first game of the match. If the team fails to be ready for play fifteen minutes past scheduled game time then the entire match is forfeited. (If team shows before fifteen minutes past scheduled game time, begin game number two. **EXCEPTION** – For Tournaments only, scheduled game time is forfeit time for the entire match.
7. **LIBERO PLAYER** will not be used.
8. **COACHES NOT PERMITTED TO STAND** other than 12-2-5, items a through e and 12-2-6, items a through c.
9. **WARM-UP** – Six minutes shall be allowed for warm up before the beginning of each match
10. **FREE SUBSTITUTION:** But only in positions 4, 5, 6 – only injury substitutions will be permitted in positions 1,2, and 3. **INTERPRETATION:** With approval of the official, when the ball is dead, if the team must rotate before the next serve, then rotation must take place before substitution can occur. The team not required to rotate may substitute when the ball is dead with approval of the official.

### CLARIFICATION OF FREE SUBSTITUTION RULE

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

11. **LENGTH OF MATCH:** Each match will consist of three (3) games. Each game to 25 points or 15 minutes, whichever comes first. (NOTE: Winning team does not need a 2 point advantage—one point advantage is all that is required.) Third and Fourth grade match will consist of three (3) games. Each game will be 15 minutes regardless of the score.

- a) If the official has signaled for serve before time has expired, then that serve must be played.

- b) After a time-out the clock will start when the ball is contacted for serve
12. END OF GAME RULING: To end a game - 1) time must have expired and 2) the ball must be dead.
- a) INTERPRETATION: When time expires, the game continues until the ball becomes dead. Point scored on this play is counted. NOTE: Teams need not win by two points. One point is sufficient.
13. TIE SCORE: Sudden death period will go into effect. The game shall continue untimed. The service rotation must be maintained. The first team to score two (2) untimed points shall be declared the winner. NOTE: need not win by two points, one point is sufficient. Third and fourth grade will not break ties.
14. Third and fourth grade server is limited to five (5) consecutive points. After the fifth point the official shall award a side out. (five points reported to the official by the scorekeepers.
15. DETERMINING STANDINGS: Each game will count 1 point and the winner of the match will be awarded 1 Point. Each match will have a possible 4 points. Example: Team "A" wins first and second games, Team "B" wins third game. Standings - - Team "A" 3-1 Team "B" 1-3
16. TOURNAMENT: The tournament is optional. The tournaments shall be single elimination with third place game as an exception. All tournaments shall be scheduled on the Saturday of Week # 8 of Volleyball. . ONLY teams with completed entry form and entry fee submitted to the CYO office, by the parish athletic director on or before the deadline set forth in the Official CYO Calendar will be permitted to compete. The Director shall seed the teams into brackets based upon the results of the first 6 weeks of league play. The Director shall decide how many divisions, and which teams are placed in which division.
17. NO TIME LIMIT FOR TOURNAMENT GAMES – Best two out of three games determines match winner. Games one and two shall be played to 25 points, no cap. Game three shall be played to 15 points, no cap. Winning team must have a two-point advantage.
18. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: 12 minutes or eighteen (18) points of one game. Third grade and 4th grade – All playing time shall be divided equally among all participants

## BASKETBALL

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. One person (Preferably an adult) from each team shall be at the scorer's table and jointly keep score.
2. Time-outs between halves and games will be of five minute duration.
3. OVERTIME RULING – Grade School Only. If the score is tied at the end of the second half, one timed extra period shall be played (3 minutes). If the score is tied at the end of the first extra period, the game shall continue with a jump ball at center court. The team that scores first shall be declared the winner. NOTE: All extra periods begin with a jump ball at center court and there shall be a one minute time out between extra periods. EXCEPTION: During tournament play regular overtime procedures will be used..
4. At the following basketball courts, the opposite free-throw line shall be designated as the back court Line; Blessed Sacrament, Sacred Heart (Bonner), St. John's (Lawrence), St. Benedict (All Saints), St. John the Evangelist, Queen of the Holy Rosary, St. John the Baptist.
5. FREE THROW LINE: The 5<sup>th</sup> grade, 6<sup>th</sup> grade, and the 5<sup>th</sup>-6<sup>th</sup> grade girls and boys only - The free throw Line shall be twelve (12) feet from the plane of the face of the backboard.
6. FULL COURT PRESS: Once a 15-point spread is reached in the scoring in any point of the game, the Team with the 15-point advantage will be prohibited from FULL COURT PRESSING. Penalty - 2 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.) EXCEPTION: 5<sup>th</sup> grade, 6<sup>th</sup> grade and 5<sup>th</sup>-6<sup>th</sup> grade girls and boys may not employ full court press until fourth quarter of all games.
  - a) INTERPRETATION: When the offensive team (team A), while in their front court, attempts a try for goal or lose control of the ball and the defensive team (team B) gains control of the ball, the enforcement of the full court pressing rule begins. Team B is now on offense and team A is now on defense. Defensive players are not permitted to full court press and shall not attempt to guard, steal the ball, or intercept a pass while that defensive player is in back court.
  - b) The defense shall take positions on the floor on the other side of the mid-court line (offensive team's front court). The defensive team may guard, steal the ball, or intercept a pass provided that the defensive player or players' feet are on the front court side of the mid-court line. Please note that the defense may do whatever is permitted in the general basketball rules provided that the defense is on their side of the mid-court line.
7. POINT SPREAD: **5<sup>th</sup> through 8<sup>th</sup> Grade School Program** – When a point spread of 30 points is reached at the end of the first half, or at any point during the second half, the clock shall not be stopped except for a time out or technical foul (regular timing procedures will not resume if the spread is lower than 30 points after this procedure begins).
8. DESIGNATE BASKETS: The CYO is the game management. The team listed first on the schedule shall occupy the bench on the North or East of the score table. The team listed last on the schedule occupy the bench on the South or West of the score table. (Queen Gym—East bench has South goal first half. West bench has North goal first half.
9. The 7<sup>th</sup> Grade Boys and the 8<sup>th</sup> Grade Boys Program shall use the high school boys' size basketball. All other use the 28 ½ inch girls high school size basketball.
10. Use of Coaches' Box shall not be permitted. Bench rule NFHS 10.4.4.
11. The 3<sup>rd</sup> grade program will use a 9 foot goal. 4<sup>th</sup> grade program will use regulation 10 foot goal.
12. 3<sup>rd</sup> and 4<sup>th</sup> grade games will consist of three (3) 10-minute quarters and one (1) six minute quarter. The first three quarters are running clock. The clock will stop for free throws and timeout ONLY. The fourth quarter (6 minutes) will use regular timing procedures. Point spread will not be used.

13. 3<sup>rd</sup> and 4<sup>th</sup> grade games will be scheduled on the hour. One (1) hour is allotted for each game including warm-up. The game will end when time expires on the game clock or if the allotted time expires, whichever comes first.

14. Full court press prohibited in all 3<sup>rd</sup> and 4<sup>th</sup> grades games. The penalty for violation is team warning for the first and second offence. All other offence will result in a team technical foul.

15. Man to Man defense is required in all 3<sup>rd</sup> and 4<sup>th</sup> grade games. No double team defense allowed. The penalty for violation is team warning for the first and second offence. All other offense will result in a team technical foul.

16. 3<sup>rd</sup> and 4<sup>th</sup> grade – the three (3) point line will not be used. All Field goals will count two points.

17. CITY TOURNAMENTS - Entry into the city tournaments is optional. ONLY teams with completed Entry form and entry fee paid in the CYO office on or before the deadline set forth in the Official CYO Calendar will be permitted to compete. A seeding committee will place the teams into tournaments. The committee will decide how many divisions, and which teams are placed in which division.

18. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. Minimum playing time: six (6) minutes. Third grade and 4<sup>th</sup> grade – All playing time shall be divided equally among all participants

## TRACK

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

1. WEEK ONE: The total number of parishes will be divided into three groups. One third of the parishes will participate at Ward Field, one third will participate at Miega Field, while the other third will participate at Bonner High School Field. The meets will be on Saturdays and the make-up meets will be on Sundays. Each grade will have their own meet; Fifth grade, sixth grade, seventh grade, eighth grade. If a parish only has limited numbers in a grade group, they may combine for the relays, always participating in the grade level which corresponds with the oldest members of their combined relay team; sixth and seventh grade combined team will compete as seventh grade team. In all individual events all contestants will compete with their own grade group. Ribbons awarded for six places for each track meet. No team points will be tabulated. Class A and Class AA and Class AAA will have no bearing for these meets.

2. WEEK TWO & WEEK THREE - The parishes will again be divided into thirds with one third participating at one of the three tracks. The meets will be conducted as in Week One.

3. RAIN-OUT – All Track Meets stopped because of incimate weather shall be considered complete if half of the session has been completed. Completion of the 400 Meters (440 Yd) is considered half session being complete.

- a. If one of the three meets is cancelled due to weather, It will not be rescheduled, the City Finals will be held as scheduled. If two of the first three weeks are cancelled, one of the weeks will be rescheduled week # 4 and the City Finals will be schedule one week later

4. CITY FINAL MEET: Students must have competed in at least one (1) of the first three (3) track meets to qualify for the City Track Meet. (**Note:** Participation in the Mo-Kan meet does not qualify a participant for the City Finals). (**EXCEPTION:** If one of the first three meets is canceled due to weather then this requirement is waived). The parishes will be divided into Class A, Class AA, and Class AAA for the City Final Meet. at Classes are determined by school enrollment grade five through eight. (Class AA and AAA race distance in meters)

a) The city final meet will be held on week four. The preliminaries for the 60 yd dash, 80 yd Dash, 100 yd dash, 120 yd dash, and the 220 yd dash will be run in the morning while the field events are being conducted. The best six times make the finals in each of the dashes. The FIELD EVENTS will begin in the morning. Each of the field events will have only three (3) trials only, except the high jump, which has three trials for each height.

b) Ribbons awarded for six places. Team points will be tabulated, trophies for three places. Championship patches for first place. All CYO TRACK PARTICIPANTS will receive a CYO TRACK PARTICIPANT RIBBON.

5. FIELD EVENTS: High jump, Long jump, Softball throw (girl's only), Football throw ( boys' only), Shot put (5<sup>th</sup>, 6<sup>th</sup> grade boys and all girls use 6 lbs.; 7<sup>th</sup> and 8<sup>th</sup> grade boys' use 8 lbs.). Participants are required to sign in at the event site no later than thirty (30) minutes after the final call for the event has been made.

6. RUNNING EVENTS: Mile Run; 100 Yd Dash; Distance Medley Relay (110-110-220-440), 60 Yd Dash; 440 Yd Run, 220 Yd Dash, Medley Relay (110-55-55-220), 880 Yd Run; 120 Yd Dash; 440 Yd Relay (110-110-110-110). The Mile Run and 880 Yd Run will use an international start (all contestants in a grade group compete at the same time). (Exception – Class "A" City Meet ONLY – substitute 80 Yd Dash for Distance Medley Relay)

7. EACH COMPETITOR LIMITED TO FOUR (4) EVENTS.

a) A competitor may NOT COMPETE in races of 440 yards or more back to back.

b) Each competitor that competes in the Mile Run and the 880 Yd Run may compete one (1) additional running event for that day. The competitor may compete in a fourth event it must be a field event.

8. HIGH JUMP: The cross bar shall be raised at two inch intervals starting at the following heights. 7<sup>th</sup> grade and 8<sup>th</sup> grade girls opening height is 3' 8"; 7<sup>th</sup> grade and 8<sup>th</sup> grade boys opening height is 4' 0" 5<sup>th</sup> grade and 6<sup>th</sup> grade girls and boys opening height is 3' 6".

9. 3<sup>RD</sup>-4<sup>TH</sup> GRADE PROGRAM: Participants may participate in track for the first 3 weeks. They may not participate in the City Finals. The Order of Events: 200 meters, 60 meters, 120 meters, 100 meters. Each participant may participate in two (2) events. No times will be taken – each participant crossing the finish line will receive a blue CYO Participation ribbon.

10. EIGHTH GRADE PENTATHLON is open to all 8<sup>th</sup> 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 8<sup>th</sup> grade pentathlon is canceled due to inclement weather it will not be re-scheduled. A one hundred (100) dollar fine is assessed to the parish if an illegal participant competes in the Pentathlon.

11. UNIFORMS: Legal uniforms are required. ONLY STUDENTS WITH LEGAL UNIFORM SHIRTS ISSUED BY THE PARISH, WITH PARISH COLORS, NAME OR LOGO SHALL BE PERMITTED TO COMPETE. HATS AND OR CAPS ARE PROHIBITED WHILE COMPETING.

12. SCORING: Points will be tabulated for the City Track Finals ONLY.

13. ONE-FOURTH (1/4) inch short spiked shoes are legal equipment. Longer and/or needle point spikes are prohibited by the CYO. (Tennis shoes are legal equipment). DISQUALIFICATION IS THE PENALTY FOR REPORTING TO THE EVNET WITH ILLEGAL SHOES.

14. Parish athletic directors or coaches are to provide personnel to help time and to judge events (preferably adults). Coaches may bring stopwatches, and batons. Personal shot puts, softballs and football should not be brought to the track, All throwing implements are provided.

15. NO STARTING BLOCKS will be used in CYO competition. On the SECOND FALSE START, the contestant is disqualified.

16. RELAYS: Parish track teams may enter as many relay teams as they wish during the first three weeks of the track program. THE CYO CITY FINALS TRACK MEET each team is limited to one relay team per relay.

17. HEAT AND LANE ASSIGNMENTS: Coaches should instruct their runners in which heat they want them to run if possible,; draw for lanes. In races where preliminaries are held, finals' assignment based on time in preliminary. Best time – Lane 3; second best – Lane 4; third best – Lane 2; fourth best – Lane 5; fifth best – Lane 1; sixth best – Lane 6

18. RECORDS: New records can be established in the City Final Meet ONLY. (Record times are official if two watches are used – take slower time.) Performances in question, whether or not they are records, will be brought before the track commissioners for a vote.

19. FIELD EVENTS: A contestant shall be charged with an unsuccessful attempt if the contestant does not complete a trial or pass it within time limit after being called for the trial unless excused by the event judge to participate in another event.

- a) The event shall be declared officially closed when the judge leaves the event site to take the paperwork to the press box or when the paperwork is sent to the press box via a worker.

20. TRACK MEET OFFICIALS and participants competing in an event are permitted on the track or infield during the track meet. Competitors not competing in an event or being staged for the next event are required to be in the bleacher area. ALL OTHER PERSONNEL ARE REQUIRED TO BE IN THE BLEACHER AREA. HEAD TRACK COACHES, WITH FILED PASS, ARE PERMITTED ON THE INFIELD. Coaches and team members are prohibited from aiding a competitor.

21. COACHES AND NON-PARTICIPANTS in 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.

## HIGH SCHOOL PROGRAMS

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

1. The High School participants are not bound by parish boundaries. Each team must be sponsored by a parish CYO. (PLEASE NOTE, a parish is not required to sponsor high school teams). The parish athletic director is responsible for the teams action. Any fines are the responsibility of the sponsoring parish CYO.
2. Any player, manager, coach, parent or spectator ejected from a contest shall be suspended for one game. The suspended person may not attend any CYO sponsored event while being suspended. Any player, manager, coach, parent or spectator ejected from a second contest is suspended for the remainder of the season. Any Freshman, sophomore or junior ejected twice in one season shall carry one ejection to the following season. That player shall be suspended for the remainder of the season on his/her first ejection of the season.
3. Any basketball player fighting is suspended for the remainder of the season. If more than one player of the same team is fighting the team is suspended for the remainder of the season. Any remaining games already scheduled are forfeited and the sponsoring parish is assessed the forfeit fine. FIGHTING IS DEFINED in Rule 4, section 4, Section 18 of the NFSHSA Basketball Rules. Bench personnel charged with fighting is defined in Rule 10, Section 4, ART. 1 h., ART. 4 of the NFSHSA Basketball Rules.
4. Any volleyball player fighting or ejected for unsportsmanlike conduct shall be suspended for the remainder of the season. If more than one player of the same team is ejected for fighting or unsportsmanlike conduct during the same match the team shall be suspended for the remainder of the season. Any remaining matches shall be forfeited and the sponsoring parish is assessed the forfeit fine.
5. Any team that is disqualified and is suspended from the CYO Program forfeits all remaining scheduled games. The sponsoring parish shall be assessed the forfeit fines.
6. GAME TIME is forfeit time for all basketball games. Game time is forfeit time for the first game of a volleyball match. No fine if team is ready to begin game two fifteen minutes past scheduled time of the match. MINIMUM FORFEIT FINE is one hundred (100) dollars for each basketball game or volleyball match forfeited. ONE HUNDRED FIFTY (150) DOLLARS forfeit fine for not enough players to begin a basketball game or a volleyball match. TWO HUNDRED (200) DOLLARS forfeit fine for a NO SHOW.
7. An additional fine of \$100.00 is added to the \$100.00 forfeit fine when a game is forfeited because the game is terminated because of unsportsmanlike conduct or for making a travesty of the game.
8. PROBATION: Any team placed on probation for unsportsmanlike behavior shall be suspended for the remainder of the season on the next offense by any player, coach or parent of the team. All players on a team that has been placed on probation shall carry one ejection per season for the remainder of their eligibility.
9. HIGH SCHOOL UNIFORM:
  - A. CYO shorts and CYO shirts are required. CYO shorts and CYO reversible shirts must be purchased at the designated Official CYO Store. The numbers on the shirt shall be permanently attached and centered on the front and the back and may not be altered with tape or marking device. Female participants wearing the tank top style of the official red/white reversible Shirts are required to wear an undershirt. The undershirt must be white and must be completely unadorned. Other than color it must comply with the NFSHS Basketball Rules. The "CYO" on the shorts must be permanently attached and may not consist of tape. Compression Shorts, if worn shall be black and other than color shall comply with the NFSHS Basketball Rules. (Altered shorts or shirt make them illegal)
  - B. If team WARM-UPS are used, the warm-up must be a solid color, RED or WHITE ONLY and must be completely unadorned except for one visible manufactures logo/trademark is permitted and shall be limited to 2 1/4<sup>th</sup> square inches and shall not exceed 2 1/4<sup>th</sup> inches in any dimension.

C. If an undershirt is worn, it must be white and must be completely unadorned. Other than color it must comply with the NFSHS Basketball Rules.

D. The Gym Supervisors have been instructed to report any uniform violation to the director by writing the violation on the score sheet. Even if the officials permit the player to compete with an illegal uniform, it does not diminish the responsibility of the coach. If a player competes with an illegal uniform, (illegal undershirt, shirt, shorts, compression shorts, number etc.), the fine is \$100.00 per player competing in an illegal uniform.

10. REFUND: The CYO will not refund any part of the team fee for high school basketball games cancelled due to inclement weather or acts nit under the control of the CYO, unless it happens more than once to a team. The CYO will refund, to the parish, ten percent (10%) of the team fee, per game cancelled, for games exceeding the one game allowance.

11. THE DECISION OF THE CYO DIRECTOR IS FINAL. There is no appeal. Disqualified teams forfeit entry fee. No refund or partial refund shall be granted.

#### ELIGIBILITY

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

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

#### VOLLEYBALL

1. A minimum of six (6) teams must enter the volleyball program before the program is offered. CYO special volleyball rules apply to high school program with the following exceptions.

a) SCOREKEEPER and TIMER provided.

b) LENGTH OF MATCH - Each match will consist of three games. Each game played for fifteen minutes regardless of the score. Need not win by two points, one point is required.

c) TOURNAMENTS – Best two out of three games determines match winner. Games one and two shall be played to 25 points, no cap. Game three shall be played to 15 points, no cap. Winning team must have a two-point advantage.

#### BASKETBALL

1. When a spread of 30 points is reached in the 4<sup>th</sup> period, the clock shall not be stopped except for a time out or technical foul (regular timing procedures will not resume if the spread is lower than 30 points after this procedure begins).