

## General Athletic Rules

### Player Recruitment

CYM recognizes the necessity of publicizing the existence of parish athletic programs.

- 9.13 Recruitment of individuals not normally inclined to participate in a program is forbidden.**
  - 9.13.1 Coaches are not permitted to solicit participation of players, on an individual basis, who would normally not be inclined to play.**
  - 9.13.2 Means normally used to publicize parish activities should be the guide for the formation of athletic teams.**
  - 9.13.3 Any advertising beyond normal parish means for participation must list the CYM telephone number and not the number of the coach.**

### Coaching Requirements/Restrictions

- 9.14 Coaches in the High School leagues must be at least 24 years of age.**
- 9.15 Coaches in the Varsity leagues must be at least 21 years of age. Assistant coaches must be at least 18 years of age.**
- 9.16 Coaches in the Junior Varsity Leagues must be at least 18 years of age.**
- 9.17 All coaches (head and assistant) are responsible for following the policies of *For the Sake of God's Children* for the Diocese of Wilmington as outlined in Section Five of this manual.**
- 9.18 Coaches must attend training within two seasons of being placed on a team roster. Coaches must attend training every 3 years. Coaches training includes Coaches Training Part 1 (new coaches), Coaches Training Part II (must have attended Part I), etc and Online Training as announced by the CYM Office.**
- 9.19 Coaches must wear CYM IDs at practices and games. IDs will only be issued once the background check form is completed and Diocesan Human Resource Office clears the individual for service. If a coach fails to wear a CYM ID at games or practices, the violation is to be reported to the CYM Office. The Office for Catholic Youth Ministry will address the issue with the athletic association leadership of the parish. Officials are not to take any action at games when violations occur.**
- 9.20 The participation of individuals in a sports activity outside the defined season for that particular sport must be voluntary. CYM coaches or representatives of CYM parishes/schools shall not require any individual to participate in any sports activity outside that occurs outside the designated sport season.**
- 9.21 Football and wrestling teams must have at least one individual certified in CPR present at all practices and games.**

**9.22 Each parish or school that intends to sponsor or hopes to sponsor a team or teams during any given season must be represented at pre-season coaches' meetings. Failure of a parish or school to be represented at pre-season coaches meetings will require the coach or representative to pick up handouts at the CYM Office, review the material and call if there are questions.**

**9.22.1 Each parish or school that intends to sponsor or hopes to sponsor a team or teams during any given season must be represented at the sports injury clinic.**

Practice on dates when Sports Injury Clinics are scheduled will be at the discretion of the appropriate CYM staff member.

Coaches (head and assistant) in the CYM program are encouraged to:

- Become thoroughly familiar with the general rules
- Become thoroughly familiar with the sport specific rule of the sport coaching
- Insure that both the letter and spirit of the above rules are followed.
- Establish clear guidelines governing attendance at practices and games
- Obtain online user name and password as a coach and keep online information up to date.
- Monitor email daily

It is strongly recommended that all teams (when not required) have at least one individual certified in CPR present at all practices and games. The individual may be a parent, coach or parish volunteer and the certification should be current and should have been completed by an accredited institution (i.e., Red Cross, American Heart Association).

## **Program Divisions**

**9.23 All participants in the High School (Senior) Division are to be 9th through 12th grade students or the equivalent and may not have reached their 19th birthday before July 1<sup>st</sup> of the current program year.**

**9.24 All participants in the High School (Intermediate) Division are to be 9th or 10th grade students or the equivalent and may not have reached their 17th birthday before July 1<sup>st</sup> of the current program year.**

**9.25 All participants in the Grade School Varsity Division are to be 6th through 8th grade students. They may not have reached their 15th birthday before July 1<sup>st</sup> of the current program year.**

**9.26 WRESTLING allows 5th graders to participate on the Varsity level.**

**9.27 TRACK teams allow participants 3rd grade through 8th grade.**

**9.28 BASEBALL - It is recommended that parishes and schools use 7th and 8th graders only for CYM Baseball and avoid or limit the use of 6th graders. Sixth (6th) graders can be used to fill out rosters but should not make up the majority of**

players on the roster. The larger fields used by CYM, the age/size of the 6th grader and 6th graders batting against 8th grade pitchers are factors that should be considered by your athletic association.

**9.29** The CYM Junior Varsity Sports Program is intended as instructional with maximum participation by all team members. Mandatory Play Rules have been instituted in most JV Programs. Coaches of JV teams in sports without a Mandatory Play Rule should adhere to “maximum participation” during CYM contests.

**9.29.1** No player in the Grade School Jr. Varsity (JV) Division may have reached his or her 13th birthday before July 1st of the current program year.

**9.29.2** No player above 6th grade is permitted to participate at the Jr. Varsity level.

**9.30** Boys and Girls BASKETBALL participants are to be 5th and 6th grade students. A team may use 4th graders to fill out teams with 5<sup>th</sup>/6<sup>th</sup> graders. No 3<sup>rd</sup> graders permitted under any circumstances.

**9.31** JV SOCCER (5th/6th) - This program will be for 5th and 6th graders. A team may use 4th graders to fill out teams with 5th/6th graders. No 3rd graders permitted.

**9.32** JV SOFTBALL (5th/6th) - This program will be for 5th and 6th graders. A team may use 4th graders to fill out teams with 5th/6th graders. No 3rd graders permitted.

**9.33** For all other JV sports, participants are to be 4th grade through 6th grade students.

**9.34** An individual may request to move to a higher level of play under these stated conditions:

**9.34.1** The request to move to a higher level must be submitted in writing and approved by the Director of CYM Sports. The request must detail the reasons for the move.

**9.34.2** The Pastor, Athletic Association President and the individual’s parent or guardian must sign the written request.

**9.34.3** CYM will only entertain such requests that involve special circumstances. The fact that a player is above average in a particular sport is not sufficient reason alone for a move to a higher level.

**9.34.4** Under NO circumstance will participants of Football, Wrestling, Baseball and Fast-Pitch Softball be considered for a move to a higher level.

**9.34.5** The individual must be no more than one grade below the minimum grade level for that particular sport.

**9.34.6** This rule is NOT intended for individuals that are requesting to play at the junior varsity level and have not reached the grade making them eligible for participation.

**9.34.7** The individual may not play at both levels during the same season.

**9.34.8** Once the season starts, the individual may not move back to the lower level.

**9.34.9** The “Program Year” coincides with the school year.

**9.34.10** If the Director of CYM Sports denies the request, a written appeal may be sent to the full AAC for review.

## Practice/Tryout Starting Dates

- 9.35 Tryouts and/or team practices are not permitted until the first day of each sports season as determined by CYM**
- 9.35.1** Fall Sports Season – 3<sup>rd</sup> Monday prior to Labor Day - November 30<sup>th</sup>
  - 9.35.2** Winter Sports Season - Nov. 1<sup>st</sup> - March 30<sup>th</sup>
  - 9.35.3** Spring Sports Season - March 1<sup>st</sup> - June 30<sup>th</sup>
- 9.36 An individual who is participating in one (1) sport may not attend a practice/tryout for another sport which is scheduled to begin in the next sport's season until either he/she ceases to be a member of said team or said team's schedule has been completed.** (Example - A player participating in soccer after November 1<sup>st</sup> may not attend a basketball practice/tryout until his/her soccer season has been completed.)
- 9.37 An individual playing on a team that has completed CYM play-offs and the team is practicing for or participating in a post-season tournament (i.e., Mid-Atlantic Basketball Tournament) may begin practice for a sport in the following sport season.**
- 9.37.1 An exception to Rule 9.35 will be permitted for TRYOUTS for the next sport season as long as the stated criterion has been met.**
    - 9.37.1.1 The Athletic Association and coaches of both teams agree.**
    - 9.37.1.2 It is for TRYOUT purposes only. No individual may practice/tryout for more than one (1) sport in the same evening.**
    - 9.37.1.3 There may be no tryout prior to the start of the sport season unless noted in section 1 & 2 above.**
    - 9.37.1.4 No individual is to be denied permission to tryout for any upcoming season sports team because he/she is still actively participating in another sport.**

**CHEERLEADING, VOLLEYBALL AND SOCCER** – Cheerleading, Volleyball and Soccer may have three (3) tryout dates during the month of June to organize teams. Each tryout session is to be no more than two (2) hours in duration. Because the online registration may not be up at the time of tryouts, parishes/schools are to use the following guidelines. Individuals are permitted to participate in team tryouts:

1. Individuals who are currently in the online registration system and whose primary affiliation is the parish/school that is holding the tryout.
2. Individuals who are currently in the online registration system and who secondary/other affiliation is the parish/school that is holding the tryout AND the secondary/other sport is the same sport (i.e. JV & Varsity VB for VB tryouts or JV & Varsity Soccer for Soccer tryouts).

3. AA Presidents are responsible for printing a copy of the names listed in the "My Participants" list prior to tryouts to confirm individuals meet criteria in sections 1 & 2 above.
4. In the case of individuals who do not qualify under sections #1 & #2 and are not in the online system, the following rules will apply:
  - a. Individuals listed in the sections 4 b, c, d will be permitted to tryout as long as the parish/school has completed Form A for the child and signed by the parent/guardian of the child.
  - b. Individuals that are current registered parish members of the parish holding tryouts;
  - c. Individuals that are current students in the parish of the parish holding tryouts or the private Catholic School that is holding the tryouts;
  - d. Individuals that live within the parish boundaries of the parish holding the tryouts and have not participated in CYM sports in the past.
5. Individuals that do not qualify under sections 1, 2 and 4 must receive written permission from the Office of Catholic Youth Ministry.
6. Violations of the above rules may result in the parish/school team being ruled ineligible for playoffs/tournaments and sanctions to coaches.

**FOOTBALL** – In the case of football, coaches are permitted to hold conditioning drills for players between the 3<sup>rd</sup> Monday in June and the 1<sup>st</sup> Friday in August under the following conditions:

1. Player participation in the conditioning drills **must** be voluntary.
2. The parent/guardian must complete Form "A" prior to the player participating in drills.
3. At no time are coaches or volunteer adults assisting coaches allowed to discuss with players or parents of players eligibility for participating with the parish that is conducting the conditioning drills. Questions from players or parents are to be immediately referred to the CYM office.
4. Drills are to be no more than two (2) nights per week and no more than 1 hour and 30 minutes per night.
5. Coaches are to monitor players for heat related symptoms and provide water breaks every fifteen (15) minutes.
6. When the temperature is above 95 degrees F, conditioning drills are to be cancelled.
7. When the sum of the temperature and relative humidity equals or exceeds 170 (85 degrees F and 85% humidity), conditioning drills are to be canceled.
8. EQUIPMENT – Cones, bags for purposes of agility drills and wind resistant equipment are permitted. At no time are footballs to be on the field, near the field, or visible in the immediate area of the field where conditioning drills are taking place. Any use of bags for blocking or tackling is a violation of this section.
9. At no time are coaches to be running plays or demonstrating tackling/blocking drills.
10. Any advertising must be submitted to the CYM office for review prior to sending out.

11. The schedule (dates and times) must be submitted to the CYM office prior to the first drill. Drills are subject to unannounced visits from members of the CYM Athletic Advisory Committee.
12. A violation of one or more of the above sections will result in both JV and Varsity teams of the parish being ruled ineligible for post-season varsity playoffs and JV tournament for the upcoming season. In addition the parish will be prohibited from conducting football conditioning drills for a period of two (2) years from the date of violation.
13. If calls or complaints are received that call into question the parish following the letter and/or spirit of the above rules, CYM reserves the right to withdraw permission for conditioning drills.

Tryouts for basketball are permitted between October 15<sup>th</sup> and October 31<sup>st</sup> under the following conditions:

- Tryouts mean running drills or having scrimmages to determine on which team an individual should be placed. Practices are not permitted prior to November 1<sup>st</sup>.
- Tryouts are for the following divisions: JV Boys, JV Girls, Varsity Boys and Varsity Girls
- The Athletic Association President will be responsible for coordinating with fall coaches and those responsible for basketball tryouts for the parish/school.
- The AAP must ensure that a child does not attend a basketball tryout and a fall team practice/game on the same day. An exception will be Saturdays/Sundays in which there is a reasonable amount of time between the fall practice/game and winter tryout. It is the responsibility of the AA President to monitor and ensure compliance.
- In the event the fall coaches and basketball coaches cannot agree, the decision by the Athletic Association President will be final.

In the case of individuals that are participating on a fall sports team for one parish and a basketball team for another, it will be the responsibility of the basketball program to coordinate with the fall coaches to avoid a conflict.

### **Sunday Morning Athletics**

The Office for Catholic Youth Ministry sponsors athletic programs during the fall, winter and spring seasons. Many parishes and private Catholic Schools participate in CYM athletic programs. It is important to note that parishes and private Catholic schools also sponsor various sports leagues (i.e., OLF 3<sup>rd</sup>/4<sup>th</sup> grade soccer, St. Edmond JV boys' basketball, St. Elizabeth JV girls' soccer, etc) and tournaments (i.e., basketball tournaments, soccer tournaments, volleyball tournaments, wrestling tournaments, etc.) sponsored by parishes, private Catholic Schools and in some cases other sports organizations.

The Office for the Bishop has made it clear that holding athletic events on Sunday mornings when liturgy takes place is inappropriate.

**9.38 Parish and private Catholic School athletic teams (CYM and non-CYM teams) are not to practice or participate in athletic contests prior to Noon on Sundays.**

There are exceptions, however, as in the case of the wrestling championship where the schedule needs to begin early enough on a Sunday to allow a timely end in the late afternoon. In these rare cases, every effort is made by CYM to schedule a Mass for all participants and their families or to partner with a parish that will welcome participants and their families to celebrate liturgy with the wider parish community. On such occasions, coaches are encouraged to attend Mass with their players and their players' families and to use this opportunity to celebrate the gifts of the community together.

Due to the fact that the Office for Catholic Youth Ministry does not have direct responsibility for non-CYM leagues or tournaments, it is the responsibility of the pastor of each parish (or principal in the case of private Catholic schools) to monitor all parish/school teams including CYM teams.

Violations reported to the Office for Catholic Youth Ministry will result in the CYM office contacting the pastor/principal for appropriate action. Repeated violations by CYM teams may result in the dissolution of that team for the remainder of the season.

## Registration/Billings

- 9.39 No team will be admitted to any CYM League unless the proper registration form is submitted by the deadline as established and published by the CYM Staff.
- 9.39.1 **BASKETBALL** – In the case of basketball, any parish/school team dropping after the announced deadline must pay the full registration fee. The following year, the parish submitting the *Confirmation of Teams* form must also provide a check for the full amount of all teams with the form.
- 9.40 No parish or school may register teams for an upcoming season unless all outstanding bills have been paid for any prior seasons. The Director for the Office for Catholic Youth Ministry must approve any request for an extension.
- 9.40.1 Payment for an athletic invoice to the Catholic Youth Ministry office must be paid from an account bearing the name of the parish. In the case of private Catholic schools (Mt. Aviat, Nativity Prep, St. Edmond Academy, Ursuline Academy), the invoice must be paid from an account bearing the school's name.
- 9.40.2 Checks from individuals, businesses, etc. will not be accepted without the approval of the Director of the Office for Catholic Youth Ministry.

## Rosters

- 9.41 Only rosters completed according to the stated policies will be accepted for play by Catholic Youth Ministry.
- 9.41.1 Team rosters must be completed online by the head coach (or designee).
- 9.41.2 Only individuals listed on the team online roster may participate in team events (games, meets, etc).
- 9.41.3 Violations of this section will result in the team being ruled ineligible for participation in all tournaments and playoffs for the remainder of the season. In the case of Cross Country, Wrestling and Track & Field, individual team members may participate in championships however team points will not be awarded.
- 9.41.4 Only adults listed on the team online roster as coaches may coach in team events (games, meets, etc).
- 9.41.5 Deadlines for completing online rosters and adding to online team rosters will be announced at the pre-season coaches meetings.
- 9.41.6 Once a coach builds the online team roster, the individual players listed on that online team roster must remain with that team. Individual players may not switch to another team in that same parish/school once the individual player participates in a CYM contest.

**9.41.7 Online team rosters must be reviewed and approved by the parish/school Athletic Association President.**

**9.42 Coaches must follow up with parent/guardian on medical issues noted on the team roster.**

NOTE – In the event the eligibility of an individual is questioned, CYM will rely on the online roster and/or printed hard copy of the team roster provided by the coach/AAP.

Once approved, the roster will be locked and additions to the roster prohibited.

Once locked, rosters will be printed by the CYM Office and mailed to the Pastor/Principal of the parish/school.

It is the responsibility of the team coach and Athletic Association President to print a copy of the final approved roster.

### **On-Line Registration**

On-Line Registration consists of Step 1 (Registration), Step 2 (Medical) and Step 3 (Parental Consent & Release Form). Once Online Registration has been completed by the parent/guardian of the participant, CYM will assign the parish/school affiliation for the individual within 2 business days. Once the affiliation has been assigned, it is the responsibility of the parent/guardian to print a CYM On-line Registration Summary Page for the current program year.

**9.43 Online Registration must be completed by the parent/guardian of every child who wishes to participate in CYM sports.**

**9.43.1 The parent/guardian must read, sign and present the Summary Page to the head coach of the team prior to the child being eligible to participate in tryouts, practices or games.**

**9.43.2 Providing false Online Registration information will result in the participant being ruled ineligible for all CYM athletic programs in the current program year.**

**9.44 Any team allowing individuals to tryout, practice or participate in games that have not completed the Online Registration and/or not been affiliated with the parish/school may result in the team being ruled ineligible for participation in all tournaments and playoffs for the remainder of the season by the Athletic Advisory Committee.**

In the case of Cross Country, Wrestling and Track & Field, individual team members may participate in championships however team points will not be awarded.

## **CYM Commitment**

Individual players are expected to commit to their CYM team. This means attending practices and games of the CYM team over that of other athletic teams when conflicts arise. This agreement is covered in the Parental Consent & Release Form on On-Line Registration.

## **Divisional Alignment**

Division Alignment will be decided by the Appropriate CYM staff member, Coordinator of the sport and/or Divisional Alignment Sub-Committee of the Athletic Advisory Committee. Guidelines have been established and approved by the Athletic Advisory Committee and will be reviewed at pre-season coaches meetings.

## **Team Participation/Affiliation**

**9.45 All individuals shall be classified according to parish affiliation and are subject to the guidelines established by said parish.**

“Affiliation” is the assignment of an individual to a parish/school based on the following factors: the child is an active member of the parish for a minimum of 60 days, the parent/legal guardian of the child is an active member of the parish for a minimum of 60 days, the child attends the parish religious education program or the child attends the parish school. In a case where the individual is not a parish school student, is not registered in Religious Education or does not qualify as a registered parishioner, residence in relation to the parish boundaries will be the factor used by CYM to determine Primary Affiliation. If the Primary Affiliation parish/school does not have a sport that the child wishes to participate in, the parent guardian may request a Secondary Affiliation for that sport only. Assignment of a Secondary Affiliation will be at the discretion of CYM staff. Parish or school guidelines are permitted to be stricter than CYM rules, but not less. CYM rules are the minimum standards and may, in some cases, be extended by a parish or school (i.e., a parish or school may restrict the number of teams in a particular sport or may choose to restrict participation to its own members). In addition to participation/affiliation rules, there are additional rules for eligibility for example age, grade and playing for a high school team under General Athletic Rules. Sport specific rules also detail playoff/championship eligibility requirements.

**9.46 The CYM Office will make affiliation assignments after a review of the Online Registration information for the individual. No individual may practice or play with a team until authorization has been received from CYM.**

**9.46.1 It is the responsibility of a parent/guardian of a child wishing to play CYM sports to register said child at the parish/school by deadline set by that parish/school. CYM will not consider requests for changes in affiliation if a parish/school deadline has not been met.**

*NOTE WELL: With regards to policy 9.46.1, consider this example: Mr. and Mrs. Jones did not sign up Susie to play for St. Martyr parish by the deadline announced in the St. Martyr parish bulletin and now wish for Susie to play at St. Charles parish. Such a request will not be considered.*

The CYM staff will determine the parish for which he/she is eligible to participate as their Primary Affiliation. Individuals whose parish/school does not have a sports program or the individual lives in a parish area that does not have a sports program, the individual is to be placed at a parish that borders the parish of their parish registration/residence. If the parish/parishes that border do not have a program, the child will be referred to the next closest parish. Secondary Affiliation as noted above will be at the discretion of the CYM staff.

Participation/affiliation rules listed above have been established as a means of identifying where individuals that wish to participate may play. There are times when an individual may initially be eligible to participate for more than one parish or school. For example, he/she is a registered parish member in one parish and:

- Attends the parish school of another parish or
- Attends a private Catholic school (Mt. Aviat, St. Edmond, Ursuline) or
- Resides within the boundaries of another parish as described by CYM

**9.47 Once an individual participates with a team in a particular parish/school program, that individual has established an affiliation with that program and must participate with that parish/school in all sports for the duration of his/her eligibility.**

**9.48 If the parish/school that the individual becomes affiliated with does not have a team in a particular sport, the individual may complete the Questions/Comments Section as noted above requesting to play for another parish team.**

Christ the Teacher is a regional school that is supported by four (4) parishes.

**9.49 An individual is eligible to participate in CYM athletic programs for a diocesan regional school (i.e., Christ the Teacher) if they meet the following criteria.**

**9.49.1 The individual attends the regional school or**

**9.49.2 The individual is registered member of one of the parishes supporting the regional school AND attends religious education classes at that parish or**

**9.49.3 The individual is registered member of one of the parishes connected to the regional school and attends another Catholic school that does not have the sport.**

**9.49.4 Participation/Affiliation rules stated above will apply for individuals participating in regional schools.**

Pope John Paul II is a consolidated school, which was created when two long time parish schools were closed.

- 9.50 An individual is eligible to participate in CYM athletic programs for a diocesan consolidated school (i.e., Pope John Paul II) if they meet the following criteria.**
- 9.50.1 The individual attends the consolidated school or**
  - 9.50.2 The individual is registered member of one of the parishes supporting the consolidated school AND attends religious education classes at that parish or**
  - 9.50.3 The individual is registered member of one of the parishes connected to the consolidated school and attends another Catholic school that does not have the sport.**
  - 9.50.4 Individuals that live within the geographical boundaries of the parishes connected to the consolidated school**
  - 9.50.5 Individuals that do not qualify under 9.50.1, 9.50.2, 9.50.3, or 9.50.4 and are approved by the consolidated school Athletic Association and the CYM Office**
  - 9.50.6 Participation/Affiliation rules stated above will apply for individuals participating in consolidated schools.**

- 9.51 The parish athletic association and head coach must confirm that each player is eligible to participate for that team according to Participation/ Affiliation rules prior to the first tryout/practice. No individual may participate in tryouts or practices unless the individual is listed in the available pool for that parish/school. In the event there is a violation of this rule, the following steps will be taken:**
- 9.51.1 In the case of this section, a violation is defined as one or more instances within the same sport season by a parish/school. CYM staff has the discretion to waive a violation if circumstances warrant. For example a parish/school discovers the violation and immediately reports the violation to the CYM office and it is a one time event.**
  - 9.51.2 The first violation of this rule will result in a warning to the Athletic Association. The AA President will review the circumstances of the violation(s) with the Director of CYM Sports and what steps will be taken by the AA to correct the problem. The violation will be entered into a log. If there are no additional violations over the next year, no further action will be taken. A violation after the one year date would be considered a 1<sup>st</sup> violation.**
  - 9.51.3 A second violation of this rule within one calendar year of the first reported violation will result in a mandatory in person meeting of the**

- President of the Athletic Association and the Director of CYM Sports at the CYM Office. The purpose of the meeting is to review the 2<sup>nd</sup> violation. The violation will be entered into a log and the Athletic Association will be put on notice that a 3<sup>rd</sup> violation within one calendar year of the 2<sup>nd</sup> violation will result in the AA President meeting with the full Athletic Advisory Committee.**
- 9.51.4 A third violation within one calendar year of the reported date of the 2<sup>nd</sup> violation will require the Athletic Association President to attend the next Athletic Advisory Committee meeting. The Athletic Advisory Committee will review the three violations and make a determination of what action is to be taken. Action steps can include a warning, banning the parish/school team(s) from post-season participation or other action as deemed appropriate by the Athletic Advisory Committee.**
- 9.52 Any player who resides outside the physical boundaries of the Diocese of Wilmington may participate for a CYM athletic team under the stated conditions.**
- 9.52.1 They are registered in a parish within the Diocese of Wilmington.**
- 9.52.2 They attend a parochial or private Catholic school within the Diocese of Wilmington.**
- 9.53 Any high school (senior) Division player who attended a parochial elementary school other than his/her parish of residence, may choose to play for either team but not both.**
- 9.54 At no time will a player be permitted to participate simultaneously for more than one CYM team in the same sport.**
- 9.55 Academic eligibility and standards will be left to the discretion of the individual school/parish.**
- 9.56 Individuals in 8<sup>th</sup> grade through 12<sup>th</sup> grade are prohibited from playing the same sport on a CYM team and a high school team (freshman, JV, Varsity, Etc) during the same sport season.**
- 9.56.1 An individual becomes ineligible for a CYM team when he/she attends a contest with his/her high school team and is wearing the high school team uniform. In any case of this nature, the individual will be ruled ineligible for further participation in the CYM League for the remainder of the season and his/her team will forfeit all appropriate games.**

### **Requests for Changes in Affiliation**

Changes in affiliation are not ordinarily allowed. There may be cases, however, when parents may request a change in affiliation or family's circumstances require a change (i.e., a move from one city to another). Before requesting a change in affiliation, parents and guardians should be familiar with the stated policies.

When considering requests for a change in affiliation, the Office for Catholic Youth Ministry reserves the right to void participation on a team if there are indications that the parent/guardian registered in a parish for the sole purposes of athletic participation.

Participants must not play or practice for a team with which they have not been affiliated. Any request for changes in affiliation made after an individual has already started practicing or playing for this non-affiliated team will be voided and sanctions may result as outlined in policy 9.51.

- 9.57 All requests must be in writing using the Change of Affiliation Request Form. This form and the supporting documentation must be submitted to the Office for Catholic Youth Ministry by email at [catholicyouth@cdow.org](mailto:catholicyouth@cdow.org) or fax to 302-658-7617.**
- 9.58 There are five reasons a parent/guardian may request a change in affiliation. There is no deadline for the first four reasons, so long as a player does not begin practicing or playing prior to receiving approval for change in affiliation. Deadlines apply for the fifth reason, outlined in 9.58.5. Requests for a change in affiliation will be approved if the appropriate criteria as stated in 9.58.1, 9.58.2, 9.58.3, and 9.58.4 are met. Requests for changes as outlined in 9.58.5 will be considered as outlined below.**
- 9.58.1 Families may request a change in affiliation if the participant enters a Catholic school in the Diocese of Wilmington as a new student. This reason requires written verification (i.e., acceptance letter, email from school, letter from school on school letterhead).**
- 9.58.2 Families may request a change in affiliation if the family of the participant changes parishes. This reason requires written verification from the parish where the family is now registered. This verification must be on parish letterhead and must indicate that the family has been registered for a minimum of 60 days and are active parish members.**
- 9.58.3 Families may request a change in affiliation if the participant is enrolled as a new student in a parish religious education program. This reason requires written verification on parish/religious education letterhead stating that said child has been enrolled as a new student.**
- 9.58.4 Families may request a change in affiliation if the family of the participant moves from one location to another. This reason requires written verification of this move (photocopy of utility bill from new location will suffice).**
- 9.58.5 In cases where the request for a change in affiliation is for special circumstances not involving situations covered above and not approved by the Director of CYM Sports, the parent/guardian of the participant must indicate such by checking the appropriate box on the Change in Affiliation Request Form and provide a complete explanation as outlined on this form.**
- 9.58.5.1 The form will be reviewed by the Director of CYM Sports and the Affiliation Committee, as appointed by Director of CYM Sports. The Affiliation Committee will meet twice for each sport season.**
- 9.58.5.2 At the JV and Varsity level, a change for special circumstances**

## **Protests**

There is a difference between filing a complaint about the conduct of a player or coach and filing an official protest regarding the interpretation of rules during an athletic competition.

- 9.59 Protests are only to be filed on the basis of rules interpretation and not judgment calls made by an official.**
- 9.60 Protests are to be filed according to the stated policies. Failure to follow the proper protest procedure will result in dismissal of the protest.**
  - 9.60.1 When an error is perceived in an athletic contest, the head coach will notify, as soon as possible, the official of his/her intent to file a formal protest.**
  - 9.60.2 An email or typewritten letter detailing the circumstances surrounding the protest must be submitted to the CYM office by the head coach.**
  - 9.60.3 The protest must include documentation indicating the time and score of the contest as well as all other pertinent information.**
  - 9.60.4 The protest must be signed by the head coach, the Athletic Association President, and the parish pastor (or principal, as in the case of private Catholic schools).**
  - 9.60.5 The protest must be postmarked no later than 48 hours after the completion of the contest in question.**
  - 9.60.6 The protest must specifically address the pertinent sections of the appropriate sport's rulebook.**
  - 9.60.7 A \$15.00 fee must accompany the protest. This fee will be refunded should the protest be withdrawn before resolution or if the protest is found to have merit.**
- 9.61 The protest will be addressed by either the CYM staff or by the Athletic Advisory Committee**
  - 9.61.1 Resolution by the Athletic Advisory Committee is utilized as an appeal process when the matter in question is of a nature that necessitates a formal hearing and ruling from the Committee. The Chairperson of the Athletic Advisory Committee may elect to refuse to review the case.**

## **Ejections**

The purpose of CYM athletic programs is to promote Christian attitudes while encouraging healthy physical activity by youth in the Diocese of Wilmington. It is the responsibility of all those attending that proper conduct be displayed and respect given to officials in charge of contests.

- 9.62 Inappropriate conduct by players, coaches and/or spectators may result in the individual being ejected from the site.**

- 9.62.1 If a coach or assistant coach of a CYM team is ejected from ANY parish or CYM athletic contest, whether sponsored by CYM or not, he/she is automatically suspended from the next two (2) athletic contests played by that team.
- 9.62.2 If a player is ejected, the suspension will be for the next game only.
- 9.62.3 The CYM Staff may impose additional penalties for all coaches and players after reviewing the facts.
- 9.62.4 The suspended games will include tournaments and play-offs.
- 9.62.5 Two ejections in any one season will result in disqualification for the remainder of that season.
- 9.62.6 If the ejection takes place during the LAST game/contest of the regular season, and/or playoff, the suspension period will be served during the next sport season or next program year as directed by the CYM Office.
- 9.63 If a spectator is ejected from ANY parish or CYM athletic contest, whether sponsored by CYM or not, the spectator is banned from the next athletic contest played by that team. The CYM Staff may impose additional penalties, including being banned from more than one contest, after reviewing the facts.
  - 9.63.1 Two (2) ejections in any one season will automatically result in the spectator being banned from attending all games of that team for the remainder of that season.
- 9.64 It is the responsibility of the coach of the offending team to notify the CYM office of his/her ejection, the ejection of an assistant coach, spectator or the ejection of a team member within 48 hours of the incident.
- 9.65 Catholic Youth Ministry will contact the parish Athletic Association President and/or parish pastor/principal regarding all ejections of a coach or assistant coaches.
- 9.66 The Athletic Association President or an officer of the Athletic Association must attend the following games to make sure the coach is not coaching and to insure proper conduct of spectators.
- 9.67 Failure to report ejections will result in forfeiture of all future games in which the player/ coach participates' or spectator attends.

### **Technical Fouls**

A technical foul is generally used for basketball. However for purposes of this section, technical foul also includes yellow cards in soccer & volleyball, restricted to the bench in baseball and softball and unsportsmanlike penalty in wrestling and football.

- 9.68 If a coach, assistant coach or player receives a technical foul during ANY parish or CYM athletic contest, whether sponsored by Wilmington CYM or not, the head coach must report such technical foul within 2 business days of the incident to the CYM Office.
- 9.69 Any coach, assistant coach or player receiving more than two technical fouls for unsportsmanlike behavior in a season is suspended from coaching/playing for

**the remainder of the season.**  
**9.70 Failure to report technical fouls may result in disciplinary action taken by the Office for Catholic Youth Ministry.**

The appropriate CYM staff person will review each technical foul to determine if the technical is for unsportsmanlike behavior.

### **Ineligible Players**

**9.71 The use of an ineligible player will result in the forfeiture of all games in which said player participated. It is the responsibility of each Athletic Association to determine a player's eligibility prior to the first team practice/tryout and submission of the official roster.**

It is the responsibility of each parish/school Athletic Association to verify the Date of Birth and Grade of each participant that is listed on the team roster. The following documents can be used to verify DOB: birth certificate, baptismal certificate, state identification or letter from principal of the school on school letter head. School report card or letter from principal of the school on school letterhead can be used to verify grade. Athletic Associations are not to make copies and must keep this information confidential.

If a player's age/grade is in question,

- Only the Athletic Association President may contact the CYM office to challenge the eligibility of a player on the opposing team. The challenge must be in writing detailing the reasons for the challenge.
- The request must be submitted with a check for \$25 payable to Catholic Youth Ministry.
- The Office for Catholic Youth Ministry will give the Athletic Association/parent time at the discretion of the Director of CYM Sports to produce verification of the child's date of birth or grade that is in question.
- In the case of football, the head coach of each JV and Varsity football team must sign the CYM Verification of Age/Grade form confirming that the age and grade of each player has been verified. If a team is found to have a player on the team roster in violation of the age/grade rules, the head coach of the team will be dismissed as coach for the remainder of the season. Additional sanctions to the coach will be at the discretion of the CYM Office.

### **Games**

Every effort will be made to give all teams in a particular sport, regardless of division, the same number of games. The CYM Office will set the number of games with consideration to the number of teams and the availability of gyms/fields.

**must be an extreme hardship that is clearly documented and is subject to verification. The Affiliation Committee will not consider changes to play with friends or failure to meet deadlines for registering at your current parish/school.**

**9.58.5.3 Forms received one week prior to the start of practice for the upcoming sports season will be reviewed by the committee and a decision will be made prior to the first practice date of the upcoming sport season.**

**9.58.5.4 Forms received one week prior to the deadline for coaches to build team online rosters for the upcoming sports season will be reviewed by the committee and a decision will be made prior to the deadline for coaches to build team online rosters for the upcoming sport season. NOTE – This is the deadline prior to the start of games and not the roster lock down date.**

**9.58.5.5 Requests will be reviewed once and the decision of the committee is final.**

Requests received after the above second deadline will be reviewed prior to the following sport season.

The Affiliation Committee will review the requests between the deadline for the request noted above and the starting date for practices (or roster building deadline) for the upcoming sport season. The Affiliation Committee will take into consideration the special circumstances of the individual, the impact a change in affiliation will have on all CYM athletic programs (teams) involved, the potential impact on individuals of the teams directly involved and the impact on the overall CYM program (implementation of rules).

Any decision by the sub committee of the Affiliation Committee is final.

No telephone requests will be considered and parents/guardians are not permitted to call the office for Catholic Youth Ministry to add additional information to their request.

## **Playing Time**

Parishes/schools are reminded that the purpose of CYM sports programs is to promote Christian attitudes while encouraging healthy physical activity. Children sign up for sports to play and have fun. As a result, each parish/school is responsible for monitoring teams to ensure that children participate (**meaningful playing time in each contest**) and have the opportunity for a positive athletic experience in a Christian atmosphere.

The Office for Catholic Youth Ministry sponsors a wide range of sports programs from September through June each program year. CYM athletics involves collision sports (football, soccer & wrestling), contact sports (basketball, volleyball, baseball & softball) and non-contact sports (cross country and track). Some sports programs have different levels for team placement based on the ability of team members whereas other sports have one level only.

Minimum playing time rules have been set for some sports mostly at the JV level and some at the varsity level however not all. In some cases, mandating playing time is not needed such as cross country where everyone runs while in other sports, it is not practical such as wrestling where weight classes make mandatory play impossible. Mandatory play rules have not been instituted in some sports such as football, higher level basketball and baseball. It was the position of the CYM Athletic Advisory Committee, with input from parish Athletic Association Presidents that a mandatory play rule may not be in the best interest of the individual child during certain situations. The majority of parish Athletic Association leaders felt that the responsibility of overseeing playing time in certain sports should be left to the individual parishes.

## **Postponements/Cancellations/Forfeits**

**9.72 All games must be played according to the schedule.**

Requests for postponements will be honored if they are for a special reason such as a conflicting parish or community functions that involve a substantial number of players or coaches. Requests due to tournament play will not be honored.

- 9.73** The coach, athletic association president or priest moderator must notify the CYM office at least three (3) days prior to the scheduled contest. Failure to comply with this procedure will result in a forfeit. Coaches may not cancel or change games unless authorized by CYM.
- 9.74** Any team found refusing to travel to a scheduled location for league competition will suffer a forfeit, pay a fine of \$50.00 and be ruled ineligible for the play-offs.
- 9.75** Any team that does not have a full complement of eligible players present to participate 15 minutes after the scheduled time will suffer a forfeit.
- 9.75.1** Two (2) forfeits because of failure to field enough players will result in the team being dismissed from the CYM league.
- 9.75.2** The athletic association for that team must petition in writing to the CYM Athletic Advisory Committee for re-admittance the following program year.
- 9.76** The CYM Office will make a decision on the postponement of CYM games due to inclement weather, driving conditions or field conditions. A decision made by the CYM to postpone a contest is not reversible by any other authority. Any coach not abiding by such a decision is subject to suspension. A coach may **NOT** postpone a scheduled contest unless authorized by CYM.
- 9.77** CYM regular season and playoff games will not be rescheduled because of tournaments or outside events. Forfeits will result if teams cannot participate because of other tournaments.

### **League Play-Offs/Tie Breakers**

- 9.78** The CYM office will determine play-off alignment for all sports. Ties for final regular season league standings generally will not be played off.

Seeding/Standings will be based on the number of wins/ties and NOT winning percentage. Points will be assigned for each win/tie and will be determined by the Director of CYM Sports.

- 9.79** It is the responsibility of the coach of the winning team to report scores to the CYM Score Line. Failure to report winning scores may result in lower seeding for playoffs.

To qualify for CYM playoffs and championship events in all CYM sports, players on a team roster must:

- Participate in a minimum of 2 regular season games.

- In the case of Cross Country and Track & Field, individuals must participate in 3 meets.
- Any exceptions (i.e., injury) must be with the approval of the CYM Office.

In sports where ALL teams qualify for play-offs, the tiebreaker format for teams that are tied will be determined in the following order:

- Head to head competition.
- Flip of a coin/Draw names from a hat.

In sports where all teams DO NOT qualify for play-offs, the following rules will be applied in this order to resolve ties for final play-off positions:

- Tie between two teams - The winner of the regular season game receives the higher standings. This would also apply for ties for the final play-off position.
- Ties between two or more teams - The team(s) with the best win/loss record would receive the higher standing or receive the final play-off positions. If there continues to be more teams than play-off spots, the best win/loss record among the remaining teams will used to decide which teams advance.
- A tie for a final play-off spot in which head to head competition does not break the tie-record against common opponents will be used. The team with the better record against common opponents receives the higher standing.
- A tie for a final play-off spot in which head to head competition and record against common opponent does not break the tie-a one (1) quarter play-off (Soccer 15 minutes) will be held. If the game is still tied after one quarter of play: Football will go to the "10 yard" as in regular season; Soccer will go to the "Five (5) Penalty Shot" as noted under "Overtime in Play-Offs".
- Ties between teams that are guaranteed play-off positions and head to head does not break the tie, a flip of the coin will be used to break the tie.
- The appropriate CYM staff person will decide on specifics of the tie breaker if the above rules do not resolve play-off positions. At no time will points, offensively scored or defensively allowed, be given consideration in breaking the tie.

## Mouth Protector

**9.80 Anyone participating in a collision sport (basketball, football, soccer, and wrestling) that wears metal dental appliances such as braces must wear protective mouth guard.**

In the case of contact sports (cheerleading, cross country, baseball, softball, track & field and volleyball), wearing a mouth guard is recommended. The intra-oral tooth and mouth protector (mouth guard) shall be of any readily visible color other than white or clear. It shall include an occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portion and cover the posterior teeth with adequate thickness. NOTE – Game officials may waive the requirement that the color of the mouth guard be other than clear or white as long as the official can see that the individual is wearing a mouth guard.

### **Medical**

Medical history is collected as part of the requirements for Online Registration. This must be completed by a parent/guardian for ALL individuals who wish to participate in ANY CYM sport.

The Office for Catholic Youth Ministry does not mandate a doctor's physical or doctor's note to participate in any CYM Sport. However a parish/school has the authority to mandate a doctor's physical and/or a doctor's note for participation on athletic teams. It is the responsibility of the parent/guardian of the child to make sure that the child is physically, mentally and emotionally able to participate in the CYM sports program.

**9.81 In the event a parish/school mandates a doctor's physical or doctor's note for participation on a parish/school team in the CYM sports program, a doctor's opinion regarding a player's health and ability to participate in CYM athletic programs supersedes parent's authorization for a player to participate in CYM athletic program.**

**9.82 Any injury requiring treatment by a Physician or an injury resulting in the individual missing practice/contest must be reported to the CYM Office on Form I Injury/Incident Report by the head coach of the team. This form must be sent via fax (302-658-7617) or emailed ([catholicyouth@cdow.org](mailto:catholicyouth@cdow.org)) within 30 days of the injury. It is the responsibility of the head coach of the team to contact the CYM Office and confirm receipt of the report.**

It is strongly recommended that each team have a first aid kit available for practices and games.