

Sport Specific Rules

9.85 All coaches (head and assistant) in the CYM program must become thoroughly familiar with the Sport Specific Rules for the sports they coach. It is CYM policy that all Sport Specific Rules be followed for any CYM practice and/or contest.

Football

1. Practice Schedule/Physician Report
 - a. It is the responsibility of all coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and games. This includes coaches wearing CYM IDs at practices and games.
 - b. It is recommended, however no longer mandatory, that players be given a physical examination by a physician prior to their first day of practice.
 - c. Practices are NOT to be held on Sunday mornings.
 - d. Practices prior to Labor Day:
 - i. Teams may NOT practice more than five (5) days in a week (Monday-Sunday)
 - ii. Teams may NOT practice more than five (5) consecutive days (For example Fri/Sat/Sun one week and Mon/Tue/Wed the following week)
 - iii. Teams may NOT practice longer than two (2) hours in any one-day. Warming up, stretching, water breaks and cool-down activities are to be included in that two (2) hour period.
 - iv. Coaches are to closely monitor players for heat related symptoms and provide water breaks every fifteen (15) minutes during practices in August and September.
 - v. When the temperature is above 95 deg. F regardless of the relative humidity, only stretches, walk-through and blackboard sessions are permitted because of the high risk of heat related injuries and no equipment (especially helmets) is to be worn.
 - vi. When the sum of the temperature and relative humidity equals or exceeds 170 (For example 85 deg F and 85% relative humidity), only walk-through, stretching and blackboard sessions are permitted, again without equipment.
 - vii. For temperature and relative humidity information, coaches are to check on the Internet at www.weather.com and enter the zip code for the location of the practice.
 - e. During the first five (5) practices:
 - i. Practices must be spent on physical conditioning that can include on-field practice and conditioning drills
 - ii. Players are NOT to be involved in person to person contact drills
 - iii. Players are NOT to wear pads however they can wear helmets

- f. Football players:
 - i. Are NOT to be involved in physical contact prior to their sixth (6th) practice
 - ii. Are NOT to be involved in scrimmages prior to the eleventh (11th) practice
 - iii. That arrives after the first team practice may not be involved in physical contact prior to the sixth (6th) practice and may not be involved in scrimmages/games prior to the eleventh (11th) practice.
 - g. After Labor Day (1st Monday in September), football team practices will be restricted to the following:
 - i. All practices must end by 8:30 PM
 - ii. Practices may not be held on Mondays for both JV and Varsity teams.
 - iii. JV teams in addition to Monday must also eliminate a 2nd school night (Tuesday, Wednesday or Thursday) practice.
 - iv. VARSITY teams, after the 4th Sunday in September, must also eliminate a 2nd school night (Tuesday, Wednesday or Thursday) practice.
 - h. No team is permitted to play more than one (1) game and/or scrimmage per week (CYM or other) following the first (1st) week of CYM scheduled games. CYM recognizes that playing "B" games on Saturdays allows coaches to play individuals that get minimal playing time during Sunday games. It is the responsibility of the head coach to monitor playing time of all individuals to ensure the safety of each individual. See section 6g for additional rules on "B" games.
 - i. It is mandatory that football teams have at least one individual certified in CPR and one individual certified in first aid 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). A person that is certified in both CPR and First Aid is acceptable.
2. Weigh-Ins
- a. All players including linemen must have weight checked and recorded by the CYM Office prior to the beginning of their season.
 - b. Weigh-ins will be held on the Saturday after Labor Day at a time and location announced at the pre-season coaches meeting.
 - i. There will be no weigh-ins prior to the first Saturday after Labor Day. Requesting an exception due to extreme circumstances must be documented and approved by the CYM Football Coordinator and CYM Office.
 - ii. Requests for a make-up after games on the first Sunday after Labor Day must be submitted in writing by the head coach by email to the CYM Football Coordinator detailing the reasons for the request. Make up weigh-ins will be at the discretion of the CYM Football Coordinator.

- iii. Only special circumstances will be approved and CYM reserves the right to deny the request.
- c. All players including linemen must appear for weigh-ins wearing game day uniform jersey and gym shorts (no boxers) and must be identified by the head coach or designee. Weigh ins prior to the regular season and weigh ins prior to varsity playoffs, the following rules will apply:
 - i. An individual that elects to waive stepping on the scale will automatically be designated as "Restricted Lineman" for the regular season and playoffs
 - ii. Individuals prior to stepping on the scale may remove their uniform shirt however must at minimum be wearing gym shorts.
 - iii. Once a player steps on the scale provided by CYM, the weight is recorded with no 2nd attempts.
- d. The head coach must complete the CYM weigh-in log listing the name of each player, DOB and number of game jersey. If the player has two different numbers or home and away jersey, both must be listed clearly indicating which number for which color jersey.
- e. Once individuals arrived at the designated site (property) for weigh-ins, it is strictly prohibited for individuals scheduled to weigh in to do any physical activity until after the weigh in is complete. It is the responsibility of the head coach to make sure all parents/guardians of team players are aware of this rule.
 - i. Any individual observed by a CYM staff member or representative violating this rule will result in the individual being designated as a lineman for the season – NO EXCEPTIONS!
- f. Once the weight has been recorded, players will be eligible to participate in all regular season games, playoffs and championship games for positions allowing that weight. Weights listed in the CYM Football rules are "Recorded" weights at time of weigh in.
 - i. In the case of all varsity playoff games including championship games, the weight limit for playing any position is 135.0 pounds.
 - ii. Varsity players that weighed in prior to the start of their regular season and weighed in between 115.0 and 130.0 pounds must be weighed in prior to the first playoff game at a date/time/location announced by the Office for Catholic Youth Ministry.
 - iii. Varsity players required to weigh in prior to the playoffs as per section 2fii and are not over 135.0 pounds are eligible to play any position for all varsity playoff games including championship games.
 - iv. Varsity players required to weigh in prior to the playoffs as per section 2fii and weigh in over 135.0 OR fail to participate in the 2nd weigh in prior to the playoffs are designated "Restricted Lineman" for all playoff games including championship games.
 - v. Varsity players designated as "Restricted Lineman" for the regular season may not participate in the 2nd weigh in and must remain "Restricted Lineman" for playoffs and championship games.

3. Weight Regulations/Helmet Markings
- a. VARSITY - Any player who DOES NOT exceed 130.0 pounds may play ANY position. Players over 130.0 pounds will be considered RESTRICTED LINEMAN. In the case of participation in varsity playoffs, see section 2 f above.
 - b. JV – Any player who DOES NOT exceed 91.0 pounds (BACKFIELD) may play any position. Players who DO NOT exceed 106.0 pounds (END) may play ANY position EXCEPT OFFENSIVE BACKFIELD. Players over 106.0 pounds will be considered RESTRICTED LINEMAN.
 - c. JV – Any player considered to be an END (91.0 to 106.0 pounds) must have a helmet marking of tape running front to back of the helmet that is visible to game officials. It is strongly recommended that the tape run from the front to the back of the helmet with one (1) inch tape of contrasting color to the helmet. ENDS will not be allowed in the offensive backfield at the snap. ENDS must be positioned on the end of the offensive line.
 - d. JV & VARSITY - Any player considered to be a RESTRICTED LINEMAN must have a large “X” on the helmet that is visible to the game official. It is strongly recommended that the “X” tape run from the front to the back of the helmet with one (1) inch tape of contrasting color to the helmet. RESTRICTED LINEMAN must:
 - i. While playing offense, be in the center, guard or offensive tackle position. In addition, “X” men on the offensive line may not be the last individuals on that side of the line of scrimmage. In other words, a “non-X” man must cover the “X” men on the offensive line. The maximum number of “X” men allowed on the line of scrimmage is 5 (i.e., center, two tackles and two guards). Outside tackle to tackle, teams are limited to one stripper or either side of the ball.
 - ii. While playing defense, be in a three or four point stance on the line of scrimmage, no further off the line of scrimmage than one (1) foot, and no further outside than head up on the offensive tackle. The defensive player must move forward and cannot move back unless driven back by the offensive player or is in pursuit of the ball.
 - iii. JV RESTRICTED LINEMAN is no longer permitted to play the middle linebacker position.
 - iv. While on the receiving team on a kick-off or free kick after a safety, line up within 5 yards of the receiving team's restraining (between their 45 and 50 yard lines unless moved by penalty)
 - v. RESTRICTED LINEMAN will be no more than 15 yards away from the spot of the kick-off or free kick.
 - e. Violation of sections 3c and 3d:
 - i. If the game official rules that the helmet marking of a player (or players) is not visible at the time of the snap, the first offense is a 15 yard penalty for Unsportsmanlike Conduct to the head coach.

- ii. Player(s) in violation must be removed from the game and cannot enter until helmet(s) are properly marked.
 - iii. The coach must address concerns that helmet markings are not visible to game officials during the game. It is recommended that the head coaches inspect helmet marking of opposing players prior to the start of the game.
 - iv. CYM will not consider complaints or protests about helmet markings following games.
 - f. RESTRICTED LINEMAN is not permitted to run the ball under any circumstances. The ball will be blown dead at the spot of recovery or interception.
4. UNIFORMS AND NUMBERS – During games, players must wear the uniform number listed on the weigh-in log. In the event a change in number is needed due to damage to the uniform, lost jersey, etc. it is the responsibility of the head coach to notify the CYM Football Coordinator by Noon Friday prior to the next game by email and confirm receipt of the email. CYM will send out an email to all CYM head football coaches. In addition, the head coach must notify the head coach of the opposing team of the number change 30 minutes prior to the scheduled start of the game. If there is a number change required during the game, the coach is to notify the officials and opposing coach prior to the player entering the game. An individual found playing with a number different than the one listed on the weigh in log without meeting above notification deadlines will result in the following penalty:
- a. The team in violation will forfeit the game
 - b. The head coach will be suspended two (2) games
 - c. The second offense in a season will result in the team being rules ineligible for varsity playoffs/JV tournament and the head coach will be dismissed from the league.
5. ILLEGAL USE OF A PLAYER - Any player that exceeds the weight limits detailed in Section 3a and 3b fails to display the helmet markings as in Sections 3c and 3d and plays in a regular season or playoff contest may result in a forfeit of that game and disciplinary action taken against the coach.
6. Game Rules – JV and Varsity contests will be governed by the National Federation of High School Associations published rules for the paying year with the following exceptions and or additions:
- a. UNBALANCED LINE - Defensive linemen that are RESTRICTED LINEMAN by weight must line up with the five (5) interior offensive linemen regardless of where they are located on the field. The spot of the ball may not be the center of the line. This does not prevent Defensive Lineman that are NOT RESTRICTED LINEMAN from lining up in front of the snapper or other positions allowed by other CYM Football Rules. Violations will be penalized as under Rule 2f.

- b. The "end around" play is permitted in VARSITY PLAY ONLY as long as the end is not a RESTRICTED LINEMAN. JV is prohibited from using the end around play regardless of weight. Any JV player in the end or tight end position cannot receive the ball behind the line of scrimmage. Violations will be penalized as a live ball 5 yard penalty from the previous spot.
- c. A punter, who is a RESTRICTED LINEMAN (Varsity & JV) or END (JV ONLY), may not advance the ball beyond the line of scrimmage. In the event of a bad snap from center or a fumbled snap, the punter may run forward in an attempt to punt the ball. However the punter may not pass the ball or cross the line of scrimmage. Violations will result in an illegal procedure 5 yard penalty and loss of down.
- d. Fake Punt - When a player who is a RESTRICTED LINEMAN (Varsity & JV) or END (JV) is in punt formation, it is a LEGAL play to snap the ball to another player who is NOT a RESTRICTED LINEMAN (Varsity & JV) or END (JV) and that player is permitted to advance the ball, via a pass or run, on a fake punt. No other fake punt play is permitted from THIS FORMATION. Violations will result in an illegal procedure 5 yard penalty from the previous spot and loss of down. Other fake punt plays are permitted as long as no RESTRICTED LINEMAN (Varsity & JV) or END (JV) is in punt formation.
- e. ROUGHING THE SNAPPER - Federation Rule 9-4-5 reads: "A defensive player shall not charge directly into the snapper when the offensive team is in a scrimmage kick formation." Rule 2-14-1 defines scrimmage kick formation as "a formation with at least one player 7 yards or more behind the neutral zone and no player in position to receive a hand-to-hand snap from between the snapper's legs." This rule applies to punt formations, shotgun formations and field goal or extra point attempts as long as one player is 7 or more yards behind the neutral zone (line of scrimmage). In all cases the snapper is afforded protection.
- f. Games will consist of four (4) quarters that are eight (8) minutes in duration for JV games and ten (10) minutes in duration for Varsity games. Normal stop clock will be used. In the JV division, extra point rules will be the same as Federation rules.
- g. "B" games will be played the Saturday following regular season game. The home team coach is responsible for coordinating with the visiting team coach.
- h. In the event a game or games are cancelled due to weather and/or field conditions, rescheduling must be completed no later than Tuesday following the cancelled game. If the game cannot be rescheduled by Tuesday due to scheduling conflicts with school/church events or field availability, the game will not be played.
- i. EXTRA POINTS – In the Varsity Division only, the follow rules are in effect concerning extra points:
 - i. Successfully running or passing for extra points will result in one (1) team point
 - ii. Successfully kicking for extra points will result in two (2) team points

- iii. "X" men cannot hold the ball however "X" men can kick the ball.
- iv. "X" men in position to kick the ball cannot run the ball
- v. "X" men in position to kick the ball cannot block for a runner
- vi. In the event of a bad snap, fumble, etc, the "X" man can only fall on the ball to recover it.

7. Overtime/Play-offs VARSITY & JV

- a. All regular season games that end in a tie will play overtime to determine a winner. A maximum of two (2) overtime periods will be played during the regular season. During an overtime period, each team has the opportunity for an offensive series of downs. If the score remains tied after two (2) periods, the game will end in a tie. The overtime format will follow the "10-yard line overtime procedure" as described in the National Federation of State High School rules.
- b. In Varsity Playoffs, the above overtime procedure will continue until one team wins.
- c. "Play-Offs/Tie Breaker" section for tiebreaker rules will be in effect for 8 teams. With the anticipated addition of a 9th team for 2007, the following rules will apply for playoff format and tie breakers:
 - i. Regular season games will be scheduled the first Sunday after Labor Day
 - ii. The last regular season games will be scheduled the last Sunday in October
 - iii. Seeding and assignment to divisions will be based on the following:
 - 1. The number of wins for each team will dictate overall seed position.
 - 2. The top 4 teams will be assigned to Division I playoffs and the winner will be designated at the Diocesan champion.
 - 3. The next 4 teams will be assigned to Division II playoffs.
 - 4. The 9th team will not be eligible for post-season play.
 - iv. In the event of a tie between two or more teams, tie breakers will be as follows and in the following order:
 - 1. Head to head
 - 2. Record against common opponents
 - 3. In the case of a tie between 2 teams and section 1 & 2 do not break the tie, a flip of the coin will determine seed position and division assignment.
 - 4. In the case of a tie between 3 or more teams and section 1 & 2 do not break the tie, a draw of team names from the hat will determine seed position and division assignment.
 - v. The Director of CYM Sports reserves the right to make changes to the format if the director deems it to be in the best interest of the football program.

8. WEATHER CONDITIONS – During August and early Fall, coaches need to be aware of the potential for storms appearing during practices/games.

- a. During the day of your practice, check the Weather Channel for the local forecast

- b. During the day of your practice, check www.weather.com
 - c. If at the site or your practice/game, you hear thunder or observe lightning, suspend all activities and have everyone return to their cars or seek shelter in a building.
 - d. Wait a minimum of thirty (30) minutes during which thunder is not heard and lightning is not seen before considering resuming the practice/game.
9. ELECTRONIC EQUIPMENT – The use of electronic equipment (cell phone, radio, etc) to communicate with coaches and/or players is strictly prohibited. Violations will result in sanctions to be determined by the Office for Catholic Youth Ministry.
10. Spectators – If playing on a field that does not have a barrier separating spectators from the sideline, each team is required to rope off the bench area at least 10 yards in from the sideline. It is the responsibility of each coach to keep spectators off the sideline and under control.
11. Uniforms and Equipment
- a. All players must wear intra-oral tooth and mouth protector (guard) during practices and games. The mouth guard shall be of any readily visible color other than white or clear. See federation and CYM Mouth Guard rules for additional.
 - b. The JV Division will use the Wilson Stock #1360 model TDJ or equivalent. The Varsity Division will use the same "Youth" size football Wilson Stock #1300 model TDY or equivalent.
 - c. All teams must be in uniform and all players must wear equipment that meets the requirements detailed in rule number 1 of the National Federation rulebook.
 - d. The home team is responsible for padding goal posts and setting out field markings prior to the start of the game. No game will begin without padding on the posts. If the goal posts are not padded and/or field marking not set up ten (10) minutes after the scheduled start of the game, a forfeit win will be awarded to the visiting team.
 - e. All coaches and managers are required to wear a uniform hat/cap and a uniform jacket, sweater or shirt.
12. Restrictions
- a. All coaches and managers are required to remain within their team box. Violations will be penalized as defined in the National Federation Rule 9-9-3, first offense results in a warning, second offense will be a 5-yard penalty and each subsequent offense will result in a 15 yard unsportsmanlike penalty.
 - b. The head coach is to identify himself to the head official prior to the start of the game.
 - c. Only one (1) coach is permitted on the field of play during a time-out except in the event of an injury.
 - d. Only the team captain(s) may speak with the officials during a penalty.
 - e. The home team is responsible for manning the chains and the chains must be on the home side of the field.

Cross Country

1. Practice/Scrimmages/Meets

- a. It is the responsibility of ALL coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and meets. See Section #5 below. This includes coaches wearing CYM IDs at all practices and meets.
- b. Practices/scrimmages/meets are **NOT** to be held on Sunday mornings.
- c. Three (3) practices and/or scrimmages are permitted per week.
- d. Practices are to be no longer than two (2) hours in duration.
- e. Practices prior to Labor Day:
 1. Teams may NOT practice more than three (3) days in a week (Monday-Sunday)
 2. Teams may NOT practice more than three (3) consecutive days (For example Fri/Sat/Sun one week and Mon/Tue/Wed the following week)
 3. Teams may NOT practice longer than two (2) hours in any one day. Warming up, stretching, water breaks and cool-down activities are to be included in that two (2) hour period.
 4. Coaches are to closely monitor players for heat related symptoms and provide water breaks every fifteen (15) minutes during practices in August and September.
 5. When the temperature is above 95 deg. F regardless of the relative humidity, only stretches, walk-through and blackboard sessions are permitted because of the high risk of heat related injuries.
 6. When the sum of the temperature and relative humidity equals or exceeds 170 (For example 85 deg F and 85% relative humidity), only walk-through, stretching and blackboard sessions are permitted.
 7. For temperature and relative humidity information, coaches are to check on the Internet at www.weather.com and enter the zip code for the location of the practice.
- f. Scrimmages noted in line "b" above are any cross country meets other than a CYM scheduled meet.
- g. It is strongly recommended that cross country teams have at least one individual certified in CPR and one individual certified in first aid 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). A person that is certified in both CPR and First Aid is acceptable.

2. Meet Rules - National Federation of State High School Association Exceptions/Additions

- a. It is the responsibility of ALL coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and meets. See Section #5 below.

- b. CYM contests will permit "Phantom" runners to allow team competition for teams with less than agreed minimum runners. The rules for "Phantom" runners are as follows:
 - 1. The first phantom will count as the last runner completing the race +1
 - 2. Each team requiring a phantom will be given this same number.
 - 3. A second phantom runner would count as the last runner plus 2, and so forth.
 - 4. In the case of a tie between a team with no phantom and one with a phantom the tiebreaker goes to the team not requiring a phantom.
 - 5. If the tie is between teams each with one phantom, the tiebreaker goes to the team with the best scoring first runner.
 - 6. In the case of a tie between a team with one (1) phantom and one with two (2) phantoms, the tiebreaker goes to the team with one (1) phantom.
 - 7. Any tiebreaker beyond this point would go to the team having the fastest runner (lowest point position).
- c. The top five (5) runners for each team will determine team scoring for the CYM Championships. Runners from each team AFTER the 7th position for that team will not effect team scoring. The runner is dropped and all other runners move up one spot.
- d. The meet director will investigate complaints of rule violations during a race and after reviewing facts will have the authority to:
 - 1. Leave results with no changes or
 - 2. Adjust the order of finish or
 - 3. Disqualify a runner.
- e. It is recommended that meet directors provide details of their meet to other CYM coaches no later than two (2) weeks prior to the meet.
- f. The following rules will apply concerning non-CYM teams participating in a CYM Cross Country meet sponsored by a CYM parish/school:
 - 1. Non-CYM teams will be limited to two (2) CYM parish/school sponsored meets per season
 - 2. Invitation of non-CYM teams remains the discretion of the parish/school.
 - 3. The schedule for the season will be reviewed at the pre-season coaches meeting at which time a decision will be made as to which meets non-CYM teams may participate.
 - 4. If an individual is a member of a non-CYM team and a CYM team, the individual must run for the CYM team in any meet sponsored by a CYM program.
 - 5. Any non-CYM team participating in a CYM meet sponsored by a CYM parish/school must provide proof of liability insurance for the non-CYM team to the host meet director prior to the date of the meet.

6. Non-CYM teams are not eligible to participate in the CYM Cross Country Championships.
3. WEATHER CONDITIONS – Meet directors are responsible for making decisions on reporting and running a race. As a result, meet directors take the following steps on the day of your meet. The same applies for coaches and practices. On the morning of your race, check the Weather Channel for the local forecast
 - a. On the morning of your race, check www.weather.com
 - b. If at the site or your race, you hear thunder or observe lightning, suspend all activities and have everyone return to their cars or seek shelter in a building.
 - c. Wait a minimum of thirty (30) minutes during which thunder is not heard and lightning is not seen before considering starting a race.
 - d. Keep in mind that once the runners leave, you will not be able to get them back quickly so error on the side of caution.
4. CYM CHAMPIONSHIPS - An individual must run in a minimum of three (3) races listed on the CYM Cross Country regular season schedule to be eligible for the CYM Cross Country Championships.
 - a. In the case of an individual that begins a race and does not finish due to injury, illness or other reasonable circumstances, the race will count toward one of the 3 races needed to qualify for the championships.
 - b. In the case of an individual that begins a race and does not finish due to leaving to get to another sporting event, the race will NOT count toward one of the 3 races needed to qualify for the championships.
 - c. The CYM Office must approve any other exceptions.
5. The Office for Catholic Youth Ministry recognizes that the sport of Cross Country is unlike many CYM sports. Practices and meets are held in state or county park land with individual participants running on trails through wooded areas. The following guidelines are in place to assist coaches of cross country teams in following *For the Sake of God's Children* given the unique practice/meet needs:
 - a. Coaches are to review the [Frequently Asked Questions](#) section posted on the Athletics Page at CDOW.
 - b. Practices will require the stated number of cleared adults for the total number of children at the practice as listed in the FAQ section. In the event practices require splitting the group of runners into smaller groups, a minimum of two adults (one cleared) must be with each group.
 - c. In the case of spotters that direct runners during meets, two (2) adult spotters need to be at each location and they do NOT need to be cleared since they are only directing the runners and not coaching them.
 - d. In the case of sweepers that follow the last runner of a race in a meet, two (2) adults must be used and one (1) must be a cleared adult.
6. CYM Cross Country Rosters
 - a. Review the Roster section of the Athletic Handbook.
 - b. Cross Country Coaches must complete separate online rosters for JV Boys, JV Girls, Varsity Boys and Varsity Girls teams and 6th graders must be listed on one or the other – NOT BOTH.

- c. If a 6th grader is listed on a VARSITY ROSTER when the roster is submitted, that individual must stay on the VARSITY ROSTER throughout the season. NO CHANGING TO THE JV TEAM.
- d. If a 6th grader is listed on a JV ROSTER, the individual may be moved to the VARSITY ROSTER under the following conditions:
 - e. The request must be submitted by email to the CYM Office.
 - f. The email request must be received in the CYM Office no later than the deadline announced at the pre-season coaches meeting.
 - g. It is the responsibility of the coach sending the email to contact the CYM Office to verify that the email request for the change was received.
 - h. All coaches are reminded that JV Cross Country begins with 4th grade - ANY EXCEPTIONS MUST BE WITH THE APPROVAL OF THE CYM OFFICE!
- 7. It is recommended that anyone wearing metal dental appliances such as braces wear protective mouth guard.

Soccer

- 1. Practice Schedule/Scrimmage Games/Games
 - a. It is the responsibility of ALL coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and games. This includes coaches wearing CYM IDs at all practices and games.
 - b. Practices, scrimmages and games are **NOT** to be held on Sunday mornings.
 - c. Three (3) practices and/or scrimmages are permitted per week.
 - d. Practices are to be no longer than two (2) hours in duration.
 - e. Practices prior to Labor Day:
 - i. Teams may NOT practice more than three (3) days in a week (Monday-Sunday)
 - ii. Teams may NOT practice more than three (3) consecutive days (For example Fri/Sat/Sun one week and Mon/Tue/Wed the following week)
 - iii. Teams may NOT practice longer than two (2) hours in any one day. Warming up, stretching, water breaks and cool-down activities are to be included in that two (2) hour period.
 - iv. Coaches are to closely monitor players for heat related symptoms and provide water breaks every fifteen (15) minutes during practices in August and September.
 - v. When the temperature is above 95 deg. F regardless of the relative humidity, only stretches, walk-through and blackboard sessions are permitted because of the high risk of heat related injuries.
 - vi. When the sum of the temperature and relative humidity equals or exceeds 170 (For example 85 deg F and 85% relative humidity), only walk-through, stretching and blackboard sessions are permitted.

- vii. For temperature and relative humidity information, coaches are to check on the Internet at www.weather.com and enter the zip code for the location of the practice.
 - f. Scrimmages noted in line "b" above are any games other than a CYM scheduled game or a tournament game.
 - g. It is strongly recommended that soccer teams have at least one individual certified in CPR and one individual certified in first aid 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). A person that is certified in both CPR and First Aid is acceptable.
- 2. Game Rules - National Federation of State High School Association - Exceptions/Additions
 - a. Varsity and Junior Varsity games will consist of four (4) fifteen (15) minute periods. There will be two (2) minutes between quarters and half-time will be reduced to five (5) minutes.
 - i. Teams with eight (8) eligible players must begin the game. Additional players that arrive may be inserted into the game at the direction of the game official until the team reaches the normal number of players for a game as detailed in NFHS rules.
 - ii. If a team fails to have a minimum of eight (8) eligible players available to play fifteen (15) minutes after the scheduled start, a forfeit will be awarded. The teams may still play a game following the award of the forfeit with the game officials working same, however the game will stand as a forfeit regardless of the outcome or additional players arrive.
 - b. All Varsity and Junior Varsity players must play at least one (1) full continuous fifteen-minute period in regular season games. Exceptions to this rule include an injury, medical issues with the child, disciplinary reasons or special circumstances as agreed to by coaches of both teams. The spirit of the rule of each individual playing a minimum of fifteen (15) minutes must be followed.
 - c. Varsity Soccer Coaches will exchange with opposing coaches prior to a game a full listing of players on their team roster for all regular season games on the CYM Game Roster Form. Coaches are to note on the roster players that are missing or coming late and any exceptions to the mandatory play rule (injuries, sickness, disciplinary, etc.) Violations of this section will be reported to the CYM Office. The Soccer Coordinator will review circumstances with the Soccer Committee and recommend to the Director of CYM Sports the penalty (if any) for violations.
 - d. JV and Varsity soccer coaches are required to submit a soccer divisional placement form by the date announced at the pre-season coaches meeting. The divisional placement form will include the name, uniform # and grade of each player. It must also indicate if the player is a REP player and REP team name.

- e. The Soccer Committee will review all divisional placement forms and will make the final decision on divisional alignment and placement of teams in division. Once the divisional alignment is finalized, the Soccer Committee reserves the right to move a team up a division for playoffs if:
 - i. The divisional placement form contains incomplete or inaccurate information
 - ii. The final team roster has players on the roster that were not listed on the divisional alignment form
- f. The Soccer Committee will make final decisions on seeding in the event a team is moved up for playoffs.
- g. The home team, as designated on the schedule, is responsible for insuring that the playing field is lined and essential equipment (see below) is available.
- h. Each team will supply one (1) responsible linesman. Each team to assist with speeding up play will also provide a ball boy with ball.
- i. GAMES STOPPED DUE TO WEATHER/FIELD CONDITIONS - Regular season games stopped during the first half and not finished due to weather/field conditions will result in the game being rescheduled. The rescheduled game will be a full game with both teams starting the reschedule game with a 0-0 score. If the game is stopped during half time or during the 2nd half, the game will be considered a full game and score will stand. In the case of playoff games, the following rules will apply:
 - i. if the game is stopped during the first half and not finished, the game will be rescheduled as a full game with both teams starting with a 0-0 score
 - ii. if the game is stopped at half time or during the 3rd period, the game will be considered a suspended game. The full 3rd and 4th period of the suspended game will be played with the score being the same as when the game was stopped.
 - iii. if the game is stopped after the end of the 3rd period (during the time out between the end of the 3rd period and start of the 4th period) or during the 4th period and the score is NOT tied, the game will be considered a full completed game.
 - iv. if the game is stopped after the end of the 3rd period (during the time out between the end of the 3rd period and start of the 4th period) or during the 4th period and the score IS tied, the game will be considered a suspended game with teams playing a full 4th period with the same score.
 - v. if the game is stopped at any point during overtime format as described in section 5c i,ii,iii, teams will play the overtime format from the beginning as described in 5c (5 minute sudden victory, penalty shot, sudden victory penalty shot).
- j. CYM uses Federation (NFHS) soccer rules for substitutions. A copy of those rules will be provided to coaches. Coaches will need to bring a hard copy of CYM soccer rules and the Federation Substitution section to games.

3. BLOW OUT GAMES – In spite of the best of intentions to fairly align divisions, mismatches still may occur. CYM does recognize that there are occasions when the frustration of the players may indicate that it is in the best interest of the players on both teams to call a game. As a result, the following rules will be in effect for both Varsity and JV Soccer games:
 - a. If a team is losing a game by more than four (4) goals at half time, the coach of the losing team will have the option of requesting that the second half playing time be cut to fifteen (15) minutes.
 - b. If the coach of the losing team does elect the fifteen (15) minute second half, it is with the understanding that the second half goes back to a full thirty (30) minutes if the score difference becomes four (4) goals or less.
 - c. If during the second half the lead of the winning team increases, the coach of the losing team will have the option of calling the game and the responsibility of notifying the game official.
 - d. If the game is called at the request of the coach of the losing team, the score at the time the game is called will be the official score and will not be considered a forfeit.
 - e. Cutting the second half playing time should help when mismatches occur. Coaches of both winning and losing teams should work together and make every effort to play the game to the completion of the full second half (30 minutes) or shortened second half (15 minutes) when possible.
4. Equipment
 - a. Home teams are responsible for making sure nets and corner flags (five feet tall) are available. See National Federation Rule Book for specifics on corner flags.
 - b. Junior Varsity teams will use a #4 soccer ball in all games.
 - c. Varsity teams will use a #5 soccer ball in all games.
 - d. Shin guards under stockings are mandatory for all players.
 - e. Metal cleats are prohibited for all players.
 - f. Anyone wearing metal dental appliances such as braces must wear protective mouth guard. The mouth protector (mouth guard) shall be of any readily visible color other than white or clear.
5. Play-offs/Overtime - VARSITY DIVISION
 - a. Regular season games for both varsity and JV that end in a tie will stand as a tie and no overtime will be played.
 - b. In varsity playoffs, the time of play will be the same as regular season (4 fifteen minute periods). Every player suited must start a minimum of one quarter. A violation will result in the team forfeiting the game. DSOA game official will be responsible for completing a Mandatory Play Form marking off which quarter each player starts.
 - c. See "Play-Offs/Tie Breaker" section for tiebreaker rules as it pertains to the qualifying for play-offs.
 - d. Ties during play-off games will require overtime in determining a winner. Overtime will be played as follows and in the following order:

- i. ONE SUDDEN VICTORY FIFTEEN (15) MINUTE PERIOD - Prior to the start of this period, a flip of the coin will take place. The winner of the coin flip will decide if they want the ball first or which goal to defend. The first team that scores wins the game. If there is no score after the fifteen (15) minute sudden victory period, a two (2) minute break will take place prior to the start of Step #2 (Five Penalty Shot format.)
 - ii. FIVE (5) PENALTY SHOTS FOR EACH TEAM AT THE SAME GOAL - The game official will decide which goal to use. Five (5) kickers must be selected from the group of players last on the field at the end of sudden victory. The coach may substitute for goalie or other player as necessary from players who finished sudden victory overtime. A goalie may also be one of the five kickers. During the five (5) penalty shot format, teams will alternate kicks. The team with most penalty shots made wins. All other persons (players, parents, fans, etc.) MUST remain off the field and beyond the twelve (12) yard mark. Each team is responsible for compliance.
 - iii. SUDDEN VICTORY PENALTY SHOTS - Each coach will pick five (5) players from the group of players last on the field at the end of 15 minute sudden victory period (overtime Rule #1). The five (5) players can include players used in the five (5) minute penalty shot overtime (overtime Rule #2). As in Rule #2, the coach may substitute for goalie or other players as necessary from players who finished sudden victory overtime. Each team will have a player kick one (1) penalty shot. If one team scores and the other team do not score, the game is ended without more kicks taken. If the score remains tied, continue the sudden victory kicks with players from each team alternating kicks until a team wins.
- 6. WEATHER CONDITIONS – During August and early Fall, coaches need to be aware of the potential for storms appearing during practices/games.
 - a. During the day of your practice, check the Weather Channel for the local forecast
 - b. During the day of your practice, check www.weather.com
 - c. If at the site or your practice/game, you hear thunder or observe lighting, suspend all activities and have everyone return to their cars or seek shelter in a building.
 - d. Wait a minimum of thirty (30) minutes during which thunder is not heard and lightning is not seen before considering resuming the practice/game.
- 7. Postponements/Make-Up Games
 In the event a game is postponed due to inclement weather, the home team coach is responsible for coordinating the make-up game. If the game has not been played prior to the beginning of the play-offs, it will be considered "no contest." Since the 'no contest' may impact on making the play-offs and seeding in the play-offs, it is recommended that make-up games be rescheduled as soon as possible.

Volleyball

1. Practice Schedule/Scrimmage Games
 - a. It is the responsibility of all coaches to ensure that "*For the Sake of God's Children*" policies for Diocese of Wilmington are being followed at practices and games. This includes coaches wearing CYM IDs at all practices and matches.
 - b. Practices, scrimmages and matches are **NOT** to be held on Sunday mornings.
 - c. Three (3) practices and/or scrimmages are permitted per week.
 - d. Practices are to be no longer than two (2) hours in duration.
 - e. Practices prior to Labor Day:
 - i. teams may NOT practice more than three (3) days in a week (Monday-Sunday)
 - ii. teams may NOT practice more than three (3) consecutive days (For example Fri/Sat/Sun one week and Mon/Tue/Wed the following week)
 - iii. teams may NOT practice longer than two (2) hours in any one day. Warming up, stretching, water breaks and cool-down activities are to be included in that two (2) hour period.
 - iv. coaches are to closely monitor players for heat related symptoms and provide water breaks every fifteen (15) minutes during practices in August and September.
 - v. when the temperature is above 95 deg. F regardless of the relative humidity, only stretches, walk-through and blackboard sessions are permitted because of the high risk of heat related injuries.
 - vi. when the sum of the temperature and relative humidity equals or exceeds 170 (For example 85 deg F and 85% relative humidity), only walk-through, stretching and blackboard sessions are permitted.
 - vii. For temperature and relative humidity information, coaches are to check on the Internet at www.weather.com and enter the zip code for the location of the practice.
 - f. Scrimmages noted in line "a" above are any matches other than a CYM scheduled match or a tournament match.
 - g. It is strongly recommended that volleyball teams have at least one individual certified in CPR and one individual certified in first aid 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). A person that is certified in both CPR and First Aid is acceptable.
2. Games Rules - National Federation of State High School Association
JV/VARSITY/SENIOR - Exceptions/Additions
 - a. It is important to keep games starting on time.

- b. When coaches from both teams arrive and the official is available, a flip of the coin will take place to determine who serves first. The visiting team captain will make the call. Coaches will then make out their line up cards and give to the officials. The lineup card and the scorebook should not be completed until after the flip of the coin.
- c. The net height will be 7'4-1/8".
- d. There shall be no more than a three (3) minute intermission between games of a match.
- e. Each team will provide one responsible ADULT to act as line judge and assist the game official.
- f. Wearing jewelry, face paint and/or glitter is prohibited as per federation rules.
- g. When matches end early, the following match will start as soon as possible as directed by the game official. Teams are to report to the gym 15 minutes prior to the start of your match in the event of an early start.
- h. As per Federation rules, teams will be limited to a maximum of (18) substitutions per team per game. Players must remain in the same rotating order.
- i. SPORTSMANSHIP - Coaches are expected to assist game officials concerning unsportsmanlike conduct of players/spectators during games. Game officials will have the option of awarding serves for unsportsmanlike conduct and will be at the sole discretion of the officials.
- j. JUNIOR VARSITY Rules - The CYM Junior Varsity volleyball program is instructional. All suited players must have the opportunity to play. Winning games and matches should be secondary. Complaints concerning coaches not playing team members will be handled between the Office for Catholic Youth Ministry and the parish athletic association. National Federation of State High School Association will apply with the following Exceptions/Additions:
 - i. JV Volleyball rules will use Rally Point for scoring.
 - ii. All JV Volleyball Divisions will use the Lighter or Feather Weight volleyball for matches (7.0-7.1).
 - iii. For the first two (2) games of a JV volleyball match, the winning score will 25 points and must be won by two (2) points. In the third game, the winning score will be 15 points and must be won by two (2) points.
 - iv. JV volleyball matches will be best of three (3) games. The first team to win two (2) games wins the match. Playing additional games after the match is won will be at the discretion of the official however additional games may not extend beyond 15 minutes prior to the start of the next scheduled match.

- v. BUMP RULE - It is not mandatory that a serve be received with a bump according to Federation rules. However, Junior Varsity coaches are strongly encouraged to teach their players to use the bump when returning a serve. (A set shot off a serve is rarely done properly, even at the high school level, and a majority of the times will result in a violation and point/side out.)
- vi. **SERVE LINE FOR RED, WHITE & GREEN DIVISIONS** - The service line for RED, WHITE, YELLOW & GREEN JV divisions will be 25 feet from the net and within the 6 foot hash mark. The server may not violate the 25-foot service line. In all other JV divisions, calls for foot faults will be at the discretion of the game official. Any type of serve (Overhand, sidearm) is permitted.
- vii. **SERVE LINE FOR BLUE DIVISION (4TH GRADE TEAMS)** - The 15 foot service line may be used for Blue Division (4th grade teams) only. If the 15 foot service line is used, serves must be underhand. If the server uses the 25 foot line, foot faults will not be called if the serve is underhand. All other types of serves (Overhand, sidearm) are permitted from the 25 foot line however foot faults will be called.
- viii. The JV player does have the option to move back to the 30 foot line (back line). Servers using the 30 foot line (back line) may use the entire width of the court to serve.
- ix. From the 30-foot (back line), foot faults will not be called as long as the individual is within the 6-foot hash mark since the server has up to the 25-foot line to serve. Outside the 6-foot hash, foot faults will be called. Any type of serve is permitted.
- x. No one will be permitted to serve any more than five (5) points in succession. If a server reaches the limit, the players will rotate to allow the next girl to serve. The opposing team will not rotate in this situation. The serving team does NOT lose the serve.
- xi. Out of rotation during service will result in the serve being lost and the team will lose any points connected with the serve. The coach or official prior to the next serve must address this.
- k. VARSITY AND SENIOR DIVISION Rules - National Federation of State High School Association - Exceptions/Additions
 - i. Varsity and Senior Division will be Rally Point Rules.
 - ii. For the first two (2) games of a Varsity or Senior volleyball match, the winning score will 25 points and must be won by two (2) points. In the third game, the winning score will be 15 points and must be won by two (2) points.
 - iii. Varsity and Senior matches will be best of three (3) games. The first team to win two (2) games wins the match. Playing additional games after the match is won will be at the discretion of the official however additional games may not extend beyond 15 minutes prior to the start of the next scheduled match.
 - iv. During the play-offs, additional games will NOT be played after a team wins two (2) games and the match is won.

- v. Standings will be based on the number of matches won or lost. Coaches are reminded that games won/lost will not be used as a tiebreaker when determining play-off seeding and are encouraged to play as many players as possible.
- vi. The service line for the VARSITY DIVISION will be 30 feet from the net (back line). Servers may use the entire width of the court to serve. VARSITY PLAYERS MAY NOT MOVE UP TO THE 25 FOOT LINE.
- vii. The service line for the SENIOR DIVISION is 30 feet from the net (back line). Servers may use the entire width of the court to serve. SENIOR PLAYERS MAY NOT MOVE UP TO THE 25 FOOT LINE.

3. Equipment

- a. Kneepads are required for all players.
- b. It is recommended that anyone wearing metal dental appliances such as braces wear protective mouth guard.
- c. All JV divisions will use the lighter or featherweight volleyball (7.0-7.1).
- d. Varsity and Senior volleyball divisions will use the "standard" size volleyball (9.0-9.1).
- e. The visiting team is responsible for providing someone to operate the scoreboard. The home team may provide an operator if both coaches agree.
- f. The home team scorebook will be considered the official book. Each team should keep a scorebook and both should keep in constant contact during the game to make sure the score is correct. The visiting team scorebook may be used as the official score book if both coaches agree. FIRST POSITION ON THE RECEIVING TEAM WILL BE THE RIGHT FRONT. THIS IS DIFFERENT FROM THE SCORECARDS.
- g. Game officials are **NOT** responsible for keeping score!

Junior Varsity Basketball

BOYS AND GIRLS DIVISIONS

1. Practice Schedule/Scrimmage Games

- a. It is the responsibility of all coaches to ensure that "*For the Sake of God's Children*" policies for Diocese of Wilmington are being followed at practices and games.
- b. Once tryouts are completed and a team is selected, only three (3) practices and/or scrimmages are permitted per week.
- c. Practices are to be no longer than two (2) hours in duration.
- d. Scrimmages noted in line "b" above are any games other than a CYM scheduled game or a tournament game.
- e. Practices are **NOT** to be held on Sunday mornings.
- f. It is strongly recommended that teams 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).

2. Game Rules - National Federation of State High School Association
Exceptions/Additions
 - a. Games will be played in four (4) quarters that are five (5) minutes in duration with 5-minute half time. The clock will stop on all whistles. Each team is permitted three (3) full and two (2) 30-second time outs per game as per Federation Rules.
 - b. No overtime will be played. If the game finishes as a tie during the regulation time, it will remain a tie.
3. DIVISION I FULL COURT PRESS – The following rules will be in effect for Division I.
 - a. A team can press full court during the entire game if both teams have less than a ten (10) point lead.
 - b. If one team has a ten (10) point lead or more, both teams must pull back behind the "Top of the Arc Extended" and may not come out even after penetration. The "Top of the Arc Extended" is an imaginary line that runs from the top of the 3-point arc over to both sidelines.
 - c. Only **ONE TEAM** per parish/school will be permitted in this division. A parish can request not to have a team in this division but approval is subject to review of the Divisional Alignment Committee.
4. DIVISION II NON-PRESS – The following rules will be in effect for Division II.
 - a. This division will be for parishes/schools with 2nd/3rd/4th/5th teams etc.
 - b. The game officials will have the option of resetting the score at the end of each quarter in cases of mismatches.
 - c. Keeping the scorebook is required including individual and team fouls and federation rules will apply i.e., 5 fouls and the individual is disqualified.
 - d. **NO PRESSING PERMITTED** – For the first, second and third quarters', the defensive team must pull back behind the "Top of the Arc Extended" and may not come out even after penetration. During the last two (2) minutes of the 4th quarter, full court pressing is permitted as long as both teams have less than a ten (10) point lead. The "Top of the Arc Extended" is an imaginary line that runs from the top of the 3-point arc over to both sidelines.
 - e. Every effort will be made to cover games with CYM Officials in this division. However coverage is subject to availability of officials.
5. STALLING – Stalling violations will be a judgment call of the officials. Violations will result in loss of possession.
6. MANDATORY PLAY RULE – The Mandatory Play rule applies to Division I Full Court Press and Division II Non-Press Divisions.
 - a. Every player must sit out one (1) continuous quarter.
 - b. Violations of section 6a will result in one (1) technical foul being awarded and possession of the ball after the technical foul shot to the opposing team. The individual that is in violation must return to the bench.
 - c. Everyone must play the equivalent of one full quarter (5 minutes) but it does not need to be a continuous quarter. An exception to this rule will be for illness or disciplinary action. The coach must let the opposing coach know of the situation.
 - d. Reports of violations will be referred to the CYM Office.

- e. In order for a team to abide by the above #1 rule, a team must have seven (7) players. If the team has 5 or 6 players, the game may begin.
 - f. If the 7th player does not arrive by the start of the 2nd half, the game will be a forfeit. The score will be taken down from the scoreboard and the second half will be played with a running clock. The running clock will stop on foul shots and time outs. The game officials will stay for the second half.
8. Equipment
- a. Anyone wearing metal dental appliances such as braces must wear protective mouth guard. The mouth protector (mouth guard) shall be of any readily visible color other than white or clear.
 - b. The game ball for Grade School Junior Varsity Division is the Women's standard size basketball used at the high school level and described in Federation Rules.
 - c. The visiting team is responsible for providing someone to operate the clock. The home team may provide a clock operator if both coaches agree.
 - d. The home team scorebook will be considered the official book. Each team should keep a scorebook and both should keep in constant contact during the game to make sure the score is correct. The visiting team scorebook may be used as the official scorebook if both coaches agree.
 - e. Uniforms - each team should have shirts of the same solid color front and back with numbers on it.
 - f. In the event of two teams with the same color uniforms, a set of pinnies of a different color would be helpful and avoid delays in getting the game started.
 - g. Federation rules require that the color of T-shirts under the uniform shirt be the same color as the uniform shirt. CYM policy is that the color can be different unless the official feels it is a disadvantage to those on the opposing team.
 - h. Wearing jewelry during games is prohibited. It is the responsibility of the head coach to make sure players are aware of this rule. There are no exceptions to this rule.

Varsity Basketball

BOYS AND GIRLS DIVISIONS

- 1. Practice Schedule/Scrimmage Games
 - a. It is the responsibility of all coaches to ensure that "*For the Sake of God's Children*" policies for Diocese of Wilmington are being followed at practices and games.
 - b. Once tryouts are completed and a team is selected, only three (3) practices and/or scrimmages are permitted per week.
 - c. Practices are to be no longer than two (2) hours in duration.
 - d. Scrimmages noted in line "a" above are any games other than a CYM scheduled game or a tournament game.
 - e. Practices are NOT to be held on Sunday mornings.

- f. It is strongly recommended that teams 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).
2. Game Rules - National Federation of State High School Associations -
 Exceptions/Additions: The game will be played in four (4) quarters that are six (6) minutes in duration. The clock will stop on all whistles. Overtime will be played as per Federation Rules. There will be a five (5) minute half time. Each team is permitted three (3) full and two (2) 30-second time outs per game as per Federation Rules.
 - a. If a team has a 25-point lead or more over the opponent at the beginning of the second half or reaches a 25-point lead or more during the second half, the clock will run and will not stop except for time outs or as directed by the game official. This means that if the ball goes out of bounds, there is a foul called or a player is shooting a foul shot, the clock will continue to run.
 - b. If the lead drops below 15 points during the second half, rules return to normal stop clock. If the lead goes back to 25 points or more, the running clock rule returns.
3. DIVISIONAL ALIGNMENT – The basketball Divisional Alignment Committee will assign teams to divisions. Parish/school #1 team must be placed in the “C” Division, #2 teams will have the option of playing in the “Y” or “O” Division. All #3, #4, etc. teams must be placed in the “O” Division. If CYM determines that there are not enough teams to form an “O” Division, those teams in “O” will have the option of playing in the “Y” Division. Details of divisional alignment, including exceptions, will be announced at pre-season Primary Basketball Contracts meeting.
4. “C” & “Y” DIVISION PLAYOFFS - “C” and “Y” Division Playoffs will be a single elimination only. Alignment of divisions and format for playoffs will be announced at the pre-season Primary Basketball Contracts meeting.
5. “O” DIVISION – Teams in “O” Division will be placed in sub-divisions. (i.e., “O-1”/“O-2”/“O-3”) In the “O” Division, all suited players must play the equivalent of one (1) quarter unless CYM or the coach of the team has taken disciplinary action against the individual. Failure to comply will result in a forfeit. Teams in “O” Division will play a ten (10) game schedule with no playoffs. This does not prevent teams in “O” Division from playing in post-season tournaments sponsored by parishes/schools. {If a #1 team from a parish/school feels they are so weak that they could not play in the “Y” Division, they can request in writing to play down in “O” Division. Once approved, the team cannot move up to play in the playoffs. #2 teams from a parish/school may request in writing placement in the “Y” Division.}
6. Press Restrictions for Grade School Varsity

- a. In "C" and "Y" Divisions, pressing is permitted. However, once a team has achieved a fifteen (15) point lead, both teams may not press the opponent. Both teams must fall back on defense and allow the opponent to penetrate the "Top of the Arc Extended." The "Top of the Arc Extended" is an imaginary line that runs from the top of the 3-point arc over to both sidelines. Once the "Top of the Arc" is penetrated, the defense is no longer restricted. If, in the opinion of the game official, the offensive team begins to hold the ball (stall), then the official can direct the defensive team to come out and play defense.
- b. **BOYS "O" DIVISION – PRESSING RESTRICTIONS** – In "O" Division, pressing is permitted. However, once a team has achieved a fifteen (15) point lead, both teams may not press the opponent. Both teams must fall back on defense and allow the opponent to penetrate the "Top of the Arc Extended." The "Top of the Arc Extended" is an imaginary line that runs from the top of the 3-point arc over to both sidelines. Once the "Top of the Arc" is penetrated, the defense is no longer restricted. If, in the opinion of the game official, the offensive team begins to hold the ball (stall), then the official can direct the defensive team to come out and play defense.
- c. **GIRLS "O" DIVISION – PRESSING RESTRICTIONS** – During varsity "O" girls games, the defensive team must pull back behind the "Top of the Arc Extended." Once the offensive team penetrates the "Top of the Arc Extended," the defensive team may come out and play defense beyond the "Top of the Arc Extended." During the last two (2) minutes of the last quarter (and overtime if applicable), full court pressing is permitted as long as both team have less than a fifteen (15) point lead. If one team has more than a fifteen (15) point lead during the last two (2) minutes, both teams must pull back behind the "Top of the Arc Extended." The "Top of the Arc Extended" is an imaginary line that runs from the top of the 3-point arc over to both sidelines.
- d. **Violation of Press Rule** - The first offense will result in a verbal warning by the game official and the ball will be awarded to the offensive team at the spot closest to the violation. Any additional violations will result in the ball being awarded to the offensive team under their basket

7. Equipment

- a. Anyone wearing metal dental appliances such as braces must wear protective mouth guard. The mouth protector (mouth guard) shall be of any readily visible color other than white or clear.
- b. **BOYS DIVISION** - The game ball is the "standard" size men's basketball used at the high school level and described in Federation rules.
- c. **GIRLS DIVISION** - The game ball is the "standard" size women's basketball used at the high school level and described in Federation rules.
- d. The visiting team is responsible for providing someone to operate the clock. The home team may provide a clock operator if both coaches agree.

- e. The home team scorebook will be considered the official book. Each team should keep a scorebook and both should keep in constant contact during the game to make sure the score is correct. The visiting team scorebook may be used as the official score book if both coaches agree.
- f. Uniforms - Each team should have shirts of the same solid color front and back with numbers on it.
- g. In the event of two teams with the same color uniforms, a set of pinnies of a different color would be helpful and avoid delays in getting the game started.
- h. Federation rules require that the color of T-shirts under the uniform shirt be the same color as the uniform shirt. CYM policy is that the color can be different unless the official feels it is a disadvantage to those on the opposing team.
- i. Wearing jewelry during games is prohibited. It is the responsibility of the head coach to make sure players are aware of this rule. There are no exceptions to this rule.

Senior and Intermediate Basketball

BOYS AND GIRLS DIVISIONS

1. Practice Schedule/Scrimmage Games
 - a. It is the responsibility of all coaches to ensure that "*For the Sake of God's Children*" policies for Diocese of Wilmington are being followed at practices and games.
 - b. Once tryouts are completed and a team is selected, only three (3) practices and/or scrimmages are permitted per week.
 - c. Practices are to be no longer than two (2) hours in duration.
 - d. Scrimmages noted in line "a" above are any games other than a CYM scheduled game or a tournament game.
 - e. Practices are NOT to be held on Sunday mornings.
 - f. It is strongly recommended that teams 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).
2. Game Rules - National Federation of State High School Associations - Exceptions/Additions
 - a. The game will be played in two (2) halves that are twenty (20) minutes in duration. Overtime will be played as per Federation Rules.
 - b. The clock will continue to run and will stop only during time outs; all whistles during the last four (4) minutes of each half; or when directed by the official.
 - c. There will be a ten (10) minute half-time intermission.
 - d. Each team is permitted three (3) full and two (2) 30 second time outs per game as per Federation Rules.
 - e. There will be no playoffs for all Senior and Intermediate Divisions.
3. Press Restrictions for Intermediate and Senior Division

- a. No team, having achieved a fifteen (15) point lead, may press an opponent. They must fall back on defense and allow the opponent to penetrate the "Top of the Arc Extended" The "Top of the Arc Extended" is an imaginary line that runs from the top of the 3 point arc over to both side lines. Once the "Top of the Arc Extended" is penetrated, the defense is no longer restricted. If, in the opinion of the game official, the offensive team begins to hold the ball (stall), the official can direct the defensive team to come out and play defense.
 - b. Violation of Press Rule - The first offense will result in a verbal warning by the game official and the ball will be awarded to the offensive team at the spot closest to the violation. Any additional violations will result in the ball being awarded to the offensive team under their basket.
4. SENIOR BOYS EJECTIONS – The Senior Boys Basketball program has had a history of problems involving inappropriate conduct of players/coaches and lack of control on the part of the players. To prohibit such action in the future, the following sanctions have been added, effective July 1, 2000:
- a. No parish may have more than one (1) Senior Boys team during the season. Any exception will require the approval of the Office for Catholic Youth Ministry. Incidents involving that parish senior boys program during the prior program year and any other concerns will be discussed with the parish athletic association prior to any final decision by the Office for Catholic Youth Ministry.
 - b. The ejection of a player will result in the player receiving a minimum of two (2) games suspension. The team will also be placed on probation for the remainder of the season.
 - c. In the event any player on a team that is on probation as noted in "b" is ejected from a game, the team will forfeit all remaining games and the season will be terminated.
 - d. The ejection of an assistant coach will result in the dismissal of that assistant coach from coaching the Senior Boys team for the remainder of the season.
 - e. The ejection of a head coach will result in the following:
 - i. The team will immediately forfeit the game.
 - ii. All remaining games will be forfeited and the season will be terminated.

NOTE: The Athletic Tribunal reserves the right to review or lengthen any stated consequence with the exception of section 4.e.i. above. Members of the Athletic Tribunal will consist of the Diocesan Director, the appropriate CYM staff member and a representative of the Athletic Advisory Committee. All incidents involving the Senior Boys Division will be reviewed at the end of the season to determine the future of this league.

5. Equipment

- a. Anyone wearing metal dental appliances such as braces must wear protective mouth guard. The mouth protector (mouth guard) shall be of any readily visible color other than white or clear.
- b. BOYS DIVISION - The game ball is the "standard" size men's basketball used at the high school level and described in Federation rules.
- c. GIRLS DIVISION - The game ball is the "standard" size women's basketball used at the high school level and described in Federation rules.
- d. The visiting team is responsible for providing someone to operate the clock. The home team may provide a clock operator if both coaches agree.
- e. The home team scorebook will be considered the official book. Each team should keep a scorebook and both should keep in constant contact during the game to make sure the score is correct. The visiting team scorebook may be used as the official score book if both coaches agree.
- f. Uniforms - Each team should have shirts of the same solid color front and back with numbers on it. WEARING T-SHIRTS WITH SLEEVES RIPPED OFF IS PROHIBITED.
- g. In the event of two teams with the same color uniforms, a set of pinnies of a different color would be helpful and avoid delays in getting the game started.
- h. Federation rules require that the color of T-shirts under the uniform shirt be the same color as the uniform shirt. CYM policy is that the color can be different unless the official feels it is a disadvantage to those on the opposing team.
- i. Wearing jewelry during games is prohibited. It is the responsibility of the head coach to make sure players are aware of this rule. There are no exceptions to this rule.

Wrestling

1. Practice Schedule/Scrimmage Matches/Physician Report
 - a. It is the responsibility of all coaches to ensure that "*For the Sake of God's Children*" policies for Diocese of Wilmington are being followed at practices and games.
 - b. Three (3) practices and/or scrimmages are permitted per week. Practices may begin November 15th.
 - c. Practices are to be no longer than two (2) hours in duration.
 - d. Scrimmages noted in line "b" above are any matches other than a CYM scheduled match or a tournament match.
 - e. Practices are NOT to be held on Sunday mornings.
 - f. It is strongly recommended that headgear be worn at practices.
 - g. It is mandatory that wrestling teams 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).
2. Weight Classes/Restrictions

- a. Weigh-ins are to be completed with both teams represented by a coach listed on the team roster.
 - b. All wrestlers will weigh-in no more than one (1) hour before match time but no less than thirty (30) minutes before the scheduled start time. Individuals must weigh in wearing or having no more additional weight than a singlet worn by the wrestler. All wrestlers must be in line for weigh-ins once established weigh in time has been set unless approved by the CYM Wrestling Coordinator.
 - c. Each week, the coach will print out two (2) copies of the updated team weigh-in log provided by CYM. Each team shall present to the opposing coach the updated team weigh-in log prior to weighing in. Each coach will write in the actual weight for the wrestler in the appropriate column. For a wrestler on the roster that does not weigh-in, an "X" must be recorded in the block for that week. At the conclusion of the weigh-in, each coach will sign the form and place both copies with the scorebook. One copy of the form will be collected and sent to the CYM Office, updated and emailed back to the coach and the CYM Wrestling Coordinator prior to the next match.
 - d. During the established weigh in time period (See 2b above), it is strictly prohibited for wrestlers to do any physical activity until after weigh in is complete.
 - e. ENCOURAGING COMPETITORS TO LOSE WEIGHT IS STRICTLY FORBIDDEN.
 - f. The following weight classes will comprise an official match: 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 126, 133, 140, 150, 170 and heavyweight (minimum 169 pounds). NOTE - Super Heavyweight is not a required weigh class, however, if each team can fill the spot, it must be established at weigh-in if a match will occur.
 - g. A wrestler may not compete at more than one (1) weight class during an event. In addition, he may also not compete at a weight more than one (1) weight class above his recorded weight for that day. HEAVYWEIGHT DIVISION - The Heavyweight Division will be limited to wrestlers whose weight differences do not exceed 31 pounds. If the wrestlers weight differences do exceed 31 pounds, the wrestlers will NOT be permitted. If a heavyweight is listed as having weighed-in, a match shall occur if the above criteria are met. If each team has an individual weighed-in, but does not meet criteria, a forfeit will be awarded to each team.
 - h. Weight classes will increase one (1) pound at the first match in February and one (1) pound for the CYM Championships. Wrestlers must certify at the weight prior to receiving the one (1) pound increase.
 - i. Any team not able to fill a weight class will forfeit that particular weight class.
3. Match Rules - National Federation of State High School Association
Exceptions/Additions
- a. The first period will be one (1) minute in duration. The 2nd and 3rd period will be one and a half minutes in duration.
 - b. "Riding" time will not be recorded.

- c. Blood time for a nosebleed or cut shall be no more than five (5) minutes cumulative for the match.
 - d. Injury time shall be 1 ½ minutes cumulative for the match which can only be taken two (2) times. In addition, on the 2nd injury time out, the opposing wrestler will be given choice of position (neutral, top, bottom). If a 3rd injury time out is taken, a default will result.
 - e. Long hair is permitted as long as the hair is in approved head covering. No hairnets, bathing caps or stocking caps will be permitted. If hair falls out from under the headgear, the wrestler will get the opportunity to correct it. If hair continues to be a problem, the official may enforce the "adjustment time" rule under Federation Rules. Hair and grooming must comply with Rule 4 of the Federation rules.
4. CYM Championships
- a. CHAMPIONSHIP ELIGIBILITY - Each wrestler must weigh in no later than the 3rd Sunday of the CYM Wrestling Schedule to be eligible for the Championships.
 - b. CERTIFIED WEIGHT - Each wrestler will have until the 3rd Sunday of the CYM season to certify his lowest weight for the season. In addition, the wrestler must weigh-in at a minimum of half of the events at that weight in which he plans to compete in the CYM Championships. The wrestler will then be certified for that weight for seeding of the championships.
 - c. A seeding meeting will be held prior to the Championships. At the seeding meeting, the coach of the team must declare which weight class the wrestler will participate in for the championships. The wrestler may not wrestle in a weight class any higher than one weight class above certified weight (See Section b). THE WRESTLER MUST MAKE WEIGHT FOR THE WEIGHT CLASS IN WHICH HE IS SEEDED ON THE DAY OF THE CHAMPIONSHIPS.
 - d. Criteria for seeding of wrestler for the CYM Championships will be in the following order:
 - 1. Overall record minus forfeits
 - 2. Record in weight class
 - 3. Head to Head Matches
 - 4. Common Opponent
 - 5. Flip of a coin (tie breaker)
5. Equipment
- a. All wrestlers MUST wear headgear. Individual wrestlers are to wear the team singlet during CYM matches including the CYM championships.
 - b. Anyone wearing metal dental appliances such as braces must wear protective mouth guard. The mouth protector (mouth guard) shall be of any readily visible color other than white or clear.
6. Please note: The use of plastic material of any kind and/or diet aids or diuretics is strictly prohibited. It is the responsibility of each coach to uphold and enforce the letter and spirit of this rule. Failure to do so will result in disciplinary action by the Office for Catholic Youth Ministry.

7. Tournament - Open to all CYM wrestlers that qualify under Rule 4 as stated above.

Junior Varsity Softball

1. Practice Schedule/Scrimmage Games – Both Fast Pitch and Slow Pitch Divisions
 - a. It is the responsibility of all coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and games.
 - b. Three (3) practices and/or scrimmages are permitted per week.
 - c. Practices are to be no longer than two (2) hours in duration.
 - d. Scrimmages noted in line "a" above are any games other than a CYM scheduled game or a tournament game.
 - e. Practices are NOT to be held on Sunday mornings.
 - f. It is strongly recommended that teams 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).
2. Game Rules - National Federation of State High School Associations- **Please note:** Junior Varsity softball is the only CYM program that does not have independent officials umpiring games. Volunteer parents and/or spectators are used to umpire games. Coaches are expected to assist umpires by avoiding disputes on calls and are to show leadership and sportsmanship in controlling player/spectator conduct. - Exceptions/Additions
 - a. The below sections and subsections will indicate **(B)** if the rule applies to both Fast Pitch and Slow Pitch Divisions, **(FP)** if the rule applies to the Fast Pitch Division only or **(SP)** if the rule applies to the Slow Pitch Division only.
 - b. GENERAL JV SOFTBALL RULES
 1. (B) - A regular season regulation game will consist of six (6) innings. A game that is stopped due to weather, darkness or permit time expiring will be considered a completed regulation game if four (4) full innings have been completed. It will also be considered a completed game if three and a half (3 ½) innings have been completed and the home team is ahead. If less innings have been played, the game will be considered a suspended game and will be played on a later date from the point where the game was stopped.
 2. (B) - A team will consist of ten (10) players. However, a team may begin a game with but not less than nine (9) players. If a tenth player appears later, she may enter the game but must bat in the tenth position in the batting order.
 3. (B) - Infield fly rule is in effect for JV Fast Pitch Softball however it is NOT in effect in JV Slow Pitch Softball.
 - c. IN THE FIELD AND PITCHING

1. (B) - Four (4) outfielders must be used; three (3) must be on the grass outfield. If the 4th outfielder is used in the infield, that player must be placed behind 2nd base.
2. (B) – Pitchers are limited to three (3) warm-up pitches between innings.
3. (SP) – In the Slow Pitch Division, the pitcher must deliver the ball at a moderate speed. It must be an underhand delivery, below the waist, with a perceptible arch of at least three (3) feet from the ground. It must not reach a height of more than ten (10) feet from the ground at its highest point. The speed of the pitch is left entirely to the judgment of the umpire.
4. (FP) – In the Fast Pitch Division, a pitcher is permitted to use the normal windmill pitch delivery with no limitations on the speed of the pitch.
5. (B) – The pitching distance for both Fast Pitch and Slow Pitch is thirty-eight (38) feet.

d. BATTING

1. (SP) - A third strike is not charged to a batter on a foul ball in the Slow Pitch Division.
2. (SP) - In the JV Slow Pitch Division, the Continuous Batting Order is REQUIRED. All players must be listed in the batting order. Players may be substituted freely in the field and are unlimited. The batting order remains the same. In the event a player is hurt or must leave, an out is NOT recorded. The next player bats without penalty. Every effort should be made to play each individual in the field a minimum of two (2) innings.
3. (FP) - In the Fast Pitch Division, the Continuous Batter will NOT be in effect. However each player suited must play in the field a minimum of two (2) innings and bat at least once. A violation of this rule will result in a forfeit loss to the team that is in violation.
4. (B) - For both Fast Pitch and Slow Pitch Divisions, a team's turn at bat will be considered complete whenever one (1) of the following occurs:
 - a. Three (3) outs are recorded
 - b. The team has scored five (5) runs during a turn at bat. The maximum number of runs in an inning is five (5).
 - c. The tenth (10th) batter has completed a turn at bat which means all play has stopped and the next batter would be ready to bat.
 - d. Rules b and c will not apply for the final inning.
5. (FP) - In the Fast Pitch Division, a third strike is not charged to a batter on a swinging foul ball that is not caught.
6. (FP) - In the Fast Pitch Division, a batter may run to first if the batter strikes out and the catcher drops the ball. See Federation Rules for specifics of the rule.

7. (FP) - In the Fast Pitch Division, bunting is permitted. A foul ball on an attempted bunt with two (2) strikes will result in the batter being called out.
8. (SP) - In the Slow Pitch Division, bunting is prohibited.
9. (FP) - In the Fast Pitch Division, a designated hitter (DH) rule is optional. The "DH" bats for a player in the field. The player in the field does not bat. If a coach wants to use the "DH", the decision must be made at the beginning of the game. Once the game starts, the "DH" cannot be started. See Federation Rules.
10. (FP) - The extra player "EP" rule (Extra Player 11th batter/10 fielders that bat) is PROHIBITED for the JV Fast-Pitch Division

e. RUNNING BASES

1. (B) - For both Fast Pitch and Slow Pitch Divisions, a substitute runner WILL be used for a catcher on base with two (2) outs. The substitute runner will come from a player on the bench who is not playing defense in the field. If there are no players available, the substitute will be the player who made the last out. This rule assists in speeding up play by allowing the catcher to return to the dugout and put on equipment.
2. (SP) - For the Slow Pitch Division, base runners must stop when any infielder has control of the ball IN THE INFIELD, and is not attempting to put out any runner. If the runner is more than halfway to the next base when the defensive player gains control of the ball, the runner is awarded the next base. Otherwise, the runner goes back to the prior base.
3. (FP) - For the Fast Pitch Division, base runners must stop when any the pitcher has control of the ball IN THE PITCHERS MOUND AREA. If a runner is more than halfway to the next base when the pitcher gains control of the ball in the pitchers mound area, the runner is awarded the next base. Otherwise, the runner goes back to the prior base.
4. (SP) - For Slow Pitch Division, a runner is allowed one base advance on an infield out (i.e., a runner on first and the batter grounds out to the first baseman). The runner on first can move to second, but cannot advance to third base because the ball is controlled by an infielder. (The important thing to remember is control by the infielder.) This rule does not apply for the Fast Pitch Division.
5. (SP) - In the Slow Pitch Division, sliding is not permitted. Players sliding will be declared automatically out. Runners must avoid contact with the fielder. Failure to avoid contact will result in the runner being declared automatically out. If the runner intentionally runs into the fielder, the runner will be ejected from the game.

6. (FP) - In the Fast Pitch Division, sliding is permitted. Runners must avoid contact with the fielder. Failure to avoid contact will result in the runner being declared automatically out. If the runner intentionally runs into the fielder, the runner will be ejected from the game.
 7. (FP) - In the Fast Pitch Division, stealing a base is permitted. However the runner cannot leave the base to steal until the ball leaves the pitchers hand.
3. Equipment - This section applies to both sections.
 - a. It is recommended that anyone wearing metal dental appliances such as braces wear protective mouth guard.
 - b. All catchers must wear a mask with throat protector, chest protector, head protector and shin guards.
 - c. Individuals warming up the pitcher between innings must wear a head protector and mask with throat protector.
 - d. Players who are batting, waiting on-deck, running the bases or coaching a base must wear batting helmets with NOCSEA approved face protector. "Meets NOCSEA standard" must be permanently affixed to the face protector. In addition, the use of chinstraps is mandatory.
 - e. Metal cleats are prohibited for all players.
 - f. The home team is responsible for providing bases and a pitching rubber. Bases are to be sixty (60) feet apart. The pitching distance is to be thirty eight (38) feet.
 - g. The home team and the visiting team will each provide one (1) game ball to the umpire. The softball used for JV divisions will be twelve (12) inch ball and read "COR .44" on the ball. The color of the ball or the stitching does not matter.
 - h. All bats must be ASA approved and not listed on the "banned" bat list. The ASA certification mark must appear on the bat. The website for "banned" bats is www.asasoftball.com.
 4. SOFTBALL FIELDS - CYM uses New Castle County softball fields. Permits during the week normally run from 4:00 pm to 5:45 pm. As a result, games being played on a NCC Field will not start an inning after 5:30 pm. If there are no teams waiting to play at 5:45 pm, the CYM game can continue. In order to get games completed, coaches are asked to get players to the field early, start games on time and keep players moving between innings.
 5. Postponements/Make-up Games (B): In the event a game is postponed due to inclement weather, the home team coach is responsible for coordinating the make-up game. Rescheduling of games is to be completed within 48 hours.

Fast Pitch Varsity Softball

1. Practice Schedule/Scrimmage Games
 - a. It is the responsibility of all coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and games.
 - b. Three (3) practices and/or scrimmages are permitted per week.

- c. Practices are to be no longer than two (2) hours in duration.
 - d. Scrimmages noted in line "a" above are any games other than a CYM scheduled game or a tournament game.
 - e. Practices are NOT to be held on Sunday mornings.
 - f. It is strongly recommended that teams 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).
2. Game Rules - National Federation of State High School Associations - Exceptions/Additions
- a. GENERAL VARSITY FAST PITCH RULES
 - 1. A regular season regulation game will consist of six (6) innings. A game that is stopped due to weather, darkness or permit time being expired will be considered a completed regulation game if four (4) full innings have been completed. It will also be considered a completed game if three and a half (3 ½) innings have been completed and the home team is ahead. If less innings have been played, the game will be considered a suspended game and will be played on a later date from the point where the game was stopped.
 - 2. A team will consist of ten (10) players (10 in the field and 10 batting). However, a team may begin a game with but not less than nine (9) players. If a tenth player appears later, she may enter the game but must bat in the tenth position in the batting order. If a team has less than nine (9) players fifteen (15) minutes after the scheduled start of the game, the game will be considered a forfeit loss for the team with less than nine (9) players.
 - 3. In a regular season game, if a team has a ten (10) run lead at the completion of four (4) innings, the game will be considered a completed, regulation game.
 - 4. Re-Entry - A starting player may be withdrawn from the game and re-inserted one (1) time. That starting player must occupy the same batting position. The starting player and her substitute may not be in the game at the same time. Once a substitute has been withdrawn, she may not re-enter the game. The only exception would be for an injury. A starting player, once withdrawn, may not re-enter the game until a minimum of six (6) outs are recorded. (1 Full inning - 3 outs home team and 3 outs visiting team). If the six (6) out rule is violated, the opposing coach MUST bring the violation to the attention of the umpire IMMEDIATELY. The starting player will then be made to sit the full six (6) outs.
 - b. PLAYOFFS FOR VARSITY FAST PITCH
 - 1. In play-off competition, all games will consist of seven (7) full innings. Suspended games must be played from the point the game was stopped.

2. In play-off competition, if a team has a ten (10) run lead at the completion of five (5) innings, the game will be considered a completed, regulation game.
3. See section d-5 for batting during playoffs.

c. PITCHING

1. Pitchers are limited to three (3) warm-up pitches between innings.
2. The pitching distance is to be forty (40) feet.

d. BATTING

1. A third strike is not charged to a batter on a swinging foul ball that is not caught.
2. A batter may run to first if the batter strikes out and the catcher drops the ball. See Federation Rules for specifics of the rule.
3. Bunting is permitted. A foul ball on an attempted bunt with two (2) strikes will result in the batter being called out.
4. Continuous Batting Order is prohibited.
5. During the regular season and playoffs, a team's at bat will be completed on the third out or when the tenth (10th) batter has completed a turn at bat which means all play has stopped and the next batter would be ready to bat. This will NOT be in effect in the last inning of the game (regular season or playoffs) and WILL NOT be in effect during any extra innings of a regular season or play-off game.
6. The designated hitter (DH) rule is optional. The "DH" bats for a player in the field. The player in the field does not bat. If a coach wants to use the "DH", the decision must be made at the beginning of the game. Once the game starts, the "DH" cannot be started. See Federation Rules.
7. The extra player "EP" rule (Extra Player 11th batter/10 fielders that bat) is PROHIBITED for the Varsity Fast-Pitch Division.

e. RUNNING BASES

1. A substitute runner WILL be used for a catcher on base with two (2) outs. THE SUBSTITUTE RUNNER MUST COME FROM A PLAYER ON THE BENCH WHO HAS NOT BEEN IN THE GAME. The runner will not be charged with a game appearance. If there are no bench players available, the substitute will be the player who made the last out. This rule assists in speeding up play by allowing the catcher to return to the dugout and put on equipment.
2. Stealing is permitted. The runner cannot leave the base until the pitcher releases the ball.
3. Sliding is permitted. A base runner is out when the runner does not slide or attempt to get around a fielder who has the ball and is waiting to make the tag. If the runner maliciously runs into the fielder, the runner will be ejected from the game.

3. Equipment

- a. It is recommended that anyone wearing metal dental appliances such as braces wear protective mouth guard.

- b. All catchers must wear a mask with throat protector, chest protector, head protector and shin guards.
 - c. Individuals warming up the pitcher between innings must wear a head protector and mask with throat protector.
 - d. Players who are batting, waiting on-deck, running the bases or coaching a base must wear batting helmets with NOCSEA approved face protector. "Meets NOCSEA standard" must be permanently affixed to the face protector. In addition, the use of chinstraps is mandatory.
 - e. Metal cleats are prohibited for all players.
 - f. The home team is responsible for providing bases and a pitching rubber. The bases are to be sixty (60) feet apart. The pitching distance will be forty (40) feet.
 - g. The home team and visiting team will each provide one (1) game ball to the umpire. The softball used for Varsity Division will be a twelve (12) inch ball and will read "COR .47" on the ball. The color of the ball or the stitching does not matter.
 - h. All bats must be ASA and not listed on the "banned" bat list. The ASA certification mark must appear on the bat. The website for "banned" bats is www.asasoftball.com.
4. SOFTBALL FIELDS: CYM uses New Castle County softball fields. Permits during the week normally run from 4:00 pm to 5:45 pm. As a result, games being played on a NCC Field will not start an inning after 5:30 pm. If there are no teams waiting to play at 5:45 pm, the CYM game can continue. In order to get games completed, coaches are asked to get players to the field early, start games on time and keep players moving between innings.
5. Postponements/Make-up Games
- a. In the event a game is postponed due to inclement weather, the home team coach is responsible for coordinating the make-up game. Rescheduling of games is to be completed within 48 hours of the cancellation. If the game has not been played prior to the beginning of the seeding for play-offs, it will be considered "no contest."
 - b. If the CYM Softball Coordinator has not heard from either coach within 48 hours, the game will be assigned on the next available date including weekends.
6. DIVISIONAL ALIGNMENT – In the Varsity Fast Pitch Division, it has been the experience of coaches and CYM softball coordinators that the difference between a team being placed in division one or division two is a good pitcher in the varsity fast pitch program. It is the responsibility of coaches to request division one by the announced deadline if they have a good pitcher or to inform the CYM office or CYM Softball Coordinator if they have a question about divisional placement. If a team with an exceptional pitcher is found to be playing in division two, CYM will evaluate the situation and reserves the right to move said team to division one for playoffs.

Baseball

1. Practice Schedule/Scrimmage Games

- a. It is the responsibility of all coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and games.
 - b. Three (3) practices and/or scrimmages are permitted per week.
 - c. Practices are to be no longer than two (2) hours in duration.
 - d. Scrimmages noted in line "a" above are any games other than a CYM scheduled game or tournament game.
 - e. Practices are NOT to be held on Sunday mornings.
 - f. It is strongly recommended that teams 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 and accredited institution (i.e., Red Cross, American Heart Association)
2. Game Rules - National Federation of State High School Association - Exceptions/Additions
 3. GENERAL RULES FOR BASEBALL
 - a. For regular season, games will consist of seven (7) innings for "C" Division and six (6) innings for "Y" Division(s). For all Divisions a game that is stopped due to weather, darkness or permit time being expired will be considered a completed regulation game if four (4) full innings have been completed. It will also be considered a completed game if three and a half (3 ½) innings have been completed and the home team is ahead. If less innings have been played, the game will be considered a suspended game and will be played at a later date from the point where the game was stopped. Coaches for both teams are to have the umpire sign their scorebooks noting the point and reason the game was stopped. In the "C" Division, if a team has a ten (10) run lead at the completion of five (5) innings, the game will be considered a completed, regulation game. The "Y" Division(s) will be four (4) innings.
 - b. Re-entry Rule - Any starting player(s) may be withdrawn and then re-enter a game. The player must occupy the same position in the batting order from which he/she vacated. A substitute who is withdrawn may not re-enter the game. The provisions of Federation Rules govern removal of the starting pitcher if he/she is withdrawn while on the mound pitching. However, if the starting pitcher is replaced using a batter (DH) or base runner (Courtesy runner), he/she may re-enter the game immediately as the pitcher.
 - c. For "Y" Division(s), there will be a limit of ten (10) batters per inning. The tenth (10th) batter may be intentionally walked. This rule will not apply during the last inning of the game and for all "C" Division games. On Saturdays and Sundays, more than one game will be scheduled at many fields. No game may begin an inning later than fifteen (15) minutes prior to the scheduled start of the next game.
 - d. When inter-divisional play occurs and a "Y" team plays a "C" Division team, "C" Division rules will apply.
 4. PITCHING

- a. A pitcher may pitch no more than nine (9) innings in a calendar week. A calendar week will be Monday through Sunday. (NOTE: The rule that allowed 7 innings plus 3 extra innings in one game has been eliminated).
 - b. If a pitcher delivers one (1) pitch in an inning, that will constitute one (1) inning pitched.
 - c. A pitcher must have a minimum of two (2) days rest between pitching assignments in which he/she has pitched more than three (3) innings. (Example - a pitcher, who pitches in more than three (3) innings of a Sunday game, may not pitch again until Wednesday.)
 - d. Games in which an ineligible pitcher has been used as specified in above section shall be declared forfeited.
 - e. Pitchers may start practice one week earlier (March 8th) than normal starting date (March 15th). This is to practice pitching ONLY. The pitcher must have completed a winter sport play-off where applicable.
 - f. Trips to the mound as per Federation Rules. Any questions a coach has about infield conferences should be reviewed with umpire prior to the game.
5. BATTING
- a. The use of the extra batter (EB) as a tenth (10th) player is optional to each manager. If the "EB" is used, the re-entry rule (See a3 above) will apply to this player also. Once the decision is made, it remains in effect for the entire game.
 - b. The use of the designated hitter (DH) rule is optional. The "DH" bats for a player in the field. The player in the field does not bat. IF A COACH WANTS TO USE THE "DH", THE DECISION MUST BE MADE PRIOR TO THE START OF THE GAME. Once the game starts, the "DH" cannot be started. See Federation Rules.
 - c. Once the batting ORDER is established, the batting ORDER NEVER CHANGES.
6. RUNNING BASES
- a. Courtesy Runner - A courtesy runner is optional for a pitcher and catcher at any time. The courtesy runner for the catcher is strongly recommended to assist in speeding up play by allowing the catcher to return to the dugout and put on the equipment. The courtesy runner must come from a player on the bench who has not been in the game or is not currently in the game. If a team is using all available players in the game and there are no substitutes, the player that made the last out can be used as the courtesy runner. The same courtesy runner can be used more than once in a game and in the same inning (i.e., A pitcher and catcher bat and reach base in the same inning). The same courtesy runner can be used for both.
 - b. A base runner is out when the runner does not slide or attempt to get around a fielder who has the ball and is waiting to make the tag. If the runner maliciously runs into the fielder, the runner will be ejected from the game.
7. PLAYOFFS

- a. In the "C" play-offs, all games will consist of seven (7) full innings. In the "Y" playoffs, all games will consist of six (6) full innings.
 - b. Suspended games must be played from the point the game was stopped. Coaches for both teams are to have the umpire sign their scorebooks noting the point and reason the game was stopped.
 - c. Pitcher Rules for playoff competition for all divisions will be the same as regular season Pitching Rules (See Section 3 above) with the following exceptions: "C" Division pitchers are limited to seven (7) in a week and "Y" Division pitchers are limited to six (6) innings per week pitch.
 - d. Violation of rules above will result in a forfeit of the game.
 - e. CYM baseball section 3c will apply for playoffs.
8. EQUIPMENT
- a. It is recommended that anyone wearing metal dental appliances such as braces wear protective mouth guard.
 - b. The baseball used for games will be the "Babe Ruth" or "Senior League" baseball. Any brand of "Babe Ruth" or "Senior League" baseball can be used. Each team will provided one (1) game ball.
 - c. Only bats legal under "Federation" rules are permitted for CYM, effective March 1, 2008.
 - 1. Only Federation approved bats are permitted in team dugout. Illegal bats are not permitted in the team dugout.
 - 2. A player that enters the batter's box with an illegal bat will be ejected from the game. During the season, a second player with an illegal bat will also be ejected. In addition, the coach of the team will be suspended for two (2) games.
 - d. All catchers must wear a mask with throat protector, chest protector, head protector, protective cup and shin guards.
 - e. Players who are batting, waiting on-deck, running the bases or coaching a base must wear batting helmets. Chinstraps are recommended.
 - f. The home team is responsible for the bases.
 - g. Metal cleats are permitted beginning in spring 2007.

Track & Field

- 1. Practice Schedule/Scrimmage Meets
 - a. It is the responsibility of all coaches to ensure that *For the Sake of God's Children* policies for Diocese of Wilmington are being followed at practices and games.
 - b. Three (3) practices and/or scrimmages are permitted per week.
 - c. Practices are to be no longer than two (2) hours in duration.
 - d. Scrimmages noted in line "a" above are any meets other than a CYM scheduled meet.
 - e. Track meets and practices are NOT to be held on Sunday mornings.

- f. It is strongly recommended that teams have at least one individual certified in CPR present at all practices and meets. 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).
2. Meet Rules - National Federation of State High School Association
Exceptions/Additions
 - a. Events for CYM Relay Carnival and CYM Championships are determined by grade and gender. Groupings are as follows:
 1. Group A – 3rd/4th Grades 400 Meter Event. CARNIVAL RELAYS ONLY
 2. Group B – 3rd/4th Grades 800 Meter Event. CARNIVAL RELAYS ONLY
 3. Group I - Up to and including 5th grade
 4. Group II - Up to and including 6th grade
 5. Group III - Up to and including 7th grade
 6. Group IV - Up to and including 8th grade
 - b. A contestant can compete up, however cannot compete down.
(Example - a 7th grader can compete in Group IV, however an 8th grader cannot compete in Group III.)
 - c. A contestant may compete up a maximum of two grade levels.
(Example - a 5th grader may compete at the Group III (7th grade level) but NOT at Group IV (8th level).)
 - d. Times for all running events for both Relay Carnival and CYM Championships will be by Federation rules, which round any hundredth up to the next tenth.
 3. Relay Carnival
 - a. Relay events will be held in 400 Meter, 800 Meter, Sprint Medley (2x100, 1x200, and 1x400) and Distance Medley (1x400, 2x200, 1x800) for all four (4) groups.
 - b. Participants may compete in two (2) relay events and one (1) field event. The two (2) relay events must be different events (i.e., A runner may participate in one (1) 400 Meter and one (1) Sprint Medley). A runner that is in 6th grade may NOT participant in a 6th grade 400 Meter and a 7th grade 400 Meter.
 - c. Field events for the CYM Carnival Relays will consist of the Long Jump, High Jump and Shot Put. Field events are team events consisting of two (2) contestants. Each contestant will jump three (3) times. The team scores for the long jump, high jump and shot put will be the sum of the best jumps for each contestant on that team. Each parish/school may enter a maximum of one (1) boys team and one (1) girls team in the following groups:
 1. LONG JUMP - ALL FOUR GROUPS
 2. HIGH JUMP - Group III (7th) and Group IV (8th)
 3. SHOT PUT - Group III (7th) and Group IV (8th)

- d. Each parish/school may enter a maximum of two (2) boys teams and two (2) girls teams per RELAY event including Group There will be no limit on the number of teams a parish/school may enter in Group "A" for Carnival Relays.
 - e. There will be NO team scoring for the Relay Carnival
4. CYM Championships
- a. A contestant may participate in one (1) sprint, one (1) relay and one (1) field event.
 - b. Sprint events will consist of 100 meter, 200 meter, 400 meter, 800 meter and a one (1) mile race. The one-mile race will be the same as all other sprint events for all four (4) Groups. Each team may enter two (2) contestants per event. The 100-meter race will have semi-finals and then finals for the top six (6) runners from the semi-finals. The 60-meter has been eliminated.
 - 1. All runners in sprint events will be entered as unseeded (NS) unless the individual participates in a qualifier race in a meet that is announced at the pre-season coach's meeting. In such cases, the individual's qualifying time may be used.
 - 2. If an individual does not participate in a qualifying race, the individual can still run in the sprint event, but must be entered as unseeded (NS).
 - c. The relay events will consist of 400 meter and 800 meter and will be held for all four (4) Groups. Each team may enter two (2) relay teams for each Group (i.e., A team may enter one (1) 400 and one (1) 800 team OR two (2) 400 teams OR two (2) 800 teams).
 - 1. There are no qualifying races for relays. Coaches may enter a relay time using times from practices or races in other meets (i.e., Carnival Relays, etc.).
 - 2. Any questioning of times submitted by another coach will be reviewed by CYM staff and coaches, at which point, CYM will make a final decision on allowing the times submitted.
 - d. The field events will consist of the Long Jump (All Groups), Shot Put (Groups III and IV) and High Jump (Groups III and IV). All field events for the CYM Championships are individual and NOT team events as in the carnival relay long jump. Each team may enter two (2) contestants per event. CYM will post the starting time field events, however reserves the right to start earlier than posted.
 - e. Scoring for CYM Championships will be Federation as follows: ten (10) points for 1st place, eight (8) points for 2nd place, six (6) points for 3rd place, four (4) points for 4th place, two (2) points for 5th and one (1) point for 6th place. No doubling of points for relays.
 - f. Teams will be divided into two (2) divisions for the championships based on the number of individuals on the team roster.
 - 1. Division 1 will consist of teams with the most individuals on the team roster
 - 2. Division 2 will consist of the remaining team.

3. Once rosters are locked, the divisions will be set. If there is an even number of teams, the split will be half less one for Division 1. For example, 14 teams split even at 7 less one will mean that the top 6 teams will be Division 1.
4. All remaining teams will be assigned to Division 2.
5. If a team is assigned to Division 2, the team can elect to move up to Division 1 by giving notice to CYM no later than one week from the time divisions is announced.
6. If there are two or more teams with the same number of individuals on the team roster and tied for the last spot in Division 1, both or all teams will be assigned to Division 1.
- g. The use of an illegal runner in any event, regardless of finish or points awarded, will result in the forfeit of that and the forfeit of any team trophies.
- h. An individual must run in a minimum of three (3) races listed on the CYM Track regular season schedule to be eligible for the CYM Track Championships.
5. COACHING RESTRICTIONS – CYM does allow coaches to verbally encourage runners from the infield or stands. Coaches are not permitted to run along side or “pace” runners.
6. Equipment
 - a. Uniforms - each team member should wear the same color shirts. Track shorts and shoes are recommended.
 - b. It is recommended that anyone wearing metal dental appliances such as braces wear protective mouth guard.
 - c. Teams are to provide their own batons for relay events.
 - d. Shot-Put for Boys is 4kg (8lb 13 oz). Shot-Put for Girls is 6 pounds.

Cheerleading

The primary purpose of the CYM cheerleading program is for parish/school cheerleading teams to promote and uphold parish/school spirit and encourage crowd involvement/good sportsmanship at CYM athletic events. Participation in cheerleading competitions is permitted however should be secondary. With the increase of parish/school cheerleading teams participating in cheerleading competitions, parish/school athletic associations should establish expectations for cheerleading teams that are consistent with the above purpose.

1. Practice Schedule
 - a. It is the responsibility of all coaches to ensure that *For the Sake of God's Children* policies for the Diocese of Wilmington are being followed at practices and games. This includes coaches wearing CYM IDs at all practices and events.
 - b. Practices are NOT to be held on Sunday mornings.
 - c. Three (3) practices are permitted per week. Practices include teams going to a gymnastics class as a group (2 or more), gathering with a dance instructor or any similar gathering of team members.
 - d. Practices are to be no longer than two (2) hours in duration.

- e. Practices prior to Labor Day:
 - 1. Teams may NOT practice more than three (3) days in a week (Monday-Sunday)
 - 2. Teams may NOT practice more than three (3) consecutive days (For example Fri/Sat/Sun one week and Mon/Tue/Wed the following week)
 - 3. Teams may NOT practice longer than two (2) hours in any one day. Warming up, stretching, water breaks and cool-down activities are to be included in that two (2) hour period.
 - 4. Coaches are to closely monitor players for heat related symptoms and provide water breaks every fifteen (15) minutes during practices in August and September.
 - 5. When the temperature is above 95 deg. F regardless of the relative humidity, only stretches, walk-through and blackboard sessions are permitted because of the high risk of heat related injuries.
 - 6. When the sum of the temperature and relative humidity equals or exceeds 170 (For example 85 deg F and 85% relative humidity), only walk-through, stretching and blackboard sessions are permitted.
 - 7. For temperature and relative humidity information, coaches are to check on the Internet at www.weather.com and enter the zip code for the location of the practice.
 - f. It is strongly recommended that cheerleading teams have at least one individual certified in CPR and one individual certified in first aid 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). A person that is certified in both CPR and First Aid is acceptable.
2. CYM Cheerleading will use National Federation of State High School Association Spirit Rules. CYM Cheerleading Coaches are responsible for reading and being familiar with "Federation" Spirit Rules. In addition, the following Exceptions/ Additions will apply:
- a. Mats must be used at practices, cheerleading competitions and any athletic event when the team practices/performs stunts. See Federation Rule Book, page 15, rule 1, section 1, article 1 for definition of stunts. This includes cheering for parish/school teams at games such as football, basketball, and other sporting events, both indoors and outdoors.
 - b. Basket tosses prohibited for all teams. Note – This includes any stunt involving a toss of a cheerleader that is similar to a basket toss yet has a different name for the stunt. Other than a cradle dismount, tossing a cheerleader is prohibited.
 - c. Heal stretch above thigh level prohibited for all teams.

- d. VARSITY EXTENSIONS – Extensions are permitted. Libs, hitches, show and go, etc are permitted in accordance with the Federation rules. Keep in mind, however, that heel stretch is still prohibited at this level for CYM squads.
 - e. JV EXTENSIONS – JV level will be permitted to do a basic two base extension. The only variation being the split extension that has always been allowed.
 - f. All teams may do Split extensions.
 - g. In the case of stunts, JV teams and 4th/5th graders on combined teams cannot go above shoulder high, they must have a two (2) person base and must be hands-on spotting at all times. In other words, 4th and 5th graders may only do JV stunts even on a combined squad.
3. COMBINED ROSTERS – CYM recognizes that cheerleading is unique and there are times parishes are unable to field a JV only or varsity only teams due to numbers. As a result, CYM will allow for a Combined Cheerleading team with the following provisions:
- a. Individuals 4th – 8th grade are eligible.
 - b. If a parish is requesting a Combined Cheerleading team, they will not be able to have a JV only or varsity only roster as well.
 - c. In the case of a combined roster, coaches are responsible for making sure cheerleaders are following rules outlined in Section above.
 - d. ONLINE ROSTERS – CYM Athletic Handbook Rules under Program Divisions defines Varsity as 6th – 8th grades and JV as 4th – 6th grades. As noted above, CYM is allowing for a Combined Cheerleading team for girls 4th – 8th grades. Only individuals whose parents have completed the online registration and are in the above grades are eligible for the above rosters and eligible to participate on these teams.
 - e. PARISH 3RD GRADE TEAMS – Individuals in 3rd grade or below are NOT eligible to be placed on CYM cheerleading rosters. In some cases, parishes have cheerleading for individuals in 3rd grade and below. Parishes/schools and coaches are responsible for making sure parents complete the Annual Consent and Release Form A. To obtain a copy of this form, go to the Diocese of Wilmington web site at www.cdow.org, click Youth Services and the click Policies and Guidelines.
4. ADDITIONAL ROSTER RULES
- a. FALL CHEERLEADING ROSTERS – Completing a fall team online cheerleading roster, practicing with the team during the fall season and not cheering at parish/school athletic events or participating in a fall cheerleading competition is prohibited.
 - 1. Fall teams must abide by fall deadlines the same as all other fall sports teams.
 - 2. Fall cheerleading teams must cheer at fall sporting events for the parish/school during the fall season unless the parish/school does not have a fall team.
 - 3. Athletic Associations are to monitor to make sure parish/school fall cheerleading teams comply with the letter and spirit of this rule.

- b. WINTER ROSTERS – Cheerleading competitions are normally held during the winter season.
 1. In addition to competitions, parish/school cheerleading teams are expected to cheer at some parish/school winter sporting events.
 2. Athletic Associations are to monitor to make sure parish/school winter cheerleading teams comply with the letter and spirit of this rule.
5. WEATHER CONDITIONS – During August and early fall, coaches need to be aware of the potential for storms appearing during practices/games.
 - a. During the day of your practice, check the Weather Channel for the local forecast
 - b. During the day of your practice, check www.weather.com
 - c. If at the site or your practice/game, you hear thunder or observe lighting, suspend all activities and have everyone return to their cars or seek shelter in a building.
 - d. Wait a minimum of thirty (30) minutes during which thunder is not heard and lightning is not seen before considering resuming the practice/game
6. Other Cheerleading Competitions— CYM recognizes that cheerleading teams do participate in competitions other than CYM Cheerleading Championships. CYM Cheerleading teams are responsible for following all CYM Cheerleading Rules when participating in other competitions.
 - a. If a competition has a CYM division, teams must participate in the appropriate CYM division (ie JV in JV division, Varsity in Varsity division Combined in Combined division)
 - b. If a team enters a competition that does not have a CYM category, the CYM team may enter the competition however must be in the age division similar to the team entering the competition.
 - c. In DCCA or out of state competitions, rules of those competitions may follow Federation rules only. In ALL competitions, CYM teams must abide by CYM cheerleading rules (Section 2 above) – NO EXCEPTIONS!
 - d. Violations may result in the suspension of the coach of the team.
7. It is recommended that anyone wearing metal dental appliances such as braces wear protective mouth guard.