

2016- 2017

CYO SPORTS RULES



Table of Contents

Introduction.....3

Mission Statement.....3

Organizational Structure.....4

Zero Tolerance.....5

Flag Football.....7

Soccer.....12

Girls Volleyball.....16

Girls Basketball.....19

Boys Basketball.....23

Track.....28

Girls Softball.....34

Boys Baseball.....40

General Disclaimer: The CYO office may change or modify these Sports Rules at any time without prior notice. The CYO office will make the final decisions regarding questions and interpretations of these Sports Rules and shall impose and enforce the penalties.

Introduction

CYO Athletics, Inc. oversees the CYO athletic programs for the Archdiocese of San Antonio. Through local Catholic Parishes and Catholic Schools, CYO offers baseball, softball, soccer, volleyball, flag football, basketball, and track programs to the youth of south Texas. This Ministry has been in existence since 1945 and is offered at the Parish/School level, which is driven by Catholic principles and discipleship. The program is open to youth between the ages of 4 and 18 in order to invite them to share more deeply in the Catholic life of their Parish/School through the lessons learned while participating in sports.

The CYO programs are open to Catholic youth regardless of race, nationality, family or economic status. Non-Catholics may join but will be required to share in the Catholic experience and be associated with a Parish or Catholic School.

CYO Athletics Mission

As an outreach Ministry of the Archdiocese of San Antonio, volunteers effectively should serve as youth ministers, but within an athletic context. The mission of the CYO Athletics is a set of two equally emphasized missions, with the first leading to the second.

Therefore, the mission of the CYO Athletics is:

To offer to all youth sports and recreation programs emphasizing friendly competition through good sportsmanship modeled by adult participants. To invite all participants, Catholic and otherwise, youth and adults, to share in the life of their faith community.

The mission of the CYO athletic program includes:

Inviting all Catholic participants, youth and adults, to share in the life of their faith of their Parish/School through their CYO program and become involved in their Parish/School by attendance, religious education and formation programs. Establishing a working relationship between the Parish pastors/School Principal, the Parish/School and the Parish/School CYO community.

Encouraging ethical and moral behavior through the sports activities in the children, parents, coaches and fans as described below:

- No cheating or the tolerating of cheating by others.
- No alcohol or drunkenness, or any controlled/illegal substance, or using tobacco products during CYO activities.
- No arguing, name calling, foul language, personal attacks or fighting during CYO activities.
- An opening and closing prayer by all CYO participants during the CYO activity.
- To encourage fair play and sportsmanship
- To give all participants the opportunity to play in their sports program; CYO players shall participate as fully as time and circumstances allow.

Organizational Structure of the CYO program

The CYO Office, under the direction of the CYO Athletic Director, is responsible for the CYO Athletics Ministry throughout the Archdiocese. The CYO Office will provide oversight and direction as needed for all Parishes/Schools and Zones, as well as coordinate City Playoffs. The CYO Athletic Director will implement and manage Policies & Procedures in this Manual, the published Sports Rules and when rules not specifically covered are in question. The CYO Athletic Director will also make all necessary and justified changes within the CYO Policies and Procedures as well as the published Sports Rules in order to protect the integrity of the program.

Currently, there are 48 Parishes and Schools that participate in the CYO program and more Parishes and Schools are being added; these will be announced. The 48 Parishes/Schools are arranged into three Zones. The Zones are managed by volunteers and have a slate of officers that are elected into officer positions by the Zone membership which are the presidents of the Parish/School CYO.

The CYO Office which consists of the CYO Athletic Director, CYO Program Development Specialist and CYO Administrative Assistant oversees the operation of the CYO Ministry. The Zone's finances are directly handled by this office, and all forms, and rosters are submitted to this office. This office approves all non-church site contracts, all vendor contracts, and in addition, oversees all grievances and concerns and adjudicates them. The CYO office also reviews all of the rosters, schedules, coordinates mandatory coach's certification, and is responsible for the City Play-offs.

The CYO Office appoints the Executive Council which serves as the CYO Director's advisors. The Executive Council, whose authority is derived from the CYO Office, is called into being by the CYO Director and given its mission to advise the CYO Director in areas of finances, policy, development and strategic planning.

An Executive Council shall be established to serve as a consultative body to the CYO Director.

Executive Council – Zone Presidents and Zone Liaisons appointed by the CYO Office.

- a. The Zone Presidents and Zone Liaisons must be reviewed and approved by the CYO Director.
- b. Zone Presidents unable to be present at the Executive Council meeting may request presence from another zone officer.
- c. The Executive Council, comprised of Zone Presidents and Zone Liaisons will meet as needed to discuss important issues, as well as to conduct necessary hearings.
- d. In the event of a Hearing, the decisions of the Executive Council are final. Minimum of five members of the Executive Council must be present at a meeting to constitute a quorum. A minimum of five eligible members will render a decision during the Hearing in which the Zone President that has ties to the appeal will not sit as a voting member.
- e. The Executive Council shall rule on all appeals rendered by the Zone Board based on the published Sports Rules and Policies and Procedures. The procedures for presenting an appeal are:
 - i. a request in writing directed to the CYO Director must be submitted to the CYO Office seven (7) days prior to the Executive Council meeting;
 - ii. the request must be presented to the presidents of the parishes involved (if any) before being submitted to the CYO Office; it must be presented to each Zone President (or Zone Executive Board) that is involved in the request (if any). All this should be in writing and signatures should be obtained if possible. After this has been accomplished, the appeal will be presented to the Executive Council and all persons involved should be present

The CYO Athletics' office is located at 2718 W. Woodlawn Ave, San Antonio, TX 78228 - 210-734-2620

Zero Tolerance Act (adopted 2011 – revised 2016)

A. Coaches/Parents/Spectators

1. May not yell any form of criticism
2. May not make derogatory comments
3. May not use profanity, taunt, criticize, or jeer
4. May not badger, name call, or use foul language
5. May never approach a player, coach, spectator, official, league administrator, or site coordinator at any time before, during, or after game to question or comment negatively
6. Will respect all game officials and refrain from abruptly questioning their decision. There will be no extensive discussion, comments or gestures regarding any judgment calls.
7. May not approach an official in an abrasive or negative manner at any time before, during, or after game to question or comment negatively

B. Game Officials – must pledge to live up to high standards of ethics and training

1. Have sole authority in stopping game when coaches, parents, or spectators, are displaying inappropriate disruptive behavior that hinders the game. The officials will identify the violator(s) to Site Coordinator for observation and possible removal.
2. If, in the sole opinion of the official, the situation cannot be remedied by removal of offending person(s), the game will be stopped and the offending team will forfeit.
3. Encourage good sportsmanship by demonstrating positive support of all players, coaches, fellow officials, and CYO administrators at all times.
4. Ensure knowledge of rules of each sport officiated, and apply those rules equitably to all participants, teams, and coaches.
5. Will not allow personal friendships and associations to influence their decisions during a contest.
6. Refrain from the use of tobacco and alcohol products when in the youth sports environment.
7. Remember that youth sports are an opportunity for children to learn and have fun.
8. Place the children's safety above all else.
9. Display patience and professionalism in the performance of their duties.

C. Consequences

1. Individuals who engage in the above behaviors will be subject to **immediate** ejection from facility/property.
 - a. Individuals ejected from a site, will be **automatically** suspended for ten days from all CYO property and events. The suspension will begin **immediately**.
 - i. Elevated occurrences may require a more severe penalty which will be determined, as appropriate, by the CYO Office and/or Zone Board.
 - b. Individuals ejected from a second game within the same sport year (August – July) will **automatically** serve a 1 year suspension from all CYO property and events. This suspension will begin **immediately**.
 - c. If the ejected individual chooses not to leave facility/property when asked, the authorities will be called to have the individual removed.

D. Site Coordinator Responsibilities

1. Responsible for supporting game officials' decision 100% by:
 - a. Removing coaches from games
 - b. Observing parents/spectators at all times
 - i. Making decision to remove parents/spectators when violating Zero Tolerance Act.
2. Cannot be performing any other onsite duties such as gate, concession, etc.
3. Any Zone Board member or any Parish/School Board member from host site that is present has the authority and responsibility to enforce the Zero Tolerance Policy.

4. All ejections are to be reported to the Parish/School and Zone for immediate review to determine if additional suspension is warranted. Report may be submitted via email to the Parish/School/Zone Board Members and/or cyo@archsa.org.
- E. **Abusive Behavior & Safety** - CYO Athletics will not tolerate any abusive behavior towards players, officials, or other spectators. We are committed to maintaining a safe and positive atmosphere in our programs.
- F. **Appeals Process** - Appeal request for all suspensions with regards to the Zero Tolerance Act, must be submitted to the Zone Board by the affiliated Parish/School President within 48 hours of the occurrence. Parish/School CYO Program does not have the authority to overturn a Zero Tolerance suspension. Zone Board may decide to review the suspension if warranted. Suspension will remain in effect during the Appeals Process. Zone Board decision after review will be final for all 10 day suspensions. If suspension is longer than 10 days (season long or 1 year suspensions) an Appeal may be brought before the Executive Council by the affiliated Parish/School President. Appeals request to the Executive Council must be submitted to the CYO Director within 48 hours of the Zone decision.

CYO Flag Football Sport Rules

- A. Divisions** - Tot, Tiny, Pee Wee, Mite, Cub and Junior. Mixed Teams – boys and girls on the same team.
- B. Eligibility** - No player on a Senior High School Varsity team (suiing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster**
1. Tot thru Mite divisions - maximum of 14 and minimum of 9 players
 2. Cub and Junior divisions - maximum of 14 and minimum of 8 players
- D. Player Participation** – all players in attendance must play two uninterrupted complete quarters each game. The player must be on the field during the entire quarter for both offense and defense.
1. League/Zone Penalty – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team's final League/Zone standings is to be made at the end of the season.
 2. Zone and City Playoff Penalty - forfeiture of the Game **and** the right to advance further in the playoffs
- E. Officials** - There should be two field officials unless approved by CYO Director. The referee's responsibilities are to officiate a game according to these CYO Sport Rules and to keep track of the score. The referee will have all players report to them at the start of the game, and at each quarter. All players will report by number. Referee shall keep a written record of all substitutions in the game. All officials will be a minimum 16 years old.

Safety - Officials of all CYO games played will be empowered to stop the game when an injury occurs. When an injury is serious in nature, the Umpire is **REQUIRED** to immediately stop the game to be able to aid the injured player.

Zone Option – Each Zone may decide whether or not to have officials and/or scorekeepers for Tot games. If the Zone chooses not to have officials and/or scorekeepers it will be the responsibility of the Zone, Parishes, Coaches and Parents to ensure the safety, as well as making sure all participation rules and minimum play requirements are followed, for all players that are in attendance.

F. CYO Patch & Uniforms: per the current Policy & Procedures:

CYO Patch:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5") and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. All uniforms or playing apparel must have Parish or School name on the shirts and must be larger than the team name or logo. Uniforms or playing apparel must coincide with Parish or School color(s). Uniforms or required equipment may not be personalized, which means no names are allowed on any part of the uniform. Parish or School colors may not change for a period of three years.
 - a. **Penalty:** Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

G. Uniforms: uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be the same one color, long sleeves are allowed.

1. ALL DIVISIONS: Players can wear tennis shoes, street shoes or rubber cleated shoes. Shoes with metal cleats or spikes are not permitted in any division.
2. All players MUST wear a 6-inch number or larger on their uniforms or playing attire. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed

Exception: Medical and sweat bands.

4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.

- a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

H. Flags - Each team or Zone will be responsible to provide their own CYO approved belts and flags for official games. Red flags are for Centers (the only ineligible receiver). Flags will be 15" x 2". Flags must be worn on the side of the hips. Belts will be stick-on type (1 1/4 wide & Velcro).

Penalty - 10 yards and loss of downs – player may not return to the game until appropriate flags are obtained

I. Size of Football: A composite ball will be used for official league games and championship.

1. Tot, Tiny and Pee Wee: Pee Wee size Football
2. Mite: Junior size Football
3. Cub and Junior: Youth size ball or equivalent.

J. Mouth Pieces – Mouth pieces are **MANDATORY** for all players. If a player does not have a mouth piece, they must exit the game and not return until they have their own mouth piece (sharing is not allowed). Players are permitted (and encouraged) to wear supporters with a cup.

K. Field dimensions – Games will be played on available facilities:

1. **50 yards x 100 yards** – recommended playing surface (includes 20 yards for 2 end zones – 10 yards each)
2. **First downs** - will be pre marked every 20 yards (20, 40, and 20-yard lines)

L. Time Periods - A full game will consist of four (4) quarters of eight (8) minutes.

1. **Continuous Clock** - Clock will stop for only timeouts and injuries for the entire duration of the game.
2. Each team will have two (2) 30-second time outs per half to facilitate all clock stoppages. First half time outs do not carry over to the second half.

M. Suspension of Game - a game suspended by rain or other similar circumstance before the completion of the first half will not be an official game. This game will be replayed at a later date. However, when one complete half is played, the said game becomes an official game.

N. City Championships – *Weather permitting*, top teams of each Zone will advance to the City Tournament. Zone Representation and tournament format will be determined at City Commitment. League Championship will be determined at the Zone level.

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD

Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.

2. **Overtime:** will be played in the case of a tie during Zone and City Playoffs only.

a. Will start with a coin toss. The team winning the coin toss will choose either offense or defense first, while the other team will choose the direction that both teams will go.

b. Will determine winner by allowing each team a four play series starting from the 40-yard line. The object is to score. If neither team has outscored the other at the completion of their 4 plays, then the winner will be determined by most yardage. Any negative yardage will be "0". An interception (which cannot be returned) will automatically end their 4-play series. If there is still a tie at the end of 4 plays and comparing yardage, then each team will alternate 1 play at a time to gain more yardage than the other until we have a winner. Time outs do not carry over into overtime, each team will receive 1 time out in overtime.

O. Female Certified Coach - the CYO Office highly recommends that there be a certified female coach on team's roster with mixed gender teams in order to address any injuries or illness of female players

1. If unable to have a female certified coach, please have team mom near team's bench

P. Tots will not be participating in the City Tournament.

Playing Rules (CYO Policy)

A. Starting the game

1. A coin toss will determine the first possession. The team winning the toss will get the option of taking the ball or deferring their option till the 2nd half. The opposing team will then get the option to choose a goal to defend. Teams will automatically switch sides for the 2nd half.

2. Both teams shall line up starting players for the official to note participation.

3. The offensive team will take possession at the 20-yard line.

4. Coaches are not allowed on the field. **Exception** - Tot and Tiny are allowed one coach who must be behind official when play starts.

5. First downs - will be pre-marked every 20 yards. (20, 40, and 20-yard lines)

B. Flag

1. Flag must be detached from the belt and held by the defensive player pulling the flag. Flag may be pulled from either side of the hip (only one necessary). However, once flag becomes detached from the belt no further forward progress is allowed. It is mandatory that player pulling flag hold it high in the air thus aiding the officials whistling stoppage of play.

2. An eligible pass receiver who has been deflagged will be allowed to catch a pass, but no further progress will be allowed.

3. If intentional deflagging occurs then pass interference will be called and a 10 yard penalty for unsportsmanlike conduct will be assessed.

C. Number of Players - All divisions will consist of 7 players on the field.

1. Teams allowed to start and play with 6 players. A team will forfeit if unable to start the game with the correct number of players at game time. (In case of injury, the game can continue with no less than 6 players on the field)

D. Score Sheets - After the game the coach of each team will sign the official score sheet verifying score and that their team complies with all CYO rules.

E. Offense

1. **Start Play** - each play will start with the center snapping the ball through his legs either direct snap or shotgun snap (center sneaks or guard around will not be allowed).

a. Tot and Tiny are allowed to side snap (Ball is dead if snaps hit ground at any time)

b. Pee Wee and up can field snap off the ground if fielded cleanly. (Ball is dead if it goes past QB or hits the ground once the QB has touched it)

2. **First Down** - each team will have 4 plays to get to the next first down marker. On fourth down the offensive team must declare if they will punt or go for first down. Once this is declared, the offensive team must proceed with what was declared or take a timeout in order to change their mind.

3. **Offensive Line** - must consist of a center and two guards on line of scrimmage. Each guard must be lined up within one yard from the center.

4. **Blocking** - all blocking must be done at or behind the L.O.S. Numerous screen blockers are allowed or none at all. Blocking must be conducted with the player's hands on their chest. Any extension of hands away from chest is considered an "Illegal Block". They will not be allowed to hook a defender either with their legs, feet, or elbows. No cut blocks or ducking their head will be allowed while attempting a block. Down field blocking will not be allowed.

5. **Quarterback** - can throw the ball forward only once while behind the line of scrimmage (L.O.S.) or handoff or lateral the ball numerous times, and is allowed to run. However, the QB cannot run the ball anywhere between the two guards unless he makes an attempt to side step. Once the ball has passed the line of scrimmage forward passes are not permitted.

6. **Receiving** - all players but the center are eligible to receive a pass, including the QB if the ball has been handed off or pitched behind the L.O.S. The center is the only ineligible receiver and must be wearing a red flag.

7. **State of No Control** - the ball carrier may spin or jump in order to avoid defenders, but may never attempt to hurdle over a defender. However, these movements are considered "State of No Control" and if the offensive player makes contact with the defender, a penalty of Illegal Contact will be given to the offensive team.

8. **Protecting the flag (Flag Guarding)** - is illegal. The ball carrier MUST give the defense a fair chance to take the flag. Any attempt by the ball carrier to knock the hands of the defense away from the flag shall draw a 10 yard penalty from the spot of the infraction. Spinning is legal as long as the ball carrier keeps his hands and arms above the flag in order to avoid the penalty.

9. **"Sleeper" or "Hideout Plays"** - not permitted. When huddling all players must be present. **Penalty** -10 yards.

10. **Motion** - only one player is allowed to be in motion at a time parallel with L.O.S.

11. **Reception** - a player must have at least one foot inbounds when making a reception.

12. **Substitutions** - can only be made on a dead ball.

13. **Punts** - kicking a punt is optional. If a team elects not to kick a punt, this intent must be declared to the referee. In this case, the ball will be placed 20 yards from the spot of the 4th down, but not closer than the 15 yard line from the receiving team's end zone. If a team declares to kick a punt, punting team must have all their players on the L.O.S. The punter will receive the snap through the legs of the center and punt away. The players on the L.O.S. are not allowed to leave until the ball is punted (punts are free plays, regardless if the snap is dropped).

14. **Safety** - teams will line up and follow same procedures as punts. Punting team will place all players on 35 yard line and punt ball from behind their team. Receiving team will place their five "dead players" on a knee on at their 35 yard line with the receiving three behind them to receive the ball.

15. **Dead balls** - consist of (continuous clock - clock will continue to run for all dead balls)

- a. Ball carrier's flags pulled
- b. Ball carrier steps out of bounds
- c. A score
- d. Ball carrier's knee hits the ground
- e. Ball carrier's flags fall out
- f. Ball hits the ground - there are no fumbles; ball is spotted dead where it hits the ground

F. Defense

1. **Defensive Line** - all defensive players must be at least 1 yard from line of scrimmage. Any player(s) is allowed to rush.

2. **Rushers** - are not allowed to make aggressive contact with the blockers or screens at any time.

3. **Bump and run** - is not permitted

4. **Interceptions** - are allowed, however, no other players are allowed to screen block while the interceptor is attempting to return the ball.

5. **Punt returns** - 5 players are required on the L.O.S. The players on the L.O.S. must take a knee and are considered dead players. During this play they are not allowed to do anything. Punt returners must field the ball cleanly in the air or off one bounce. Once the ball hits the ground a 2nd time, it is considered down at that spot.

6. **Tackling or pushing out of bounds is not permitted** - putting both arms around the ball carrier, or throwing him off his feet shall be considered tackling. Obviously, holding with no intention of trying to get the flag or putting both arms around the waist and sliding down shall be considered tackling. The defensive man may not grab the arm of the ball carrier in order to stop him. **Penalty** -10 yards and AFD.

G. **Coaching Area** - coaches and substitutes must remain between the 40 and 20 yard line nearest their bench.

Penalty -10 yards. In the Tot-Tiny Divisions, one (1) coach is allowed on the field with the offensive team and defensive team and must be behind the official when the play begins.

H. Penalties

1. General

- a. Failure to have shirt or belt ends tucked in properly: - 5 yards
- b. Unsportsmanlike conduct from players, coaches, or fans: - 15 yards and Automatic First Down (AFD)

2. Offense

- a. Illegal motion: - 5 yards and reset down
- b. Illegal forward pass: - 5 yards and Loss of Down (LOD)
- c. Offensive pass interference: - 10 yards & LOD
- d. Flag guarding: - 10 yards from Point of Infraction (POI)
- e. Illegal block: - 10 yards from POI
- f. Delay of game (25 second play clock): - 5 yards and reset down
- g. Sleeper, hideout and illegal QB sneak plays: - 10 yards

3. Defense

- a. Offsides: - 5 yards
- b. Interference: - 10 yards and AFD
- c. Illegal contact: - 10 yards and AFD
- d. Illegal flag pull: - 10 yards and AFD
- e. Illegal rush: - 10 yards and AFD
- f. Tackling or pushing out of bounds: - 10 yards and AFD (if defender pushes the ball carrier out of bounds to keep the player from scoring, the ball will be placed on the 1 yard line)

I. Scoring

- 1. Touchdown: 6 points
- 2. Extra Point
 - a. 1 Point from 3 yard line (run)
 - b. 2 Points from 3 yard line (pass)
- 3. Safety: 2 Points
- 4. The football crossing the end zone (with flags intact) will determine a score.

Zone Option – Each Zone may decide whether or not to keep score for Tot games.

J. **Good Sportsmanship Rule** - if a team is winning by 25 or more points at the start of the 4th quarter, the winning team will not be allowed to make adjustments to run up score and clock will not stop for their team's time outs.

Penalty – Head Coach will be suspended for one full game at the discretion of the Zone Athletic Director.

CYO Soccer Sport Rules

- A. Divisions** - Tot, Tiny, Pee Wee, Mite, Cub and Junior. Mixed Teams – boys and girls on the same team.
- B. Eligibility** - No player on a Senior High School Varsity team (suiing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster**
1. **Tot:** maximum 12 and minimum of 8 players
 2. **Tiny and Pee Wee:** maximum of 16 and minimum of 10 players
 3. **Mite and above:** maximum of 22 and minimum of 11 players
- D. Player Participation** - all players in attendance must play two uninterrupted complete quarters each game.
1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
 2. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs
- E. Officials** - There should be one field official in the Tot and Tiny divisions and two field officials in the PW division and above, unless approved by CYO Director. The referee’s responsibilities are to officiate a game according to the National Federation rule (except where CYO rules prevail) and to keep track of who scores the goals and keep the time. The referee will have all players report to them at the start of the game, and at each quarter. All players will report by number. Referee shall keep a written record of all substitutions in the game. All officials will be a minimum 16 years old.

Safety - Officials of all CYO games played will be empowered to stop the game when an injury occurs. When an injury is serious in nature, the Umpire is **REQUIRED** to immediately stop the game to be able to aid the injured player.

Zone Option – Each Zone may decide whether or not to have officials and/or scorekeepers for Tot games. If the Zone chooses not to have officials and/or scorekeepers it will be the responsibility of the Zone, Parishes, Coaches and Parents to ensure the safety, as well as making sure all participation rules and minimum play requirements are followed, for all players that are in attendance.

- F. CYO Patch & Uniforms:** per the current Policy & Procedures:

CYO Patch:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5”) and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
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G. Uniforms: uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be the same one color, long sleeves are allowed.

1. ALL DIVISIONS: Players can wear tennis shoes, street shoes or rubber cleated shoes. Shoes with metal cleats or spikes are not permitted in any division.
2. All players MUST wear a 6-inch number or larger on their uniforms or playing attire. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed

Exception: Medical and sweat bands.

4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.

a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

H. Ball

1. Tot - No. 3
2. Tiny and Pee Wee - No. 4
3. Mites, Cubs and Juniors - No. 5

I. Shin Guards - every player on team must wear Shin Guards.

Penalty: If a player does not have shin guards, they must exit the game and not return until they have shin guards to wear.

J. Time Factor - CYO

1. **Tot, Tiny & Pee Wee:** four 8 minute quarters with 2 minute rest between quarters and 5 minute rest at half
2. **Mite:** four 10 minute quarters with 2 minute rest between quarters and 5 minute rest at half
3. **Cub & Junior:** four 15 minute quarters with 2 minute rest between quarters and 5 minute rest at half
4. In league play - the score of the game shall then stand as official, with the following exception: Time shall be extended beyond the expiration of any period only to permit a penalty kick to be taken.
5. **Point System:** **Win:** 3 points, **Tie:** 1 point; **Loss:** 0 points

K. Ties: City Playoffs & League Playoffs ONLY

1. In case of a tie, the game will go into an overtime period which will consist of one 8 minute period (Tot, Tiny & Pee Wee) or one 10 minute period (Mite, Cub & Junior). On a flip of a coin (Visitors call), the winning coach will (a) choose to kick off, or (b) choose side of field to defend. If teams are still tied after overtime period, teams will take shots from the penalty mark. On a flip of a coin (Visitors call), the winning coach will (a) select goal from where both teams will kick, or (b) who will shoot first. Coach losing coin flip will pick the remaining option. Each team will select five players and goalkeeper to defend shots on the goal. Teams will alternate taking shots. If this results in a tie, the next round is Sudden Death, where five other players will shoot, but no player will go twice until all team members have kicked once. In Sudden Death, when one team scores and the other doesn't, the game is ended without more kicks being taken.

L. Suspension of Game - a game suspended by rain or other similar circumstance before the completion of the first half will not be an official game. This game will be replayed at a later date. However, when one complete half is played, the said game becomes an official game.

M. City Championships - *Weather permitting*, top teams of each Zone will advance to the City Tournament. Zone Representation and tournament format will be determined at City Commitment. League Championship will be determined at the Zone level.

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD

Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.

N. Female Certified Coach - the CYO Office highly recommends that there be a certified female coach on team's roster with mixed gender teams in order to address any injuries or illness of female players

1. If unable to have a female certified coach, please have team mom near team's bench

O. Tots will not be participating in City Playoffs.

Playing Rules

The National Federation Rules Book for 2016 will govern play, except where CYO Rules prevail.

Headers – headers are not allowed at any point in the course of a game or practices in all divisions. **Penalty** – ball will be turned over and a Free Indirect Kick will be awarded to the other team. Repeated violation of this rule may lead to the suspension or removal of the head coach from the team.

A. Size of Field – all games will be played on available facilities:

1. **Tots:** 40 - 50 yards x 40 - 50 yards

- a. No Player Arc (2010-2011)

- i. An arc will be marked with a string dead center of the goal and extended along the baseline to three (3) feet pass the side bars of goal. The string will then be stretched and an arc will be marked to the other side of the goal. No players will be allowed in this area.

- ii. If the defense makes contact with the ball in this area, the result is a goal for the team that attempted the goal.

- iii. If the offense makes contact with the ball in this area, the result is a goal kick from the top of the arc with all defenders behind the mid field line.

- b. No Throw In (2010-2011)

- i. In order to put the ball back into play after the ball has gone out of bounds, a player must kick the ball in from the sideline.

- c. No Slide Tackle

2. **Tiny and Pee Wee:** 50 yards x 70 yards

- a. No Slide Tackle

3. **Mites, Cubs and Juniors:** 60 yards x 100 yards

- a. Mid field line at 50 yards

- b. Center Circle - 10 yards radius

- c. Goal area - 6 yards x 20 yards

- d. Penalty area - 15 yards x 30 yards

- e. Penalty kick mark - 12 yards from goal (adjust as needed based on field dimensions)

B. Goal size (whatever is available but rule size is recommended)

1. Tots, Tiny, & Pee Wee - Smaller than regulation (6ft. high x 12 ft. long is recommended)

2. Mites, Cubs, & Junior - 8 ft. high x 24 ft. long

3. City Playoff will use 8 ft. high x 8 yards wide for Mites, Cubs and Juniors, as per National Federation

C. Number of Players

1. Tots: 6 (5 minimum) no goalkeeper
2. Tiny and Pee Wee: 8 (7 minimum - including goalkeeper)
3. Mite and Cub: 11 (7 minimum - including goalkeeper)
4. All divisions at Tiny and above will have a goalkeeper

D. Girls are allowed to cross their arms over their chest to protect themselves.

E. Good Sportsmanship Rule - if a team is winning by a large margin it is required for the Head Coach to make adjustments to their line ups, positions and style of play as to not embarrass the other team's players. **Penalty** for continuing to run up the score after Head Coach has been warned by official or field coordinator: suspension of Head Coach for one full game at the discretion of the Zone Athletic Director. If in question, "large margin" will be defined by the Zone on a case by case basis.

CYO Girls Volleyball Sport Rules

- A. Divisions** - Tiny, Pee Wee, Mite, Cub and Junior (girls only)
- B. Eligibility** - No player on a Senior High School Varsity team (suiing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster** - maximum 12 and minimum of 8 players
- D. Player Participation** - all players in attendance must play one full uninterrupted game in one of the first two games in each match.
- 1. Match** - each regular season match will consist of three mandatory games regardless of match advantage (rally scoring). First two games will be 25 point cap. The third game will be 15 points cap if match has already been decided, if match has not already been decided, there will be no cap and must win by two points. In the City Playoffs the third game will be played only if match has not been decided after the first 2 games.
 - 2. League/Zone Penalty** – forfeit of the match in which infraction occurred **and** 1 league match at the end of the season. It is the Gym Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
 - 3. Zone and City Playoff Penalty** - forfeiture of the match and the right to advance further in the playoffs
- E. Officials** - At least one referee and one scorekeeper. Each team should provide a linesman. All officials will be a minimum 16 years old.
- F. Line-Ups** – all line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, injured or sick must be indicated. Line-ups not submitted by scheduled game time will result in the forfeiture of the 1st game.
- G. Score Books/Sheets** - in League Play, it is the Gym Coordinator’s responsibility to submit the score books/sheets to the Zone Coordinator once a week
- H. CYO Patch & Uniforms:** per the current Policy & Procedures:
- CYO Patch:**
1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
 2. Every player from team must have the CYO patch located on the same side of the uniform.
 3. CYO Patch may be screened on the uniform but must be the same size (2.5”) and color as the original CYO logo.
 4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
 5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
 6. All participating players on the roster must have their own CYO Patch at game/event time.
- Uniforms:**
1. All uniforms or playing apparel must have Parish or School name on the shirts and must be larger than the team name or logo. Uniforms or playing apparel must coincide with Parish or School color(s). Uniforms or required equipment may not be personalized, which means no names are allowed on any part of the uniform. Parish or School colors may not change for a period of three years.
 - a. **Penalty:** Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
 2. If a team has a sponsor they must submit sponsors name on final roster.
 3. All team names must be submitted on final roster.
 4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

I. Uniforms: uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be the same one color, long sleeves are allowed.

1. ALL DIVISIONS: Players can wear tennis shoes or street shoes.
2. All player's shirts/jerseys must be permanently numbered at least once on the front with a 4 inch number or larger and once on the back with a 6 inch or larger. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed

Exception: Medical and sweat bands.

4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.

a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

J. Knee Pads – Knee Pads are required for all participants (for safety of all players)

Penalty: If a player does not have knee pads, they must exit the game and not return until they are wearing knee pads.

K. Net

1. Tiny and Pee Wee: 6'4"
2. Mite, Cub and Junior: 7'4 1/4"

L. Type of Ball

1. Tiny, Pee Wee and Mite: Volley Lite Ball 7.0 - 8.0 oz.
2. Cub and Junior: Leather Composite

M. Size of Court

1. Tiny and Pee Wee I: 50' x 30'
2. Pee Wee II, Mite, Cub, and Junior: 60' x 30'

N. City Championships - Top teams of each Zone will advance to the City Tournament. Zone Representation and tournament format will be determined at City Commitment. League Championship will be determined at the Zone level.

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD
Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.

O. Female Certified Coach - the CYO Office highly recommends that there be a certified female coach on team's roster with mixed gender teams in order to address any injuries or illness of female players

1. If unable to have a female certified coach, please have team mom near team's bench

Playing Rules

The National Federation Official Rules Book for 2016 will govern play.

A. Loss of ball - on losing ball, player should return ball to opponent's court underneath the net.

B. Serves - Tiny and Pee Wee I divisions may serve, if desired, from a 20' service line that is taped on the floor of the court.

C. Timeouts and Substitutions - two 30 second timeouts per game. Six substitutions are the maximum permitted per team per game. A starting player may leave a game and re-enter only once, to the previous position in the line-up. A substitute may enter only once per game. Only two players per position per game.

D. Forfeiture - Games must start on time. A team may start and finish the entire match with five (5) players. The coach of a team with five (5) players must designate which spot on the court will be open. This spot must remain open during the entire game. The open spot will be considered a side-out (loss of serve and a point) when it gets to the serving position. At any time during the course of the game, if the sixth player arrives, that said player must immediately go to the open spot and a substitution will be charged to the team. If a team does not have five (5) players to begin a game, said team forfeits first game. Within the next 15 minutes said team must have the required number of players (5) or forfeit entire match. Even though game is ruled a forfeit, officials will play a forfeited game and allow the team with less players to add opposing team players to make a complete team.

CYO Girls Basketball Sport Rules

- A. Divisions** - Tiny, Pee Wee, Mite, Cub and Junior (girls only)
- B. Eligibility** - No player on a Senior High School Varsity team (suiing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster** - maximum of 10; minimum of 7 players
1. Teams that choose to carrying more than ten players are not subject to the two quarters per player per game rule (City exception applies). Those players who do not play two quarters in a game, due to having more than 10 players present, must play at least one full quarter this game and must play two full quarters the next game they are present. But must at least play one full quarter this game.
- D. Player Participation** - all players in attendance must play two uninterrupted complete quarters each game.
1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
 2. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs
- E. Officials** - two referees unless approved by CYO Director, one scorekeeper and one timekeeper (whenever possible timekeeper and scorekeeper responsibilities will be handled by separate individuals). All officials will be a minimum 16 years old.
1. **Exception:** Tiny divisions will only have 1 official.
- Safety** - Officials of all CYO games played will be empowered to stop the game when an injury occurs. When an injury is serious in nature, the Umpire is **REQUIRED** to immediately stop the game to be able to aid the injured player.
- Zone Option** – Each Zone may decide whether or not to have officials and/or scorekeepers for Tot games. If the Zone chooses not to have officials and/or scorekeepers it will be the responsibility of the Zone, Parishes, Coaches and Parents to ensure the safety, as well as making sure all participation rules and minimum play requirements are followed, for all players that are in attendance.
- F. Line-ups** - all line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, inured or sick must be indicated. Line-ups not submitted by scheduled game time will result in a technical foul to Head Coach. Technical foul consists of two shots and possession for opposing team.
- G. Score Books/Sheets** - in League Play, it is the Gym Coordinator’s responsibility to submit the score books/sheets to the Zone Coordinator once a week
- H. CYO Patch & Uniforms:** per the current Policy & Procedures:
- CYO Patch:**
1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
 2. Every player from team must have the CYO patch located on the same side of the uniform.
 3. CYO Patch may be screened on the uniform but must be the same size (2.5”) and color as the original CYO logo.
 4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
 5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
 6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. All uniforms or playing apparel must have Parish or School name on the shirts and must be larger than the team name or logo. Uniforms or playing apparel must coincide with Parish or School color(s). Uniforms or required equipment may not be personalized, which means no names are allowed on any part of the uniform. Parish or School colors may not change for a period of three years.
 - a. **Penalty:** Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

I. Uniforms: uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be the same one color, long sleeves are allowed.

1. ALL DIVISIONS: Players can wear tennis shoes or street shoes.
2. All player's shirts/jerseys must be permanently numbered at least once on the front with a 4 inch number or larger and once on the back with a 6 inch or larger. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed

Exception: Medical and sweat bands.

4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.

a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

5. Any digit greater than five shall not be used. A zero or a double zero may be used, but a team shall not have both "0" and "00". **Penalty:** a technical foul when the player enters the game or any time it is discovered after he has entered.

NOTE: Player may play only one complete quarter with an illegal number once it is discovered.

6. Attempt should be made to make sure all undershirts or shooting sleeves are the same color as the jersey. At game time if both teams are wearing same or similar dominant color then the home team will be required to reverse their jersey or wear pennies.

J. Length of Periods

1. Four quarters of eight minutes each running time* with two minutes between quarters and four minutes between halves (*running time means that clock is stopped only when the whistle is blown for foul shots and timeouts). The clock will be stopped for all dead balls (officials whistle) during the last two minutes of the ball game.

K. City Championship Rules - Top teams of each Zone will advance to the City Tournament. Zone Representation and tournament format will be determined at City Commitment. League Championship will be determined at the Zone level.

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD
Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.
2. All League and Division specific rules apply except as identified below:
 - a. Overtime periods will be four minutes each running time. In case of overtime, each team will be allowed at least one timeout per overtime period. During the Overtime period the clock will be stopped for all dead balls

(officials whistle) during the last two minutes of the period.

- L. Female Certified Coach** - the CYO Office highly recommends that there be a certified female coach on team's roster with girls teams in order to address any injuries or illness of female players
1. If unable to have a female certified coach, please have team mom near team's bench

Playing Rules

The National Federation Official Basketball Rules Book for 2016-2017 will govern play except for the following rules:

CYO Basketball Games - will be played at available facilities. This means disregarding specified dimensions as stated in Section 1 of Rule 1.

1. **League Playing Rules** - No exceptions will be made to the CYO basketball rules put in place.
2. Each team will be allowed four timeouts per game. Timeouts may be accumulated.
3. A coach may use his timeout to question an official if done in a courteous manner; the official is expected to answer in a courteous manner
4. During League games, no overtime periods will be played. Zone will decide a tie-breaker method for end of year final positioning, if needed.
5. During League games - a minimum of five (5) players to start a ball game. If a forfeit occurs a scrimmage game played as follows: all remaining quarters will be played as 5-minute quarters running time, stopping for timeouts only.
6. **Sportsmanship**: when a team is ahead by twenty-five or more points, the team ahead may not score any points in the paint, no fast breaks and no 3-point shots and must use a zone defense inside the key. The scoreboard will be stopped and score tracked by scorekeeper. These restrictions will apply until the lead is reduced to a 15 point lead.
 - a. **Penalty**: for continuing to run up the score, technical foul and possible suspension of Head Coach
7. Free Throws – ALL players may not move on a free throw until the ball hits the rim.

DIVISION SPECIFIC RULES:

A. Cub Division

1. Rule 1, Section 12, Balls - Specifications: Official size 28-1/2

B. Mite Division

1. Rule 1, Section 12, Balls - Specifications: Intermediate size 28-1/2
2. Knee pads are not mandatory, but coaches should support and encourage them to be worn.

C. Pee Wee Division

1. Rule 1, Section 12, Balls - Specifications: Junior size 27-1/2"
2. All Pee Wee players must wear knee pads
 - a. **Penalty**: player will be ineligible
3. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line). **Penalty**: repeated violation will result in a technical foul (after one warning).
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the judgement of the officials if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.
4. Previous rule may not be used as a delaying tactic by the team in control. Ball will be turned over.
5. Foul line – 24" shorter than regulation foul line

- a. Players will line up on the lower block. If lower block is directly under basket, then player can line up in the next block over.
- 6. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)

D. Tiny Division

- 1. Rule 1, Section 12, Balls - Specifications: Junior size 27-1/2
- 2. All Tiny players must wear knee pads
 - a. **Penalty:** player will be ineligible
- 3. No double dribble will be called
- 4. Taking more than two steps without bouncing the ball will be considered traveling. Once a player stops dribbling, the player cannot start a new dribble (i.e. must pass or shoot the ball)
 - a. **Penalty:** ball is turned over
- 5. The three-second rule under the basket will be extended to five seconds
- 6. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line **Penalty:** repeated violation will result in a technical foul (after one warning per game)
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the judgement of the official if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.
- 7. Previous rule may not be used as a delaying tactic by the team in control.
 - a. **Penalty:** ball will be turned over.
- 8. Foul line 24" shorter than regulation foul line
 - a. Players will line up on the lower block; if lower block is directly under basket, then player can line up in the next block over
- 9. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)

Full Court Press—a defensive style in which the defense applies man to man or zone defense to pressure the offensive team the entire length of the court before and after the inbound pass. Some presses attempt to deny the initial inbound pass and trap ball handlers either in the backcourt or at midcourt.

CYO Boys Basketball Sport Rules

- A. Divisions** - Tot, Tiny, Pee Wee, Mite, Cub and Junior. Mixed Teams – girls are permitted to play on a boys team without penalty or restriction.
- B. Eligibility** - No player on a Senior High School Varsity team (suiing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster** - maximum of 10; minimum of 8 players
- Teams that choose to carrying more than ten players are not subject to the two quarters per player per game rule (City exception applies). Those players who do not play two quarters in a game, due to having more than 10 players present, must play at least one full quarter this game and must play two full quarters the next game they are present. But must at least play one full quarter this game.
- D. Player Participation** - all players in attendance must play two uninterrupted complete quarters each game.
- League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
 - Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs
- E. Officials** - two referees unless approved by CYO Director, one scorekeeper and one timekeeper (whenever possible timekeeper and scorekeeper responsibilities will be handled by separate individuals). All officials will be a minimum 16 years old.
- Exception:** Tot – Tiny divisions will only have 1 official.
- Safety** - Officials of all CYO games played will be empowered to stop the game when an injury occurs. When an injury is serious in nature, the Umpire is **REQUIRED** to immediately stop the game to be able to aid the injured player.
- Zone Option** – Each Zone may decide whether or not to have officials and/or scorekeepers for Tot games. If the Zone chooses not to have officials and/or scorekeepers it will be the responsibility of the Zone, Parishes, Coaches and Parents to ensure the safety, as well as making sure all participation rules and minimum play requirements are followed, for all players that are in attendance.
- F. Line-ups** - all line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, inured or sick must be indicated. Line-ups not submitted by scheduled game time will result in a technical foul to Head Coach. Technical foul consists of two shots and possession for opposing team.
- G. Score Books/Sheets** - in League Play, it is the Gym Coordinator’s responsibility to submit the score books/sheets to the Zone Coordinator once a week
- H. CYO Patch & Uniforms:** per the current Policy & Procedures:
- CYO Patch:**
- The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
 - Every player from team must have the CYO patch located on the same side of the uniform.
 - CYO Patch may be screened on the uniform but must be the same size (2.5”) and color as the original CYO logo.
 - If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
 - If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
 - All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. All uniforms or playing apparel must have Parish or School name on the shirts and must be larger than the team name or logo. Uniforms or playing apparel must coincide with Parish or School color(s). Uniforms or required equipment may not be personalized, which means no names are allowed on any part of the uniform. Parish or School colors may not change for a period of three years.
 - a. **Penalty:** Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

I. Uniforms: uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be the same one color, long sleeves are allowed.

1. ALL DIVISIONS: Players can wear tennis shoes or street shoes.
2. All player's shirts/jerseys must be permanently numbered at least once on the front with a 4 inch number or larger and once on the back with a 6 inch or larger. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed

Exception: Medical and sweat bands.

4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.

a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

5. Any digit greater than five shall not be used. A zero or a double zero may be used, but a team shall not have both "0" and "00". **Penalty:** a technical foul when the player enters the game or any time it is discovered after he has entered.

NOTE: Player may play only one complete quarter with an illegal number once it is discovered.

6. Attempt should be made to make sure all undershirts or shooting sleeves are the same color as the jersey. At game time if both teams are wearing same or similar dominant color then the home team will be required to reverse their jersey or wear pennies.

J. Length of Periods

1. Four quarters of eight minutes each running time* with two minutes between quarters and four minutes between halves (*running time means that clock is stopped only when the whistle is blown for foul shots and timeouts). The clock will be stopped for all dead balls (officials whistle) during the last two minutes of the ball game.

K. City Championship Rules - Top teams of each Zone will advance to the City Tournament. Zone Representation and tournament format will be determined at City Commitment. League Championship will be determined at the Zone level.

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD

Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.
2. All League and Division specific rules apply except as identified below:
 - a. Overtime periods will be four minutes each running time. In case of overtime, each team will be allowed at least one timeout per overtime period. During the Overtime period the clock will be stopped for all dead balls

(officials whistle) during the last two minutes of the period.

- L. Female Certified Coach** - the CYO Office highly recommends that there be a certified female coach on team's roster with mixed gender teams in order to address any injuries or illness of female players
1. If unable to have a female certified coach, please have team mom near team's bench

M. *Tots will not be participating in the City Tournament.*

Playing Rules

The National Federation Official Basketball Rules Book for 2016-2017 will govern play except for the following rules:

CYO Basketball Games - will be played at available facilities. This means disregarding specified dimensions as stated in Section 1 of Rule 1.

1. **League Playing Rules** - No exceptions will be made to the CYO basketball rules put in place.
2. Each team will be allowed four timeouts per game. Timeouts may be accumulated.
3. A coach may use his timeout to question an official if done in a courteous manner; the official is expected to answer in a courteous manner
4. During League games, no overtime periods will be played. Zone will decide a tie-breaker method for end of year final positioning, if needed.
5. During League games - a minimum of five (5) players to start a ball game. Before the start of the third quarter, the team must have seven (6) able players at the game or forfeit the game. If a forfeit occurs at the start of the third quarter, the remaining time will be a scrimmage game played as follows: the third and fourth quarters will be played as 5-minute quarters running time, stopping for timeouts only.
6. **Sportsmanship:** when a team is ahead by twenty-five or more points, the team ahead may not score any points in the paint, no fast breaks and no 3-point shots and must use a zone defense inside the key. The scoreboard will be stopped and score tracked by scorekeeper. These restrictions will apply until the lead is reduced to a 15 point lead.
 - a. **Penalty:** for continuing to run up the score, technical foul and possible suspension of Head Coach
7. Free Throws – ALL players may not move on a free throw until the ball hits the rim.

DIVISION SPECIFIC RULES:

A. Cub Division

1. Rule 1, Section 12, Balls - Specifications: Official size 29-1/2

B. Mite Division

1. Rule 1, Section 12, Balls - Specifications: Intermediate size 28-1/2
2. Knee pads are not mandatory, but coaches should support and encourage them to be worn.

C. Pee Wee Division

1. Rule 1, Section 12, Balls - Specifications: Junior size 27-1/2"
2. All Pee Wee players must wear knee pads
 - a. **Penalty:** player will be ineligible
3. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line). **Penalty:** repeated violation will result in a technical foul (after one warning).
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the

judgement of the officials if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.

4. Previous rule may not be used as a delaying tactic by the team in control. Ball will be turned over.
5. Foul line – 24" shorter than regulation foul line
 - a. Players will line up on the lower block. If lower block is directly under basket, then player can line up in the next block over.
6. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)

D. Tiny Division

1. Rule 1, Section 12, Balls - Specifications: Junior size 27-1/2
2. All Tiny players must wear knee pads
 - a. **Penalty:** player will be ineligible
3. No double dribble will be called
4. Taking more than two steps without bouncing the ball will be considered traveling. Once a player stops dribbling, the player cannot start a new dribble (i.e. must pass or shoot the ball)
 - a. **Penalty:** ball is turned over
5. The three-second rule under the basket will be extended to five seconds
6. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line **Penalty:** repeated violation will result in a technical foul (after one warning per game)
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the judgement of the official if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.
7. Previous rule may not be used as a delaying tactic by the team in control.
 - a. **Penalty:** ball will be turned over.
8. Foul line 24" shorter than regulation foul line
 - a. Players will line up on the lower block; if lower block is directly under basket, then player can line up in the next block over
9. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)

E. Tot Division

1. Rule 1, Section 12, Balls - Specifications: Mini size 22-1/2
2. All Tot players must wear knee pads
 - a. **Penalty:** player will be ineligible
3. Teams may consist of males and females on the same team
4. No pressing in the backcourt (defending player must wait inside the key/lane for offensive player to cross the 3-point arc, but then may defend player once the ball is across the 3-point arc).

Penalty: repeated violation will result in a technical foul (after one warning).

 - a. Delaying tactic by the team in control will not be allowed. Ball will be turned over.
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes the 3 point line without going back inside the key. It will be up to the judgement of the official if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past the 3 point line.
5. No double dribble will be called
6. Traveling will only be called inside of the paint

7. During the last two minutes of 4th quarter, clock will not restart after dead balls until the ball has advanced past the 3 point arc.
8. Fouls will be called and reported, but no foul shots will be taken - ball is turned over
9. One coach will be allowed to stand on the **baseline** that is diagonal to the opposite side of their bench (not under the basket)
Penalty: After one warning – Team will lose the privilege for the remainder of the game and all coaches on that team will have to remain on the bench.
10. The three second rule does not apply.
11. **Zone Option** – All Zones have the option to lower rims to 8 feet in the Tot Division. Zones are responsible to come up with a consensus and a reasonable and agreeable plan with their Parishes/Schools to facilitate this option.

Full Court Press—a defensive style in which the defense applies man to man or zone defense to pressure the offensive team the entire length of the court before and after the inbound pass. Some presses attempt to deny the initial inbound pass and trap ball handlers either in the backcourt or at midcourt.

CYO Track Sport Rules

Preliminary Meet Result forms must be turned in to the CYO Office 48 hours after preliminary meet is held. **NO EXCEPTIONS!**
 City-Wide Track Meet: Saturday March 25th

Rules and Regulations

A. Rulebook - the 2015 National Federation Track and Field Rule Book will govern the CYO Track and Field program, except where CYO Rules prevail

B. Standard forms to be used in preliminary track meets will be supplied by the CYO Office. All inter-parochial zones are to use the standard forms listing the participants first and last names and the events he/she will participate in to the CYO Office.

C. CYO City Track & Field Meets - for boys and girls. The finals in the CYO Track and Field will be held as listed above at a site to be determined. Events are listed in the CYO Track Rules.

1. If there are more than three Zones participating, at the City Meet there will be a City Preliminary for the following events in the morning followed by finals in the after-noon of the City Meet for the second place qualifiers in each zone to select the six places in the individual running events and relay teams.

D. Divisions – Tot through Juniors

1. ALL relay teams will be allowed to be Coed and must compete in boys division

E. Competitions - no individual can enter more than one division. No member of a varsity high school track team will be accepted as a competitor in the meet. A contestant will be allowed to participate in only two individual events plus running with the relay team. Any contestant entering more than two individual events or divisions will be automatically eliminated from the Track Meet. Each parish is considered a team. Any violations on the eligibility of a contestant or relay team may have an effect on the parish.

Penalty - parish not eligible to compete in the City Championship Meet

F. Preliminary Meets - preliminary meets will be held to select qualified candidates for participation in the city championship meet. Each Zone must hold preliminary track meets within their areas to select first, second, and third place qualifiers in events except relays which will take the top 2 finishers. This being completed within four days prior to the city meet. These meets **MUST** consist of not less than three parishes participating.

1. Awards in the preliminary meet are to be determined by each Zone

G. Substitution - if an athlete or relay team qualifies for the city meet but elects not to participate in the city meet, they may be replaced by the next place finisher from the zone meet. In the relay team, one individual substitute will be allowed in a 4-man team and two individuals in an 8-man team winning the event. Substitutes(s) name(s) must be included with team, when results are turned into the CYO Office. In cases of a tie for first place in a CYO preliminary meet, winner **MUST** be determined prior to the CYO City-Wide Meet.

H. Events - all events should start at the approximate time and follow the schedule of events, but are subject to change so all contestants should be present at the start of the meet. As each event is called, the participants in the event will report promptly to the official in charge of the event. If a contestant is participating in another event at the time, he or she must notify officials of both events to prevent from being scratched in one event (running events take precedence over field events).

I. Officials - each inter-parochial Association must furnish enough officials to handle the events that are assigned to them prior to the City Meet. The official referee of the meet will judge on any infraction or any decisions not covered in this directive. The referee's decision in all matters shall be final and without appeal. **ONLY THE REFEREE CAN DISQUALIFY A PARTICIPANT(S).**

J. Awards (City Meet) - the total points of the boys and girls from the same parish will be added to determine the overall parish champion and runner-up. A trophy will be awarded to the parish finishing first, second, and third in the boys meet and also in the girls meet. Medals will be given to 1st, 2nd and 3rd place. Finalist ribbons will be awarded to 4th, 5th, and 6th place finishers in each event.

K. Postponement - in case of postponement, the City Meet will be held on the following weekend with a possibility of a change in the site of the Meet

L. Points - each event has 6 places. Point values are: 1st - 10 points; 2nd - 8 points; 3rd - 6 points; 4th - 4 points; 5th - 2 points; 6th - 1 point.

M. CYO Patch & Uniforms:

Uniforms: no specified uniform for any participants, but his/her attire must be of a neat and modest appearance. All participants MUST wear the CYO Patch

CYO Patch: per the current Policy & Procedures:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5") and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

N. Equipment - Starting blocks are not permitted. Mites through Juniors must supply their own shot-put. All participants MUST wear shoes, but shoes with any kind of metal or hard rubber are prohibited. Track shoes with soft rubber are allowed. Track shoes with spikes taken out are not allowed.

O. It will be the responsibility of the CYO Director to see all information pertaining to the track program is made available to all Track Coordinators

P. False Start - each competitor in any dash or relay will be allowed one (1) false start. Second false start will result in the offender(s) or team disqualification from the dash or relay.

Q. 400 & 800 Meter Run - in the 400 Meter Run and the 800 Meter Run, the command shall be "Runners Set", and when all competitors are steady, the pistol shall be fired. A competitor may run anywhere on the track as long as he/she does not impede or obstruct, by any action of his/her arms or body, the progress of another runner. For Tot, Tiny, and Pee Wee this will be a single heat event if few participants. For Mite, Cub, and Junior this will be a single heat event for each respective age division or a single combined event if few participants.

R. 400 Meter Relay - Tot through Pee Wee: eight (8) competitors with each runner running 50 meters with a 10 meter passing zone. Mite through Juniors: four (4) competitors with each runner running 100 meters with a 20 meter passing zone.

S. High Jump - starting height for each division should be set by the preliminary jumps

T. Shot Put – Mite through Cub Boys and Girls: 8 lb. shot put. Junior Boys and Girls: 12 lb. shot put.

U. Softball Throw - Tot through Peewee use 11 inch softball

CYO BOYS TRACK RECORDS

400 METER RELAY	PARISH	CYO RECORD
Tot (8 Boys)	OLPH - Selma	1:22.4 sec. 1994
Tiny (8 Boys)	OLPH - Selma	1:09.1 sec. 1996
Pee Wee (8 Boys)	St. Luke	1:00.9 sec. 1974
Mite (4 Boys)	St. Ann - La Vernia	56.0 sec. 2001
Cub (4 Boys)	St. Benedict	48.0 sec. 1987
Junior (4 Boys)	St. Benedict	47.5 sec. 1974

400 METER RUN	PARISH	CYO RECORD
Tot - Xavier Campbell	Our Lady of Atonement	1:27.37 sec. 2012
Tiny - Brady Rog	Annunciation	1:16.1 sec. 1986
Pee Wee - Jordan Clarkson	St. Thomas Moore	1:08.3 sec. 2002

800 METER RUN	PARISH	CYO RECORD
Mite - Ryan Gunst	St. Luke	2:29.6 sec. 1986
Cub - John Espinoza	St. John Berchman	2:14.0 sec. 1982
Junior - Nicco Vitela	St. Peter - Boerne	2:06.9 sec. 2008

120 YARD DASH	PARISH	CYO RECORD
Cub - Bryan Zatarain	St. Paul	12.2 sec. 1990
Junior - Craig Ramon	St. Paul	12.6 sec. 1990

100 YARD DASH	PARISH	CYO RECORD
Mite - Joe Saahene	Prince of Peace	11.1 sec. 2004
Cub - Lavar Veale	St. Gerard	10.8 sec. 1994
Junior - Robert Penn	Holy Redeemer	10.5 sec. 1966

75 YARD DASH	PARISH	CYO RECORD
Pee Wee - Tim Ledwig	St. Benedict	9.0 sec. 1974
Mite - Denzel Hinds	St. Matthew	8.87 sec. 2015
Cub - James George	St. John	8.4 sec. 1985
Junior - Alonna Too-Chiobi	St. Anthony Claret	7.53 sec. 2014

60 YARD DASH	PARISH	CYO RECORD
Tot - Austin Vivier	Annunciation	9.72 sec. 2012
Tiny - Kingston Flemings	St. Brigid	8.28 sec. 2014

50 YARD DASH	PARISH	CYO RECORD
Tot - Vicente Alarcon	St. Gregory	8.0 sec. 1992
Tiny - Jake Salas	St. Luke	6.81 sec. 2014
Pee Wee - Brandon McKennon	Holy Name	6.6 sec. 2000
Mite - Kyle Lewis	OLPH - Selma	6.19 sec. 2012

40 YARD DASH	PARISH	CYO RECORD
Tot - Darnell Croons	St. Benedict	6.6 sec. 2000
Tiny - Larry Stephans	Prince of Peace	6.0 sec. 2004
Pee Wee - William Andreolli	Annunciation	5.1 sec. 1992

SHOT PUT	PARISH	CYO RECORD
<i>Mite (8lb.) - Ben Blomquist</i>	<i>St. Peter - Boerne</i>	<i>22' 8 1/4" 2016</i>
Cub (8lb.) - Sean Klinksek	OLPH - Selma	52' 7" 1995
Junior (12lb.) - Marty Winters	St. Agnes	43' 8" 1973

HIGH JUMP	PARISH	CYO RECORD
<i>Tiny - Clark Finnegan</i>	<i>St. Matthew</i>	<i>3' 8" 2016</i>
Pee Wee - Efrain Delgado	Holy Name	4' 4" 1972
(Tie) Nicholas Kell	Holy Spirit	4' 4" 2008
Mite - Eric Bonham	Annunciation	4' 11 3/4" 1998
Cub - Nick Gawlick	Holy Name	5' 7" 1987
Junior - Rick Shannon	St. Luke	5' 8 3/4" 1979

RUNNING LONG JUMP	PARISH	CYO RECORD
Tot - Austin Vivier	Annunciation	9 1/2" 1999
Tiny - Colin Dlugosh	St. Jerome	11' 10 1/4" 1998
Pee Wee - Ed Burton	Holy Name	14' 6" 1983
Mite - Wei-Han Tan	St. Luke	16' 2" 1993
Cub - Nick Gawlick	Holy Name	18' 8" 1987
Junior - Raul Fuentes, Jr	Holy Rosary	19' 7" 1975

STANDING LONG JUMP	PARISH	CYO RECORD
Tot - Chris Ramsey	Holy Spirit	5' 4 1/2" 1997
<i>Tiny - Taddeus Okpala</i>	<i>St. Matthew</i>	<i>6' 5" 2016</i>
Pee Wee - Michael Fielding	Holy Name	6' 11 1/2" 1967

CYO GIRLS TRACK RECORDS

400 METER RELAY	PARISH	CYO RECORD
Tot (8 Girls)	St. Ann (La Vernia)	1:24.5 sec. 2000
Tiny (8 Girls)	St. Elizabeth Ann Seton	1:11.59 sec. 2011
Pee Wee (8 Girls)	St. Benedict	1:05.7 sec. 1978
(Tie)	St. Ann (La Vernia)	1:05.7 sec. 1999
Mite (4 Girls)	St. Ann (La Vernia)	57.6 sec. 2003
Cub (4 Girls)	Holy Family	55.4 sec. 1975
Junior (4 Girls)	Holy Name	55.6 sec. 1980

400 METER RUN	PARISH	CYO RECORD
Tot - JoAnn Salazar	St. Margaret Mary	1:33.5 sec. 1992
Tiny – Anastacia Gonzales	St. Elizabeth Ann Seton	1:18.52 sec. 2012
Pee Wee - Anastacia Gonzales	St. Elizabeth Ann Seton	1:11.19 sec. 2014

800 METER RUN	PARISH	CYO RECORD
<i>Mite - Anastacia Gonzales</i>	<i>SEAS</i>	<i>2:29.6 sec 2016</i>
Cub - Shannon Albrecht	O.L.P.H. (Selma)	2:28.4 sec. 1987
Junior - Shannon Albrecht	O.L.P.H. (Selma)	2:29.4 sec. 1989

120 YARD DASH	PARISH	CYO RECORD
Cub - Brittani Dear	St. Ann (La Vernia)	13.3 sec. 2007
Junior - Britney Friesenhahn	O.L.P.H. (Selma)	14.7 sec. 2003

100 DASH YARD	PARISH	CYO RECORD
Mite - Natalie Baker	St. Ann (La Vernia)	12.3 sec. 2005
Cub - Angelica Fernandez	St. Helena	12.03 sec. 2010
Junior - Trina Walker	St. Benedict	12.1 sec. 1989

75 YARD DASH	PARISH	CYO RECORD
Pee Wee - Natalie Baker	St. Ann (La Vernia)	9.7 sec. 2004
Mite - Alexa Vessell	Holy Spirit	9.4 sec. 2005
Cub - Karen Butler	St. Gregory	9.1 sec. 1978
Junior - Jennie Reininger	St. Mary Magdalen	8.8 sec. 1970

60 YARD DASH	PARISH	CYO RECORD
Tot – Adrianna Wright	St. Luke	9.50 sec. 2012
Tiny – Adrianna Wright	St. Gregory	8.53sec. 2014

50 YARD DASH	PARISH	CYO RECORD
Tot - Addison Navarajo	St. Matthew	8.19 sec. 2015
Tiny - Maddie Faldyn	St. Elizabeth Ann Seton	7.1 sec 2011
Pee Wee – Maddie Faldyn	St. Elizabeth Ann Seton	6.78 sec. 2013
Mite - Natalie Baker	St. Ann (La Vernia)	6.3sec. 2006

40 YARD DASH	PARISH	CYO RECORD
Tot - Hannah Faustino	St. Matthew	6.3 sec. 2010
Tiny - Jourdin Stewart	Holy Name	6.2 sec. 2000
Pee Wee - Robin Sweet	St. Matthew	5.9 sec. 1973
(Tie) Liana Mayes	St. Mark	5.9 sec. 2000

SHOT PUT	PARISH	CYO RECORD
Mite (8lb) - Makenzie Briseno	St. Francis	19' 10 1/2" 2016
Cub (8lb) - Elizabeth Briones	St. Gregory	28' 6" 2006
Junior (12lb) - Barbara Broderick	St. Helena	27' 5" 1998

RUNNING LONG JUMP	PARISH	CYO RECORD
Tiny - Kaylin Hubbert	Holy Name	10' 10 3/4" 1998
Pee Wee - Kirsten Wiatrek	Annunciation	13' 3/4" 2005
Mite - Natalie Baker	St. Ann (LaVernia)	15' 2" 2006
Cub - Jessica Brantly	Mount Sacred Heart	16' 9 1/2" 1999
Junior - Sheila Korban	Annunciation	16' 0" 1989

STANDING LONG JUMP	PARISH	CYO RECORD
Tot - Addison Guenther	SEAS	5' 1 3/4" 2016
Tiny - Lana Stair	Annunciation	6' 3 1/2" 1977
Pee Wee - Celia Vaclavik	Annunciation	7' 3" 1997

SOFTBALL THROW	PARISH	CYO RECORD
Tot (11in) - Patricia Villarreal	St. Matthew	52' 11" 2000
Tiny(11in) - Brook Matula	St. Helena	94' 1" 1999
Pee Wee (11in) - Janina Flores	St. Paul	138' 8" 1976

HIGH JUMP	PARISH	CYO RECORD
Mite - Paulina Luna	St. Anthony Claret	4' 2 1/2" 2016
Cub - Sydni Anderson	Sts. Peter & Paul	4' 10" 1996
Junior - Lana Mallet	St. Luke	4' 6" 2004

CYO Girls Softball Sports Rules

A. Divisions - Tiny, Pee Wee, Mite, Cub and Junior (girls only)

B. Eligibility - No player on a Senior High School Varsity team (suiing up with team), Junior College or College team will be permitted to participate in a CYO League

C. Roster - maximum of 13 players and a minimum of 10 players per team roster

D. Player Participation - each team must play each player at least two (2) defensive innings every game that the player is in attendance. An injured player playing defense and is taken out will get credit for playing a complete inning. All players on a team in attendance must bat every game. A continuous batting order must be submitted not subject to change in that game. In the event that player(s) do not play 2 innings due to time constraints or suspended play they are required to start in the next game they are in attendance and play the first 2 innings.

1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team's final League/Zone standings is to be made at the end of the season.

2. **NOTE:** in a one game playoff, all players must play at least two (2) defensive innings

3. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs

E. Umpiring - two umpires will be provided for all divisions unless approved by CYO Director. All officials will be a minimum 16 years old.

1. Exception: All Coach's Pitch Divisions will only have 1 umpire (Tiny I, Tiny II & PW I)

Safety - Umpires of all CYO games played will be empowered to stop the game when an injury occurs. When an injury is serious in nature, the Umpire is REQUIRED to immediately stop the game to be able to aid the injured player. Umpires will use judgement on placement of baserunners when play is stopped.

F. Scorekeepers and Line-ups - scorekeepers must be located behind the back stop. It is suggested that a stand six feet high be made available to and for the person keeping official score.

1. All line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player's first initial, last names and number will be listed in batting order. Players absent, injured or sick must be indicated.

a. **Penalty:** failure to submit line up by game time results in a verbal warning with a 5 minute deadline and an out for team when it's their turn to bat

b. **Penalty:** failure to submit line up after the 5 minute verbal warning has elapsed will result in a forfeit

G. Score Sheets: in League Play, it is the Field Coordinator's responsibility to submit the score sheets or the scorebook to the Zone Coordinator once a week.

H. CYO Patch & Uniforms: per the current Policy & Procedures:

CYO Patch:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.

2. Every player from team must have the CYO patch located on the same side of the uniform.

3. CYO Patch may be screened on the uniform but must be the same size (2.5") and color as the original CYO logo.

4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.

5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.

6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. All uniforms or playing apparel must have Parish or School name on the shirts and must be larger than the team name or logo. Uniforms or playing apparel must coincide with Parish or School color(s). Uniforms or required equipment may not be personalized, which means no names are allowed on any part of the uniform. Parish or School colors may not change for a period of three years.
 - a. **Penalty:** Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

I. Uniforms: uniforms are not mandatory; jerseys and/or shirts must be worn. All jerseys or shirts must be the same one color, long sleeves are allowed.

1. ALL DIVISIONS: Players can wear tennis shoes or street shoes. Shoes with metal cleats or spikes are not permitted in any division.
2. All player's shirts/jerseys must be permanently numbered at least once on the front with a 4 inch number or larger and once on the back with a 6 inch or larger. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed

Exception: Medical and sweat bands.

4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.
 - a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

J. CYO Softball games will be played on available facilities. Batter Box should be 3-1/2 ft. by 6-1/2 ft.

K. Bat Size: 2-1/4" maximum diameter – ASA Approved

L. Batting Helmets: all offensive players must wear proper batting helmets with double ear flaps equipped with approved face protector and safety chin strap.

1. **Penalty:** failure to wear the batting helmets with chin strap shall cause player to be declared out
2. **DELIBERATELY** removing the helmets during play (live ball) shall cause the violator to be declared out. Any player dislocating any helmet unintentionally will be allowed to attempt advancement to next base only.
 - a. **EXCEPTIONS** - ground rules in effect that would automatically advance the runner beyond the next base. Player dislocating helmet intentionally at home plate or in advancing to any base is automatically out! (**EXCEPTION:** home run over fence)
3. All teams should have their own helmets. The above rules in effect for the protection of the youth involved and is not intended to hamper any participant. Also, the ruling as to whether a helmet was dislocated intentionally or unintentionally is a judgment ruling.
4. Adherences to these regulations are mandatory. All batters or base runners refusing to wear specified headgear will be ruled out.

M. Catchers: all catchers MUST wear protective head gear (full head helmet)

1. All players catching for pitcher must wear a mask at all times (practice, warm-up or game)

- a. **Penalty:** player will not be allowed to catch.

NOTE: If player is injured by failure to comply with the above, coach is subject to suspension

N. Protective Mask: all Infielders are required to wear a protective mask during a game, scrimmage, or practice.

1. **Penalty:** player cannot play an infield position

O. CYO Game Specifications:

Division	P.D.	B.D	Length of Games	Max Innings	Run Rules
Tiny	36 ft.	60 ft.	60 minutes	4	4 per inning
Pee Wee I	36 ft.	60 ft.	60 minutes	4	4 per inning
Pee Wee II	36 ft.	60 ft.	75 minutes	4	5 per inning
Mite	36 ft.	60 ft.	90 minutes	5	5 per inning
Cub	40 ft.	60 ft.	90 minutes	5	6 per inning

Regardless of the number of innings played game will end at the time limit designated for each division. A new inning will not begin with less than **5** minutes left on the clock. Once you start an inning you are required to finish the inning unless the home team is ahead.

P. CYO Rule - the score of a regulation tie game shall be the score when the game was suspended. If needed (teams with identical records or Zone Policy), shall be replayed from the beginning at a time and place designated by the League Coordinator.

1. No game(s) will be held up because of this situation, games will continue at the discretion of the umpire
2. If game is suspended for any reason and is not a regulation game, it will be replayed (if needed) as a new game at a later date.
3. A regulation game is defined as a game that has completed 3 innings.
4. All Zones will have the authority to determine if an alternative method will be used to complete a suspended game that was not a regulation game if there are outstanding conditions that would prevent the completion of a new game (such as the availability of facilities, weather concerns, league schedule and Zone playoff schedule).

Q. Field Decorum

1. All fields must have the double base at 1st base
2. Once a runner reaches first base, the (colored, safety) base is no longer used. Play will continue using only the white base that is in fair territory.
3. When a team is on the field defensively, the managers/coaches shall not leave the dugout proper except to confer with one of their players or with an umpire
 - a. **Penalty:** a player, manager/coach is warned once; for the second infraction he or she may be suspended from the game. The coordinator will see the above is enforced.

R. City Championship Rules - Top teams of each Zone will advance to the City Tournament. Zone Representation and tournament format will be determined at City Commitment. League Championship will be determined at the Zone level.

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD

Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.
2. All League and Division specific rules apply except as identified below:
 - a. Time limit is waived for the championship tournament to ensure all games complete the maximum amount of

innings allowed per game as identified in CYO Game Specifications section; however, 10-Run Rule will be in effect after 3 innings but not before every player has batted.

3. Each Zone will determine what type of playoff they will have within their Zone

S. Female Certified Coach – the CYO Office highly recommends that there be a female certified coach on team's roster in order to address any injuries or illnesses of players

1. If unable to have a female certified coach, please have team mom near team's dugout

Playing Rules

The National Federation Softball (Fast Pitch) Rule Book for 2017 will govern play, except where CYO Rules prevail.

A. Player Substitution

1. No projected substitutions allowed
2. All substitutions must be declared at the time of entry with umpire and scorekeeper

Penalty: failure to do so will result in forfeit

B. Pitcher Substitution - all changes made of the PLAYERS or PITCHERS must be reported to the plate umpire and scorekeeper by the coach at the time of the change and be written in the scorebook. Once a player is substituted, she may re-enter the game only once. This rule applies to the starting nine and includes the pitchers. All other players may legally enter the game only one time.

Penalty: ineligible player, forfeit of game for team in violation

C. Chanting - no negative chanting at any time during the game. No chanting/clapping at pitcher at any time or during the wind up and pitch.

Penalty – Warning will be given to coach, if continues possible coach ejection

D. Slide: CYO Rule - head-first slides or sliding into first are illegal - runner is out. EXCEPTION: in returning to a base, if runner is within 6 feet or less (umpire's judgment), runner may dive back

E. Thrown Bat - no throwing of bat after swing

1. First instance will result in verbal warning
2. **Penalty:** second instance will result in batter being called out

F. CYO Rule - coaches, players, and parents address players of their team only.

1. **Penalty:** one (1) warning. Repeat violation will result in removal of offender from game

G. Charged Conference

1. Defensive - this rule limits the number of trips a manager or coach may make to any one pitcher in any one inning:
 - a. A second trip to the same pitcher in the same inning will cause this pitcher's automatic removal from the pitching position
 - b. If a pinch hitter is substituted for the batter, the manager or coach may make a second visit to the mound but must remove the pitcher. She may move to a different position.
2. Offensive - there shall be only one charged conference between the manager or coach and the batter or base runner(s) in an inning. Umpires shall not permit any such conferences in excess of one in an inning.
 - a. **Penalty:** ejection of manager or coach who insists on another charged conference

H. Field Coordinator is the sole judge as to whether a game shall not be started because of unsuitable weather conditions or the unfit condition of the playing field. After "Play ball" has been called, the umpire shall be the sole judge as to the

field condition to resume game. Umpire and field coordinator may consult and discuss any concerns before the umpire makes a final decision.

I. Forfeited Game

1. A league game shall be forfeited to the opposing team when a team is unable or refuses to start or continue the game with eight (8) players.
 - a. The ninth (9th) batting position will be an out when that turn comes to bat
 - b. Under any situation, once a team's roster is reduced to seven (7) players, the game will be a forfeit but will become a scrimmage game and halted no later than 10 minutes before the next regularly scheduled game.
 - c. When a game is continued with less than nine (9) players, or when a player(s) is missing from the official batting order because of injury, becomes sick during the game, or leaves; player(s) will be automatically out when their position comes to bat.
 - d. If a player is injured, they can re-enter the game if capable of playing
 - e. If a player(s) show up, they can be inserted into the lineup at the position originally indicated when the lineup was first submitted.

J. Protests on General Rules

1. Protest MUST be made known to the home plate umpire at the time of the rules infraction and before the next pitch. Umpires MUST record protest in official score-book and announce to both head coaches that the game is being played under protest. Umpire officially accepting protests may be required to be present at the hearing and/or submit a written report within 48 hours of the protest. No protest will be honored in a league on the basis of the judgment of the umpire.

K. General Playing Rules

1. Ten-Run Rule will be in effect after 3 innings, but not before all players have batted
2. See above rules for Pitching, Equipment and Player Participation
3. Courtesy runner is allowed for catcher only. The courtesy runner MUST be the player that made the previous out.
4. On a dropped 3rd strike, if first base is occupied with less than 2 out, batter will be ruled out
5. Base runners are allowed to steal at the release of the pitch
6. Pitching - the pitcher shall take a position with both feet in contact with the pitcher's plate and remain in contact with the plate at all times prior to the forward step
7. In the interest of the well-being of our youth, it is mandatory that if a pitcher should hit three (3) batters in one (1) inning or six (6) per game, she should be removed from the pitching position for the remainder of the game

DIVISION SPECIFIC RULES

L. Mite through Junior Division:

1. The ball shall be a optic yellow 12-inch with a COR of 0.47 max

M. Pee Wee Second Year Division:

1. The ball shall be a optic yellow 11-inch with a COR of 0.47 max

N. Pee Wee First Year Divisions: Coach Pitch:

1. The ball shall be a optic yellow 11-inch with a COR of 0.47 max
2. The Coach-Pitcher must be a coach on the roster

3. The Coach-Pitcher will pitch to the batter underhand and may pitch from a one knee position or a standing position, but must be able to get out of the way quickly when a batted ball is put into play
4. Player playing the pitching position must stay within 5 ft., but not in front, of the pitcher's plate
5. Each batter will receive a maximum of 6 pitches. The batter is out when: three strikes occur (batter must swing and miss for a third strike to be called) or does not hit a fair ball after the six pitches
6. A bunt is allowed, but the batter must attempt to hit the ball. Bunt foul on third strike - batter is out
7. There are no walks or steals. If a pitch hits a batter, a base will not be awarded. The infield fly rule is not in effect.
8. Foul balls count as strikes, but a batter cannot be called out on a foul ball, unless it occurred on the sixth pitch
9. The Coach-Pitcher must not talk to the batter, assistant coach or any runner - this includes signaling batter, assistant coach or runner.
 - a. **Penalty:** one warning by the umpire; on the next violation, the lead runner is out. If there is no runner, the batter is out.
10. When a fair ball is hit, the Coach-Pitcher will move out of the playing area opposite side where the ball is hit and not interfere with the play or players.
 - a. **Penalty:** after one warning per game, the next violation will result in the lead runner being out. If there is no runner, the batter is out.
11. If the ball hits the Coach-Pitcher, play will continue unless intentional interference is called; then the ball is dead and the lead runner is called out. If no lead runner, the batter is out.
12. Runner must remain on base until the ball is hit.
 - a. **Penalty:** runner is out.
13. Runners may score on a hit ball (once a runner is stopped at a base by a player with the ball, they may not advance any further)
14. The batter is out if the catcher drops the third strike. However the catcher must hold foul tip to put batter out.
15. Shaggers are **mandatory**. Shagger must be certified coach and will be supplied by the team on defense for that inning.

O. Tiny Division – Coach Pitch - the Pee Wee First Year Division playing rules apply to this Division:

1. The ball shall be a optic yellow, 11-inch softball. Worth –Soft Dot Rif 1
2. Play is stopped when either all runners have stopped or a defensive player has the ball at a base and in front of ALL runners. A runner shall not try to advance to a base if the ball is at base past the one she is approaching.

CYO Boys Baseball Sports Rules

A. Divisions - Tot, Tiny, Pee Wee, Mite, Cub and Junior. Mixed Teams – girls are permitted to play on a boys team without penalty or restriction.

B. Eligibility - No player on a Senior High School Varsity team (suiing up with team), Junior college team or College team will be permitted to participate in a CYO League.

C. Roster - maximum of 13 players and a minimum of 10 players per team roster

D. Player Participation - each team must play each player at least two (2) defensive innings every game that the player is in attendance. An injured player playing defense and is taken out will get credit for playing a complete inning. All players on a team in attendance must bat every game. A continuous batting order must be submitted not subject to change in that game. In the event that player(s) do not play 2 innings due to time constraints or suspended play they are required to start in the next game they are in attendance and play the first 2 innings.

1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team's final League/Zone standings is to be made at the end of the season.

2. **NOTE:** in a one game playoff, all players must play at least two (2) defensive innings

3. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs

E. Umpiring - two umpires will be provided for all divisions unless approved by CYO Director. All officials will be a minimum 16 years old.

1. Exception: Tot Division and all Coach's Pitch Divisions will only have 1 umpire (Tot, Tiny I & Tiny II)

Safety - Umpires of all CYO games played will be empowered to stop the game when an injury occurs. When an injury is serious in nature, the Umpire is REQUIRED to immediately stop the game to be able to aid the injured player. Umpires will use judgement on placement of baserunners when play is stopped.

Zone Option – Each Zone may decide whether or not to have officials and/or scorekeepers for Tot games. If the Zone chooses not to have officials and/or scorekeepers it will be the responsibility of the Zone, Parishes, Coaches and Parents to ensure the safety, as well as making sure all participation rules and minimum play requirements are followed, for all players that are in attendance.

F. Scorekeepers and Line-ups - scorekeepers must be located behind the back stop. It is suggested that a stand six feet high be made available to and for the person keeping official score.

1. All line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player's first initial, last names and number will be listed in batting order. Players absent, injured or sick must be indicated.

a. **Penalty:** failure to submit line up by game time results in a verbal warning with a 5 minute deadline and an out for team when it's their turn to bat

b. **Penalty:** failure to submit line up after the 5 minute verbal warning has elapsed will result in a forfeit

G. Score Sheets: in League Play, it is the Field Coordinator's responsibility to submit the score sheets or the scorebook to the Zone Coordinator once a week.

H. CYO Patch & Uniforms: per the current Policy & Procedures:

CYO Patch:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5") and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. All uniforms or playing apparel must have Parish or School name on the shirts and must be larger than the team name or logo. Uniforms or playing apparel must coincide with Parish or School color(s). Uniforms or required equipment may not be personalized, which means no names are allowed on any part of the uniform. Parish or School colors may not change for a period of three years.
 - a. **Penalty:** Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

I. Uniforms: uniforms are not mandatory; jerseys and/or shirts must be worn. All jerseys or shirts must be the same one color, long sleeves are allowed (Pitchers are not allowed to wear a white or grey long-sleeve shirt).

1. ALL DIVISIONS: Players can wear tennis shoes or street shoes. Shoes with metal cleats or spikes are not permitted in any division.
2. All player's shirts/jerseys must be permanently numbered at least once on the front with a 4 inch number or larger and once on the back with a 6 inch or larger. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed

Exception: Medical and sweat bands.

4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.

Penalty: If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.

J. CYO Baseball Games will be played on available facilities. Batter box should be 3 1/2 ft. by 6 1/2 ft.

K. Bat size: 2-5/8 inches or less

L. Batting Helmets: all offensive players must wear proper batting helmets with double ear flaps equipped with safety chin strap.

1. **Penalty:** failure to wear the batting helmets with chin strap shall cause player to be declared out
2. DELIBERATELY removing the helmets during play (live ball) shall cause the violator to be declared out. Any player dislocating any helmet unintentionally will be allowed to attempt advancement to next base only.

a. **EXCEPTIONS** - ground rules in effect that would automatically advance the runner beyond the next base. Player dislocating helmet intentionally at home plate or in advancing to any base is automatically out! (EXCEPTION: home run over fence)

3. All teams should have their own helmets. The above rules in effect for the protection of the youth involved and is not intended to hamper any participant. Also, the ruling as to whether a helmet was dislocated intentionally or unintentionally is a judgment ruling.

4. Adherences to these regulations are mandatory. All batters or base runners refusing to wear specified headgear will be ruled out.

M. Catchers: all catchers MUST wear protective head gear (full head helmet)

1. All catchers must wear metal, fiber or plastic cup-type supporter, except T-Ball

2. All players catching for pitcher must wear a mask at all times (practice, warm-up or game)

NOTE: If player is injured by failure to comply with the above, coach is subject to suspension

Penalty: player will not be allowed to catch.

N. CYO Game Specifications

Division	P.D.	B.D	Length of Games	Max Innings	Run Rules
Tot	36 ft.	60 ft.	60 minutes	4	4 per inning
Tiny	36 ft.	60 ft.	60 minutes	4	4 per inning
Pee Wee I	36 ft.	60 ft.	75 minutes	4	4 per inning
Pee Wee II	40 ft.	60 ft.	75 minutes	4	5 per inning
Mite	45 ft.	60 ft.	90 minutes	5	5 per inning
Cub	52 ft.	75 ft.	90 minutes	5	6 per inning

Regardless of the number of innings played game will end at the time limit designated for each division. A new inning will not begin with less than **5** minutes left on the clock. Once you start an inning you are required to finish the inning unless the home team is ahead.

O. CYO Rule - the score of a regulation tie game shall be the score when the game was suspended. If needed (teams with identical records or Zone Policy), shall be replayed from the beginning at a time and place designated by the League Coordinator.

1. No game(s) will be held up because of this situation, games will continue at the discretion of the umpire

2. If game is suspended for any reason and is not a regulation game, it will be replayed (if needed) as a new game at a later date.

3. A regulation game is defined as a game that has completed 3 innings.

4. All Zones will have the authority to determine if an alternative method will be used to complete a suspended game that was not a regulation game if there are outstanding conditions that would prevent the completion of a new game (such as the availability of facilities, weather concerns, league schedule and Zone playoff schedule).

P. Field Decorum

1. All fields must have the double base at 1st base

2. Once a runner reaches first base, the (colored, safety) base is no longer used. Play will continue using only the white base that is in fair territory.

3. When a team is on the field defensively, the managers/coaches shall not leave the dugout proper except to confer with one of their players or with an umpire

Penalty: a player, manager/coach is warned once; for the second infraction he or she may be suspended from the game. The coordinator will see the above is enforced.

Q. City Championship Rules - Top teams of each Zone will advance to the City Tournament. Zone Representation and tournament format will be determined at City Commitment.

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD
Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.
2. All League and Division specific rules apply except as identified below:
 - a. Time limit is waived for the championship tournament to ensure all games complete the maximum amount of innings allowed per game as identified in CYO Game Specifications section; however, 10-Run Rule will be in effect after 3 innings but not before every player has batted.
3. Each Zone will determine what type of playoff they will have within their Zone

R. Female Certified Coach – the CYO Office highly recommends that there be a female certified coach on team's roster in order to address any injuries or illnesses of players.

1. If unable to have a female certified coach, please have team mom near team's dugout

S. Tots will not be participating in City Playoffs.

Playing Rules

The National Federation Baseball Rule Book for 2017 will govern play, except where CYO Rules prevail.

A. Player Substitution

1. No projected substitutions allowed
2. All substitutions must be declared at the time of entry with umpire and scorekeeper

Penalty: failure to do so will result in forfeit

B. Pitcher Substitution - all changes made of the PLAYERS or PITCHERS must be reported to the plate umpire and scorekeeper by the coach at the time of the change and be written in the scorebook. Once a player is substituted, she/he may re-enter the game only once. This rule applies to the starting nine and includes the pitchers. All other players may legally enter the game only one time.

Penalty: ineligible player, forfeit of game for team in violation

C. Pitching Regulations – A player SHALL NOT PITCH:

1. In more than a total of the innings in calendar week (the official CYO week begins on Monday and concludes on Sunday regardless of league or city playoff scheduling) as stated below:
 - Pee Wee & Mite Divisions Ten (10) innings
 - Cub Division Twelve (12) innings
2. In more than one game in one day
3. Without sixty hours rest after having pitched in a game: 3 or more innings in the Pee Wee and Mite Divisions; 4 or more innings in the Cub Division
 - a. EXAMPLE: a player who pitches in the innings as indicated above on a Monday IS NOT ELIGIBLE to pitch until Thursday
 - b. EXAMPLE: a player who pitches in the innings as indicated above on Saturday IS NOT ELIGIBLE to pitch again until Tuesday.
4. Without thirty-six hours rest after having pitched in the game less than: 3 innings in the Pee Wee and Mite Division; less than 4 innings in the Cub Division
 - a. EXAMPLE: a player who pitches in the innings as indicated above on a Tuesday IS NOT ELIGIBLE to pitch until Thursday

b. EXAMPLE: a player who pitches in the innings as indicated above on Sunday IS NOT ELIGIBLE to pitch again until Tuesday.

5. In any given game, a player is not permitted to pitch in more than: 5 innings in the Pee Wee and Mite Divisions; 6 innings in the Cub Division

NOTE: even if a player pitches only one pitch in any one inning, this action constitutes one complete inning (this covers all games, suspended, forfeited games that were played, or non-regulation games and continuation games because of a protest upheld)

6. **Penalty:** (Covers 1-5) – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team's final League/Zone standings is to be made at the end of the season.

a. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs

7. The above pitching regulations apply to all games (league, non-league, pre-season, scheduled practice league, field day, or any tournament and Zone/City playoffs, etc.)

8. All changes made of the PITCHERS must be reported to the scorekeeper by the coach at the time of the change and be written in the scorebook

9. Tournament Pitching Regulations - (to cover all Zone, Parish and Field Day Tournaments held by Zone or Parish which include CYO Teams) same as League Play (see above)

D. Chanting - no negative chanting at any time during the game. No chanting/clapping at pitcher at any time or during the wind up and pitch.

Penalty – Warning will be given to coach. If continues possible coach ejection

E. Slide: CYO Rule - head-first slides or sliding into first are illegal - runner is out. EXCEPTION: in returning to a base, if runner is within 6 feet or less (umpire's judgment), runner may dive back

F. Thrown Bat - no throwing of bat after swing

Penalty: 1st instance will result in verbal warning; 2nd instance will result in batter being called out

G. CYO Rule - coaches, players, and parents address players of their team only.

Penalty: one (1) warning. Repeat violation will result in removal of offender from game

H. Charged Conference

1. Defensive - this rule limits the number of trips a manager or coach may make to any one pitcher in any one inning:

a. A second trip to the same pitcher in the same inning will cause this pitcher's automatic removal from the pitching position

b. If a pinch hitter is substituted for the batter, the manager or coach may make a second visit to the mound but must remove the pitcher; He may move to a different position.

2. Offensive - there shall be only one charged conference between the manager or coach and the batter or base runner(s) in an inning. Umpires shall not permit any such conferences in excess of one in an inning.

a. **Penalty:** ejection of manager or coach who insists on another charged conference

I. Field Coordinator is the sole judge as to whether a game shall not be started because of unsuitable weather conditions or the unfit condition of the playing field. After "Play ball" has been called, the umpire shall be the sole judge as to the field condition to resume game. Umpire and field coordinator may consult and discuss any concerns before the umpire makes a final decision.

J. Forfeited Game

1. A league game shall be forfeited to the opposing team when a team is unable or refuses to start or continue the game with eight (8) players.

- a. The ninth (9th) batting position will be an out when that turn comes to bat
- b. Under any situation, once a team's roster is reduced to seven (7) players, the game will be a forfeit but will become a scrimmage game and halted no later than 10 minutes before the next regularly scheduled game.
- c. When a game is continued with less than nine (9) players, or when a player(s) is missing from the official batting order because of injury, becomes sick during the game, or leaves; player(s) will be automatically out when their position comes to bat.
- d. If a player is injured, they can re-enter the game if capable of playing
- e. If a player(s) show up, they can be inserted into the lineup at the position originally indicated when the lineup was first submitted.

K. Protests on General Rules

1. Protest MUST be made known to the home plate umpire at the time of the rules infraction and before the next pitch. Umpires MUST record protest in official score-book and announce to both head coaches that the game is being played under protest. Umpire officially accepting protests may be required to be present at the hearing and/or submit a written report within 48 hours of the protest. No protest will be honored in a league on the basis of the judgment of the umpire

L. General Playing Rules

1. Ten-Run Rule will be in effect after 3 innings, but not before all players have batted
2. See above rules for Pitching, Equipment and Player Participation
3. Courtesy runner is allowed for catcher only. The courtesy runner MUST be the player that made the previous out.
4. On a dropped 3rd strike, if first base is occupied with less than 2 out, batter will be ruled out
5. Hidden ball is illegal and will not be permitted. Penalty will be a balk.
6. In the interest of the well-being of our youth, it is mandatory that if a pitcher in the Pee Wee or Mite Division should hit three (3) in one (1) inning or four (4) per game, he should be removed from the pitching position for the remainder of the game.

DIVISION SPECIFIC RULES

M. Pee Wee Second Year through Junior Division:

1. The ball shall be a regular Little League Type hard baseball
2. See above rules for Pitching, Equipment and Player Participation

N. Pee Wee First Year – Player Pitch:

1. The ball shall be a regular Little League Type hard baseball
2. Runner must remain on base until a ball is hit.
Penalty: runner is out.
3. Runners may score:
 - a. On a hit ball (once a runner is stopped at a base by a player with the ball, he may not advance any further)
 - b. If forced in (a force play is a play in which a runner legally loses the right to occupy a base by reason of the batter becoming a runner)
4. The infield fly rule is in effect
5. No steals will be allowed
6. No balks will be called
7. Drop Strike 3 rule is not in effect

O. Tiny Division – Coach Pitch:

1. Tiny must use a RIF Baseball Level 5
2. The Coach-Pitcher must be a coach on the roster

3. The Coach-Pitcher will pitch to the batter overhand and may pitch from a one knee position or a standing position, but must be able to get out of the way quickly when a batted ball is put into play
4. Player playing the pitching position must stay within 5 ft., but not in front, of the pitcher's plate
5. Each batter will receive a maximum of 6 pitches. The batter is out when: three strikes occur (batter must swing and miss for a third strike to be called) or does not hit a fair ball after the six pitches
6. A bunt is allowed, but the batter must attempt to hit the ball. Bunt foul on third strike - batter is out
7. There are no walks or steals. If a pitch hits a batter, a base will not be awarded. The infield fly rule is not in effect.
8. Foul balls count as strikes, but a batter cannot be called out on a foul ball, unless it occurred on the sixth pitch
9. The Coach-Pitcher must not talk to the batter, assistant coach or any runner - this includes signaling batter, assistant coach or runner.

Penalty: (1) warning per game; next violation, the lead runner is out. If there is no runner, the batter is out.

10. When a fair ball is hit, the Coach-Pitcher will move out of the playing area opposite side where the ball is hit and not interfere with the play or players.

Penalty: (1) warning per game, next violation, the lead runner is out. If there is no runner, the batter is out.

11. If the ball hits the Coach-Pitcher, play will continue unless intentional interference is called; then the ball is dead and the lead runner is called out. If no lead runner, the batter is out.
12. Runner must remain on base until the ball is hit.

Penalty: runner is out.

13. Runners may score on a hit ball (once a runner is stopped at a base by a player with the ball, they may not advance any further)
14. The batter is out if the catcher drops the third strike. However the catcher must hold foul tip to put batter out.
15. Shaggers are **mandatory** and must be certified coach and will be supplied by the team on defense for that inning.
16. Play is stopped when either all runners have stopped or a defensive player has the ball at a base and in front of ALL runners. A runner shall not try to advance to a base if the ball is at base past the one he is approaching.

P. Tot Tee Ball Division:

1. The ball must be a RIF Baseball Level 1
2. 10 players may play the field defensively
 - a. Playing with 10 players you must have a Catcher, with the 10th player in a rover position playing between left and center field.
 - b. if you choose to play with 9 players you have the option to field a Catcher or a Rover.
3. All outfielders will not be allowed to start each bat anywhere in the infield
4. Approved Tee ball bats only for this division
5. Players hit the ball from a pole called a "Tee" (the Tee must be approved by CYO Office if there is any question). A coach will be allowed to adjust the tee and player only one time per player, and then step back toward their dugout and out of the way of any play
6. (3) strikes and the batter is out. Batters must hit the ball cleanly. If the batter hits only the tee or misses the ball completely, this counts as a strike.
7. The ball must be hit out of the batter's box. Balls that are hit off the tee and stay inside the batter's box or stay on the tee are foul balls. Foul balls do not count as a third strike.
8. When a ball is hit to the outfield and the ball returns to the infield, runners may advance only one base they are going to at their own risk of being put out
9. When a ball is hit in the infield and on an overthrow to any base, runners may advance only one base they were going to at their own risk of being put out
10. Runner must remain on base until the ball is hit

Penalty: runner is out.

11. Two Coaches will be allowed on the field during the team's defensive inning. Coaches must be between first and second base and second and third base. The Coaches must remain behind the deepest defensive player.