



Diocese of Greensburg

Office for Catholic Schools

CYO ATHLETICS

2013 Handbook of Policies

These rules are meant to be guidelines that the Diocese of Greensburg generally follows for CYO programming. The Diocese of Greensburg Administration reserves the right to interpret and make changes to these rules at any time.

CYO Athletics
Diocese of Greensburg
Office for Catholic Schools
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RULE 1.00 PHILOSOPHY

The Catholic schools in the Diocese of Greensburg institute a Gospel-centered educational process which encompasses school activities, including athletics. Teachers and coaches are called to be followers of Christ, and as such, provide opportunities for students to witness Him in daily activities. Students who are provided structure to direct their efforts and freedom to encourage personal growth and creativity will respond to life's challenges with discernment and courage.

It is the goal of the Office for Catholic Schools to make every effort to ensure that the Catholic schools within the Diocese maximize their potentials in providing the most excellent faith-based educational environments possible. Our educational environments prepare our students by challenging them to develop their spirituality based on Gospel values, while ensuring academic mastery, spirit of justice and community service with a global perspective that will give their lives passion and purpose. Our Catholic schools have been an invaluable part of the history and fabric of Catholic family life in the Diocese of Greensburg for generations. Our schools have helped to shape the faith, lives and minds of innumerable children who have become contributing members and leaders within our civic and ecclesial communities. CYO Coaches must lead athletic programs consistent with this goal as CYO programs are primarily extensions of the Catholic schools.

The Athletic program is an integral part of the educational process. Coaches play an important part in the development not only of student athletes but also their growth as young women and men. Leading by example and following the Coaches Code of Ethics assures that student athletes are receiving the best guidance possible both on and off the court. The job of a coach does not end when a student athlete steps off the field or court. The relationship between coach and student athlete can make a strong impact on young women and men, either positive or negative. The responsibility of the schools, parishes and Diocesan administration is to ensure that our student athletes receive the highest quality coaching available, and that the coach demonstrates a positive influence to all student athletes on the team.

Remember, records are broken and scores forgotten; but the coach who took the time to help will be remembered and held in esteem forever.

1.01 OVERSIGHT

- a. All CYO programs of the Diocese of Greensburg shall be under the Office for Catholic Schools, supervised by the superintendent of Catholic schools.

1.02 THE ATHLETIC COORDINATOR

- a. The Athletic coordinator shall be appointed by the superintendent of Catholic schools and is responsible for all aspects of the CYO athletic program.
- b. The athletic coordinator shall have the authority to rule on all matters not covered in these rules, including augmenting consequences listed in the handbook when such action is deemed to be in the best interest of the program.

1.03 SECTION COORDINATORS

- a. The athletic coordinator may appoint a section coordinator who will be responsible for assisting the coordinator with the applicable sections.

RULE 2.00 DEFINITIONS

CERTIFICATION

The specific list of requirements that must be met for an individual to become eligible to serve as a volunteer coach in the CYO programs of the Diocese of Greensburg.

CLEARANCES

A clearance is not considered valid until it has been processed and returned by the government agency responsible for the background check. Prior to any individual being permitted to coach, the parish or school must have on file, all clearances and provide an electronic copy to the Office for Catholic Schools for approval.

CONSOLIDATION

An approved cooperative operation of an athletic team between two or more parishes or schools that could not operate as single

CONTINUOUS RUNNING CLOCK	Occurs when the point differential between two teams is at a number designated by the athletic coordinator. When that point differential is reached, the clock will continue to run without stoppage except in circumstances as dictated by the NFHS Rules Book for the individual sport involved.
GAME	Any contest between two teams where a score is kept, the teams are in uniform and PIAA officials are used.
MATCH	In volleyball, a match is a competition between two teams that consists of three games. The first team to win two games wins the match.
JUNIOR VARSITY PROGRAM	Open to athletes in grades three through six. See Rule 3.07 regarding eligibility of junior varsity athletes on the varsity level.
NFHS	The National Federation of State High School Associations. This organization provides the playing rules for the various interscholastic sports played in the USA.
PIAA	Pennsylvania Interscholastic Athletic Association, the governing body of interscholastic sports in Pennsylvania.
PLAYING UP IN A DIVISION	Occurs when a participant in the junior varsity division of a sport also participates in the varsity division.
PROTECTING GOD'S CHILDREN (Virtus Training)	The Diocesan approved training workshop on child sexual abuse and is considered part of the coaches certification process.
RALLY SCORING	Scoring system used in volleyball whereby a team does not have to be serving to win a point.
ROSTER	The official recorded list of all participants for a given team. Only a person listed on a roster may participate with that team.
RULES	The laws that govern sports competition.
VARSITY PROGRAM	A program open to athletes in the seventh and eighth grades. See Rule 3.07 regarding eligibility of junior varsity athletes on the varsity level.

RULE 3.00 ELIGIBILITY REQUIREMENTS

3.01 TEAM ELIGIBILITY REQUIREMENTS

Teams participating in CYO athletic programs must be sponsored by one of the following:

- a. A Catholic parish in the Diocese of Greensburg.
- b. Diocesan approved consolidation of parishes in the Diocese of Greensburg.
- c. Diocesan approved consolidation of schools or religious education programs in the Diocese of Greensburg.
- d. A Catholic school in the Diocese of Greensburg.

3.02 ELIGIBILITY REQUIREMENTS FOR PARTICIPANTS-All participants in CYO athletic programs:

- a. Must be a registered and active member of a Catholic parish or Catholic school in the Diocese of Greensburg.
- b. All athletes not attending a Catholic school in the Diocese of Greensburg must be enrolled in and regularly attending (registered and participating) the parish religious education program (as determined by the participant's parish pastor) for the entire school year.
- c. Athletes enrolled in a parish that does not sponsor a team and is not part of an approved consolidation are eligible to play for a bordering parish and must also fulfill the requirements of 3.02(b). A Catholic school student may play for a bordering Catholic school if her/his school does not have a team and if the bordering school accepts the student to play on its team.
- d. All athletes must meet the age, grade and other requirements of the particular CYO athletic program in which they play.
- e. These eligibility rules shall apply to all athletes, regardless of religious affiliation.

- f. All players must participate in spiritual and/or service obligations and requirements as established by the Diocesan athletic coordinator for each sport.
- g. Failure to participate in these obligations shall result in ineligibility of the program and/or individual participants until such time as the obligations are met.

3.03 CONSOLIDATION

- a. Any parish that cannot field a team in any CYO athletic program may request consolidation with another parish or parishes for the purpose of forming a single team, provided, the request is made in writing by the pastors of the parishes to the Diocesan Office for Catholic Schools. All requests are subject to the approval of that office.
- b. Any Catholic school wishing to have a consolidated school team must request approval through the athletic coordinator with the Office for Catholic Schools.

3.04 TEAM PARTICIPATION IN OTHER LEAGUES

- a. Teams participating in the CYO athletic program may participate in other organized leagues or tournaments, provided that the participation in the other league or tournament does not interfere with the CYO athletic program or does not cause the team to exceed the maximum number of games a team is permitted to play during the same season.

3.05 PARTICIPATION WITH NON-CYO TEAMS

- a. A participant in a CYO athletic program may participate as a member of another organized team for that sport during the CYO season provided that such participation does not interfere with the CYO team's league competition and level of play and that in all cases, the CYO team must be the primary team of participation for the athlete.
- b. No CYO participant may be listed on a WPIAL or PIAA roster for the CYO sport in which she/he is participating.
- c. No athlete may appear on two rosters within the same CYO division at any time. (eg: they cannot play in two JV teams of the same sport, or cannot play on two varsity teams of the same sport.)
- d. Any participant found to be in violation shall be declared ineligible for participation in the CYO program. All games in which the athlete participated shall be declared a forfeit.

3.06 CHANGE OF TEAMS

- a. An athlete may not change programs during the season unless approval is given by the Office for Catholic Schools for an extraordinary circumstance including the following:
 - i. the athlete's home residence changes and is otherwise eligible to participate in the new parish/school program.
- b. When a player's home parish or school organizes a team, an athlete must play for this program unless the athlete has completed at least one full season with a program other than her/his home parish or school and is entering the eighth grade. The athlete may choose to remain with the former program, or may participate in the newly established program.
- c. The athlete is eligible to participate in a Catholic school-sponsored program under the provisions of these rules.
- d. At any time, due to unusual circumstances, an athlete may request the Office for Catholic Schools to review the situation.
- e. Once that choice is made, all other eligibility rules apply.

3.07 INDIVIDUAL PARTICIPANTS PLAYING UP IN DIVISION/PROGRAM

- a. JV Junior athletes in grade 4 are permitted to play in the Junior Varsity Division/program.
- b. Junior Varsity athletes in grade 6 are permitted to play in the Varsity Division/program.
- c. An athlete may not appear on more than one roster within any division.
- d. Athletes in grades seven or eight are not eligible to participate in the Junior Varsity Division.

RULE 4.00

SPIRITUAL DIRECTOR, COACHES AND ACCREDITATION

4.01 SPIRITUAL DIRECTOR:

- a. A parish pastor is seen as the Spiritual Director for parish teams.
- b. Any pastor on a Catholic school's board may serve as a Catholic school's Spiritual Director.

4.02 COACHES

- a. All teams must have a Diocesan approved, volunteer adult coach that is at least 21 years of age.
NOTE: A coach must be at least 24 years of age to coach in the high school division.

- b. A coach must be present with the team at all games and practices and is responsible for the team's conduct.
- c. Prior to discharging any duties, a coach is required to present the following background clearances:
 - i. Pennsylvania Criminal History background check (Act 34).
 - ii. Child Abuse History background check (Act 151).
 - iii. FBI background check.
- d. Coaches who have had a break in consecutive years of service must submit a new set of clearances prior to discharging any duties as a coach in the future.
- e. Clearances must be submitted to the school or parish program coordinator prior to coaching and be on file with the Office for Catholic Schools.
- f. No person may serve as a coach without submitting all clearances.
- g. All coaches must participate in spiritual and/or service obligations and requirements as established by the Diocesan athletic coordinator for each sport, including the following:
 - i. Attend the Virtus training (Protecting God's Children) within the first six months of coaching.
 - ii. Submit a signed ACT 24 form.
 - iii. Submit a signed Code of Pastoral Conduct acknowledgement form.
 - iv. Submit a signed sudden Cardiac Arrest Information acknowledgement form.
 - v. Complete an online Concussion Training program.
 - vi. Submit a signed CYO Code of Ethics For Coaches form.
- h. Failure to attend the meeting will result in the individual not being permitted to coach.
- i. Only individuals listed as a coach on a team's roster may sit on the bench with their teams during play.
- j. Current Catholic school employees and Catholic school parish pastors may fill in for coaches in unexpected circumstances.

**RULE 5.00
INSURANCE AND REGISTRATION**

5.01 INSURANCE

- a. Every participant in all CYO athletic programs must be insured under the policy of insurance made available through the Diocese of Greensburg.

5.02 ROSTER, INFORMATION AND CONSENT FORMS

- a. In order to participate in any CYO athletic program, teams must file a completed roster on forms provided by the Office for Catholic Schools. In addition, each team is required to submit and maintain on file at the parish or school, a completed and executed Player Information, Medical and Parent Consent Form, for each participant listed on the roster. The medical portion of the form will require that each participant undergo a current physical examination to determine medical eligibility to participate in the CYO athletic program.
- b. To be valid, the physical exam must be performed during the Athletic Year (June 1 to May 31) by a licensed physician.
- c. All required documents and fees must be submitted to the section coordinator of each sport by the deadline determined by the Diocesan athletic coordinator.

**RULE 6.00
CODE OF ETHICS FOR COACHES**

6.01 PURPOSE

- a. The goal of the CYO athletic program is to teach youth about sports, competition and good sportsmanship consistent with the teachings of the Catholic Church. Coaches shall attempt to motivate athletes to be exemplary citizens. Coaches are advised to play the game in this spirit with the intent to win, but not at the cost of humiliation and degradation of any player. The following code of ethics for coaches is established to help achieve these goals.

6.02 ALL COACHES MUST:

- a. Uphold the honor and dignity of her/his position.
- b. Set an example of the highest professional and moral conduct in contact with athletes, coaches, pastors, referees, athletic directors, school and diocesan administrators, parents, the community, and WPIAL/PIAA or club association officials.

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- c. Not use alcohol or tobacco products when in a coaching or supervising role.
- d. Know and teach the rules of the sport. Both the letter and the spirit of the rules of the game must be maintained.
- e. Use her/his influence to encourage good sportsmanship and school spirit.
- f. Respect and work in concert with contest officials. Coaches should avoid conduct that may be taken as criticism of the officials. Coaches must abide by all official's decisions.
- g. Meet and greet opposing coaches before and after the game, setting a cordial and positive tone for the athletic event.
- h. Never exert pressure on school staff to give student athletes special consideration.
- i. Be prepared for practice, work to keep communication open between players, parents, and school and Diocesan administration, and remain unbiased in order to treat all players fairly.
- j. Begin each athletic event with group prayer.
- k. Abide by and enforce all school/parish and Diocesan policies.
- l. Report injuries to parish or school promptly and exercise great care in dealing with all injuries.

RULE 7.00

CODE OF ETHICS FOR PARTICIPANTS

7.01 PURPOSE

- a. The goal of the CYO program is to teach youth about sports, competition and good sportsmanship consistent with the teachings of the Catholic Church. With proper supervision and guidance, the programs can teach youth a sense of values, fair play and instill discipline and confidence. The following Code of Ethics for Participants is established to help achieve these goals.

7.02 ALL PARTICIPANTS MUST

- a. Conduct themselves in ways that are consistent with the teachings of the Catholic Church.
- b. Exercise good sportsmanship and respect all participants, at all times.
- c. Not use tobacco or alcohol products.
- d. Abide by all school/parish and Diocesan policies.
- e. Respect contest officials. Participants should avoid conduct that may be taken as criticism of the officials. Participants must abide by the official's decision.

RULE 8.00

CODE OF ETHICS FOR PARENTS AND SPECTATORS

8.01 PURPOSE

- a. The goal of the CYO athletic program is to teach youth about sports, competition and good sportsmanship in a spirit of Christian values and ideals. Parents and spectators are expected to behave in a manner consistent with the teachings of the Catholic Church.

8.02 ALL PARENTS AND SPECTATORS MUST

- a. Conduct themselves in ways that are consistent with the teachings of the Catholic Church.
- b. Respect contest officials. Participants should avoid conduct that may be taken as criticism of the officials. Parents and spectators must abide by the official's decision.
- c. Not use tobacco or alcohol products while at the game or practice site.
- d. Abide by all school/parish and Diocesan policies.

8.03 SUPERVISION OF SPECTATORS

- a. The Office for Catholic Schools has the right to remove any parent or spectator at any time based upon their, extended or immediate, causing disruption in the school/parish community in any way. In doing so, the Office for Catholic Schools will consider all disruptive or detrimental conduct or all conduct inconsistent with our philosophy, mission statement, goals, objectives, and code of ethics. It shall be the obligation of the coach/moderator to advise all parents/spectators of this Code of Ethics prior to the start of any season.

RULE 9.00

CONSEQUENTIAL GUIDELINES

9.01 APPLICATION OF CONSEQUENCES

- a. The following consequences shall apply to all participants.

9.02 GENERAL CONSEQUENCES

- a. General consequences shall include:

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- i. Forfeiture
- ii. Reprimand
- iii. Probation
- iv. Suspension (temporary or permanent)

9.03 VIOLATION OF THE CODE OF ETHICS

- a. Violation of Rules 6.00, 7.00 and 8.00 (Code of Ethics) shall result in one or more consequences as listed in Rule 9.02.

9.04 CONSEQUENCES FOR REMOVAL FROM A CONTEST (STUDENT-ATHLETE AND COACH)

- a. Any participant removed from a contest shall be suspended for the next athletic contest.
- b. Any participant removed from a contest for the second time shall receive a multiple game or permanent suspension.

9.05 SUSPENSIONS

- a. In all cases, when a suspension occurs near the end of the season as to prevent the participant from serving the full duration of the penalty, the remainder of that penalty shall carry over into the next year.
- b. The game in which a person is removed shall not count as fulfilling any portion of the suspension's duration.
- c. In all cases, a letter shall be sent to the pastor of the team's sponsoring parish or the principal of school sponsored team.
- d. In addition to the provisions of Rule 9.04, any participant who receives multiple non-removal related suspensions is subject to additional consequences.

9.06 TECHNICAL FOULS OR UNSPORTSMANLIKE CONDUCT CONSEQUENCES

- a. Game officials shall report to the commissioner of officials any technical foul or unsportsmanlike conduct penalty assessed against a player, coach, staff member, trainer or other team member.
- b. Removal of a player, coach or other team member for multiple technical fouls or unsportsmanlike conduct consequences shall occur in accordance with the current PIAA and NFHS playing rules and are subject to the consequences of RULE 9.04.
- c. A participant who accumulates three technical fouls or unsportsmanlike conduct consequences in a single season shall be suspended for one game or have a greater consequences dependant on the details of the incidents.

9.07 PHYSICAL ABUSE OF A GAME OFFICIAL

- a. Assault on a sports official is a misdemeanor of the first degree punishable by a period of incarceration of up to five years and/or a fine of up to \$10,000 and is subject to the consequences of Rule 9.04 and 1.02(b).

9.08 REMOVAL OF A SPECTATOR

- a. The home team is responsible for removing disruptive spectators.
- b. A spectator removed from the athletic facility for unsportsmanlike conduct shall not be granted admission to the team's next athletic contest.
- c. A second removal shall result in the spectator not being granted admission to a team's athletic contest without fulfilling the provision of Rule 9.08(c).
- d. Following a second removal, a spectator must meet with the team's spiritual advisor and an appointed representative of the Office for Catholic Schools.
- e. After the fulfillment of Rule 9.08(c), the Diocesan athletic coordinator shall determine the date in which the spectator will be permitted to attend a team's athletic contest or whether the suspension shall be permanent.

RULE 10.00 PROTESTS, APPEALS, AND POSTPONEMENTS

10.01 WILLFUL HUMILIATION

- a. A coach who feels that she/he or the team has been humiliated or degraded as a result of unfavorable conduct or unsportsmanlike behavior and coaching practices applied by the opposing coach may file a formal protest. If the evidence proves to be in favor of the protest, the offending coach will be placed on a one-year probation. A second incident will result in the removal of the offending coach from the program. In any case, the outcome of the game will stand as played. The Office for Catholic Schools may enact greater consequences.

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10.02 DIOCESAN PROTEST

- a. The Office for Catholic Schools shall hear all protests and appeals provided for under these rules. The decision of the Office for Catholic Schools shall be final.

10.03 POSTPONEMENTS

- a. Games may not be postponed or dates changed unless authorized by the athletic coordinator and with the consent of the opposing coach. The team seeking a postponement or change is responsible for rescheduling the contest. The rescheduled game must be played before the end of the regular playing season.
- b. In cases where hazardous driving conditions due to severe weather or any "Act of God" make it necessary to postpone a scheduled contest, the home team must notify the officials and the athletic coordinator by 1:30 PM for weekday games, and at least 2.5 hours prior to game time on weekends. If a traveling team determines that the weather is too severe, they may opt to cancel the game. If this occurs, the traveling team must comply with the time frame set above. The home team will work with the opposing team to reschedule the contest to be played before the end of the regular playing season.

RULE 11.00 GENERAL RULES FOR ALL PROGRAMS

11.02 CIRCLE OF PRAYER

- a. Every game or event in the CYO athletic program will begin with a prayer by the players, cheerleaders and coaches for the teams at mid-court. Following the game or event, all participants shall exchange a handshake of sportsmanship.

11.03 SPECTATORS IN PLAYING AREA

- a. Spectators are prohibited from being on the court before and between games and during time-outs and halftime.
- b. It is the responsibility of the home team to enforce this rule.

11.04 GAME RULES

- a. The current rules of the NFHS Rules Book for the various sports shall govern all play unless otherwise noted in these rules.
- b. Existing PIAA game rules shall also be in effect, unless otherwise stated herein.

11.05 ASSIGNMENT OF GAME OFFICIALS AND MINOR OFFICIALS

- a. Unless otherwise provided for by the athletic coordinator, the home team shall provide the official scorer and timekeeper.
- b. Scorers are not permitted to use cell phones at any time during the game.
- c. The home team is the official book for all games.
- d. Approved PIAA officials must be used at all games.
- e. The athletic coordinator or section coordinator is responsible for the assignment of officials for all basketball programs.
- f. Teams or sections have the right to request that certain officials not officiate any of their games by making a written request to the Diocesan athletic coordinator, including the reasons for the request. After consideration and consultation, the athletic coordinator will decide the matter.

11.06 STARTING TIMES AND FORFEITS

- a. Games are to start at the scheduled time. If one team fails to present itself for play after 15 minutes have elapsed past the scheduled starting time, that team shall forfeit the contest.
- b. Should both teams fail to present themselves for play after 15 minutes have elapsed past the scheduled start, both teams shall be charged with a loss in the official team standings.
- c. Should a situation arise as described in 10.04(d) that would prevent teams from arriving on time, the athletic coordinator or section coordinator may lengthen the grace period so as to allow for sufficient time to arrive safely for a contest.
- d. **EXCEPTION:** See special rules for Volleyball.
- e. A team shall forfeit any contest in which it fails to play or resume play when instructed to do so by a game official.

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- f. Actions by a team as described in 11.04(h) shall also result in additional consequences as outlined in Rule 9.00.
- g. Cancellations due to weather must be made no later than 1:30 PM for weekday games and at least 2.5 hours prior to game time for weekend games.
- h. Games are not to be changed without the prior approval of the CYO Coordinator. Approved changes will be communicated to both teams by the CYO Coordinator. Games changed without prior approval will result in forfeits for both teams.

RULE 12.00 CHEERLEADING

12.01 CHEERLEADING ELIGIBILITY

- a. Girls in the 8th grade or under and who otherwise meet the eligibility requirements of Rule 3.00 are eligible to participate in cheerleading.

12.02 ROSTER SIZE

- a. The number of cheerleaders on a squad will be dependent upon the number that can be supported by the parish/school program.
- b. The cheerleading squad may perform on the gym floor for basketball games during time outs, between quarters and at intermission.

12.03 PARTICIPATION

- a. Cheerleaders shall be present at all games to which they are assigned, and initiate positive crowd involvement with chants.
- b. Squads should stay in their assigned places throughout the game.
- c. As representatives of their parish/school, good grooming habits and proper behavior are required because others will judge the reputation of their program by their appearance and conduct.
- d. Cheerleaders should arrive in a sufficient amount of time before the event begins.
- e. Cheerleaders shall not perform cheers, chants or dances that are negative, show poor sportsmanship, objectionable or suggestive language or movements, suggestive movements or actions that will illicit inappropriate reactions from spectators. No actions should be directed toward the opposing team in an effort to agitate.

12.04 DUTIES

- a. Prior to the start of the contest, a plan between the home and visiting squads should be devised whereby all groups have the opportunity to cheer/perform during non-injury time outs and intermissions. Floor time and field time is to be shared.
 - i. On-floor cheers during basketball time-outs shall be limited to 45 seconds.
 - ii. Each squad shall have at least three minutes at halftime to perform a routine.
 - iii. Hello and welcome cheers are to be performed at the conclusion of the spiritual huddle.
- b. Cheerleaders should enter the playing area as a group. No participant or coach shall walk across the floor or field in front of coaches and players on the bench unless it is during a time out.
- c. Cheerleaders should know the game rules and officials signals to the extent of understanding when, and what types of cheers are appropriate. Squads should always cheer in a positive manner.

12.05 WHEN TO CHEER

- a. As the squad's team takes the floor or field.
- b. When the squad's team makes a good play.
- c. As encouragement for the team to score.
- d. As encouragement for the team to defend its goal.
- e. When a player from the squad's team is substituted for (when appropriate).
- f. When an opponent who has played well leaves the game.
- g. As encouragement when an injured player leaves the playing surface.
- h. At no time shall a cheerleader strike or pound on the bleachers.

12.06 WHEN NOT TO CHEER

- a. When a player is attempting a free throw.

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- b. When a player makes a mistake or a team is being penalized.
- c. When a player is injured. (If the injury is of such a severe nature as to cause a prolonged stoppage in play, cheerleaders are to cease cheering and stand, kneel or sit quietly until play resumes).

12.07 SUPERVISION

- a. To ensure safety of the squad, a certified coach, moderator or assistant coach must be present at all events and practices. No squad will be permitted to cheer unless such supervision is present and seated with the team.
- b. Coaches should consult with the gym coordinator to determine placement of the squad during game action.
- c. All cheerleaders should receive proper training before attempting any skills, jumps, gymnastics or tumbling.
- d. Coaches must recognize the entire squad's particular ability level and limit the squad's activities accordingly.
- e. The coach should be thoroughly acquainted with the rules of the program and is responsible for the interpretation of these rules to participants and parents. The spirit and letter of the rules should be regarded as mutual agreements. The coach shall not attempt to gain an advantage by circumvention of the spirit or letter of these rules.

12.08 SAFETY

- a. Pom poms are permitted on the gym floor. Supervisors must observe and ensure that any pom pom pieces are picked up off the gym floor immediately.
- b. Cheerleaders should be aware of action occurring during the game and be prepared to move as play advances. They should also be aware of movement of game officials and not interfere with their game responsibilities.

12.09 PROHIBITED ACTIONS

- a. All mounts and certain gymnastics are prohibited. The following are also prohibited:
- b. Knee drops of any type, seat drops, thigh drops, front drops and split drops dropping forcefully to the floor from an airborne position.
- c. Pony-sits, splits held by two others.
- d. Standing on backs, stomach, knees, shoulders or any part of the body of another person or persons.
- e. Flips from another person.
- f. Spotted or assisted aerial flips including toe and leg pitch flips.
- g. Climbing or climbing over, under or through a stunt, individual or prop in.
- h. Tumbling skills that exceed one rotation.
- i. No body pressure should be applied by one cheerleader to another (body balancing is permissible at floor level such as for novelty stunts, slide salute, Double L and A stand).
- j. Nothing having a base or a mounter.
- k. The use of trampoline, mini-trampolines, springboards or other apparatus used to propel a participant.

12.10 PERMITTED ACTIONS

- a. Cartwheels.
- b. Handstands.
- c. Front and back walkovers.
- d. Roundoffs
- e. Back handsprings.
- f. Forward or backward rolls.
- g. Heel stretches.
- h. Splits.
- i. Apparel should be conducive to safe practices and performances. Jewelry of any kind is not permitted at any time during practice or performance.
- j. **EXCEPTION:** Medical alert bracelets and necklaces may be worn provided they are secured to the body with tape. Band-Aids may not be used to cover earrings.

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- k. Violation of safety rules may result in individual participant or entire squad's suspension from the participation in the season and/or competition.
- l. All gymnastics must originate at ground level.

12.11 APPEARANCE

- a. A cheerleader must be in good health and meticulous in dress and appearance.
- b. Hair should be neat and clean. Ribbons and bows in the hair are permitted.
- c. Uniform, socks and shoes should be neat and clean.
- d. Wear a smile always and be peppy and spirited.
- e. Make-up is limited to clear lip-gloss, light cover-up and light blush.

12.12 OFFICIAL DATES

- a. The official starting practice date for CYO cheerleading shall be August 1. No practice or team workouts are permitted before this.

RULE 13.00

GRADE SCHOOL GIRLS AND BOYS JUNIOR VARSITY BASKETBALL

13.01 ELIGIBILITY

- a. Athletes in grades 3 through 6 who meet the eligibility requirements of Rule 3.00 are eligible for participation in the CYO grade school junior varsity basketball programs. Athletes in grades 3 and 4 are eligible to participate in the JV Junior Varsity League. Athletes in grades 5 and 6 are eligible to participate in the Junior Varsity league.
- b. Athletes in grade 4 who are participating in the JV Junior Varsity division may also play in the Junior Varsity division under the requirements rule 3.07.
- c. The number of athletes listed on a team roster shall be unlimited, however, no more than twenty (20) players may dress for any single contest.

13.02 RULES FOR COMPETITION

- a. All games shall be played in accordance with the rules of The National Federation of State High School Associations basketball Rules Book and the PIAA. Quarters shall be of six minutes in length.
- b. Full-court pressing or pressure defense is limited to the fourth (4th) quarter and any overtime period. A team leading by 10 points or more may not play full-court pressure defense at any time in the 4th quarter or overtime.
- c. Teams must drop back behind the mid-court line under the following restrictions:
 - i. Any inbounds play in the backcourt.
 - ii. Any change of possession resulting in but not limited to a rebound or steal (team must drop back when referee determines offensive is in team control.) EXCEPTION: If the offensive team makes any attempt at moving the ball forward, defenders may play the ball.
 - iii. Defenders may not cross mid-court line except under exception in Rule 13.02(c)ii.
 - iv. When a team has a sixteen (16) point lead, the coach must remove all starters. When the lead reaches 26 points, a coach must remove his second five players.
- d. In each game, each team must play the number of players on the team equal to the number of players on the opposing team if the opposing team has fewer players. Players must play a minimum total of three minutes.
- e. **PENALTY:** Violation may result one or more of the consequences outlined in Rule 9.02.

13.03 DIOCESAN JUNIOR VARSITY CHAMPIONSHIP TOURNAMENT

- a. The Office for Catholic Schools shall direct the Diocesan playoff system.
- b. Only teams in compliance with Diocesan rules and regulations shall be eligible to participate in the grade school playoffs.

13.04 TWENTY FIVE GAME RULE

- a. The maximum number of games that any team can play shall be 25.
- b. Regular season, outside tournament or exhibition games shall count toward the 25 game total.

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- c. Diocese CYO championship tournament games are exempt from this count.
- d. **PENALTY:** Exceeding the 25 game limit may cause a team to be ineligible to compete in the Diocesan tournament.

13.05 OFFICIAL PRACTICE DATE

- a. Girls Junior Varsity and Varsity: August 1
- b. Boys Junior Varsity and Varsity: November 1
- c. No practice or team workouts are permitted prior to the official starting date.
- d. Violation may result one or more of the consequences as outlined in 9.02

13.06 CONTINUOUS RUNNING CLOCK DUE TO POINT DIFFERENTIAL

- a. When a team gains a large lead on its opponents, the continuous running clock rule shall be in effect in accordance with The National Federation of State High School Associations basketball Rules Book.
- b. **EXCEPTION:** Prior to the start of each season, the athletic coordinator shall inform all coaches as to the amount of point differential that will cause the continuous running clock rule to become in effect.

RULE 14.00

GRADE SCHOOL GIRLS AND BOYS VARSITY BASKETBALL

14.01 DIOCESAN SPONSORED GRADE SCHOOL GIRLS AND BOYS VARSITY BASKETBALL

- a. Athletes in the 7th and 8th grades who have not reached their 15th birthday as of September 1 of the current season and who otherwise meet the Diocesan eligibility requirements of rule 3.00 are eligible for participation in the CYO grade school varsity basketball programs.
- b. The number of athletes listed on a team roster shall be unlimited; however, no more than 20 players may dress for any single contest.
- c. Athletes in grade 6 who are participating in the Junior Varsity division may also play in the Varsity division under the requirements rule 3.07.

14.02 GRADE SCHOOL VARSITY RULES FOR COMPETITION

- a. All games shall be played in accordance with the playing rules of the National Federation of High School Associations Basketball Rules Book and the PIAA.
- b. Quarters shall be of six (6) minutes in length.

14.03 DIOCESAN CHAMPIONSHIP TOURNAMENT

- a. The Office for Catholic Schools shall direct the Diocesan playoff system.
- b. Only teams in compliance with Diocesan rules and regulations shall be eligible to participate in the grade school playoffs.

14.04 PENNSYLVANIA STATE CYO GRADE SCHOOL CHAMPIONSHIP TOURNAMENT

- a. The winner of the Diocesan Class A playoff tournament may be invited by the athletic coordinator to represent the Diocese of Greensburg at the Pennsylvania State CYO Grade School Basketball Tournament.
- b. If the athletic coordinator determines that a team is ineligible to represent the Diocese due to a violation of these rules, the athletic coordinator has the right to appoint another participating team from the Class A tournament as the Diocesan representative to the state tournament.

14.05 THIRTY GAME RULE

- a. To be eligible to compete in the state tournament, a team may play a maximum of thirty (30) games, in accordance with rules adopted by Pennsylvania CYO athletic coordinators.
- b. All CYO regular season games and exhibition or independent tournament games shall count toward the 30 game rule.
- c. Diocesan and state tournament games shall not count against the 30-game limit.
- d. **PENALTY:** Exceeding the 30 game limit may cause a team to be ineligible to compete in the Diocesan or state tournament.

14.06 OFFICIAL DATE FOR THE START OF PRACTICE

- a. Girls Junior Varsity and Varsity: August 1; Boys Junior Varsity and Varsity: November 1
- b. No practice or team workouts are permitted prior to the official starting date.

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- c. **PENALTY:** Violation may result one or more of the consequences outlined in Section 9.02

14.07 CONTINUOUS RUNNING CLOCK/POINT DIFFERENTIAL

- a. When a team gains a large lead on its opponents, the continuous running clock rule shall be in effect accordance with the National Federation of High School Athletic Associations basketball rules book.
- b. Prior to the start of each season, the athletic coordinator shall inform all coaches as to the amount of point differential that will invoke the continuous running clock rule.

14.08 RESTRICTIVE BENCH RULE FOR COACHES

- a. Coaches are permitted to coach their team from a standing position in accordance with the guidelines set forth in the NFHS basketball Rules Book.

RULE 15.00 HIGH SCHOOL PROGRAMS

15.01 GENERAL ELIGIBILITY FOR HIGH SCHOOL PROGRAMS

- a. Athletes in grades 9 through 12 must be members in good standing within their parish and actively involved in the ministerial life of the church, subject to the approval of the program's spiritual moderator or be enrolled in a Catholic high school within the Diocese of Greensburg. Catholic school students must meet the same eligibility guidelines of the applicable high school.

15.02 BOYS HIGH SCHOOL BASKETBALL

- a. To be eligible to participate in the CYO high school basketball program, an athlete may not have reached his/her 19th birthday prior to September 1 of the current year.
- b. The number of athletes listed on a team roster shall be unlimited; however, no more than 20 players may dress for any single contest. The team representing the Diocese at any state competition must either reduce their roster size to 15 or assume the additional cost for food, entertainment, and awards for the number of players in excess of the 15-athlete limit.
- c. The additional athletes shall be eligible to participate in the CYO state tournament.

15.03 RULES FOR COMPETITION

- a. All games shall be played in accordance with the playing rules of The National Federation of State High School Associations Basketball Rules Book.
- b. Quarters shall be eight (8) minutes in duration.

15.04 DIOCESAN CHAMPIONSHIP TOURNAMENT

- a. The Office for Catholic Schools shall direct the Diocesan playoff system.
- b. Only teams in compliance with all Diocesan rules and regulations shall be eligible for Diocesan playoff competition.

15.05 PENNSYLVANIA STATE GRADE SCHOOL CHAMPIONSHIP TOURNAMENT

- a. The winner of the Diocesan playoff tournament (or regular season champion if the Diocesan coordinator elects not to hold a Diocesan playoff) shall represent the Diocese of Greensburg at the Pennsylvania State CYO High School Basketball Tournament.

15.06 THIRTY GAME RULE

- a. To be eligible to compete in the state tournament, a maximum of thirty (30) games may be played by a team. This includes all CYO league games, exhibition and independent tournament games. Diocesan and state tournament games do not count against the 30-game limit.
- b. **PENALTY** Exceeding the 30 game limit may cause a team to be ineligible to compete in the state tournament.

15.07 OFFICIAL PRACTICE DATE

1. Teams may begin organized practices on November 1
2. No practice or team workouts are permitted prior to the official starting date.
3. **PENALTY:** Violation may result one or more of the consequences as outlined in Section 9.02

RULE 16.00 VOLLEYBALL

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16.01 RULES FOR COMPETITION

- a. All games, including the Diocesan championship tournament shall be governed by the National Federation of Interscholastic Athletics volleyball rules book.
- b. Each team shall be given five (5) minutes for warm-up before the start of the match.
- c. Each match will consist of three (3) 25-point rally score games.
- d. There shall be no scoring cap.
- e. Teams must win by two points to capture a game.
- f. All three games will count towards the team's overall record.
- g. The serving line for the JV team will be moved in six (6) feet from the end line.
- h. Cancellations due to weather must be made no later than 1:30 PM for weekday games and at least 2.5 hours prior to game time for weekend games.
- i. Matches are not to be changed without the prior approval of the CYO Coordinator. Approved changes will be communicated to both teams by the CYO Coordinator. Matches changed without prior approval will result in forfeits for both teams.

16.02 PARTICIPATION

- a. All players must play the equivalent of one full game.
- b. A team must have six players to begin play.
- c. Any team failing to meet 16.02(b) shall receive a 15-minute grace period.
- d. After the expiration of the first 15-minute grace period, a team unable to fulfill the requirements of 16.02(b), shall forfeit the first game of the match and a second 5-minute grace period shall be imposed.
- e. After the expiration of the 5-minute grace period, a team unable to fulfill the requirements of 16.02(b), shall forfeit the second game of the match and an additional 5-minute grace period shall be imposed.
- f. Any team that fails to fulfill the requirements of 16.02(b) after 25 minutes have elapsed from the scheduled start time shall forfeit the match.

16.03 RESPONSIBILITY OF THE HOME TEAM

- a. Provide a regulation game ball that meets competition standards.
- b. Provide a volunteer or paid referee and line judges.
- c. Verify that the scores have been recorded.

16.04 DIOCESAN CHAMPIONSHIP TOURNAMENT

- a. Rule 16.02(a) is waived for championship tournament play.
- b. 25-point Rally scoring shall be used.
- c. Tournament competition shall be single elimination.
- e. The first team to win two games wins the match.

RULE 17.00 WAIVER AND SANCTIONS

17.01 WAIVER

- a. The Office for Catholic Schools may waive any of its rules and regulations for the CYO athletic program if it determines such a waiver to be in the best interest of developing the CYO program, or if it determines such a waiver to be in the best interest of an individual participant, taking into consideration sportsmanship, fair play and Christian development.

17.02 SANCTIONS

- a. Any violation of these rules and regulations will be subject to appropriate disciplinary action as determined by:
 - i. The Diocesan athletic coordinator.
 - ii. Superintendent of Catholic Schools.