

2021- 2022 CYO SPORTS RULES



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

Introduction

CYO Athletics, Inc. oversees the CYO athletic programs for the Archdiocese of San Antonio. Through local Catholic Parishes and Catholic Schools, CYO offers baseball, softball, soccer, volleyball, flag football, basketball, track, recreational cheerleading and cross-country/5k running programs to the youth of Archdiocese of San Antonio. This Ministry has been in existence since 1945 and is offered at the Parish/School level, which is driven by Catholic principles and discipleship. The program is open to youth between the ages of 4 and 17 in order to invite them to share more deeply in the Catholic life of their Parish/School through the lessons learned while participating in sports.

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

CYO Athletics Mission

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

Therefore, the mission of the CYO Athletics is:

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

The mission of the CYO athletic program includes:

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

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

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

Organizational Structure of the CYO program

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

Currently, there are over 40 Parishes and Schools that participate in the CYO program and more Parishes and Schools are being added; these will be announced. These ministries are arranged into three Zones. The Zones are managed by volunteers and have a slate of officers that are elected into officer positions by the Zone membership which are the presidents of the Parish/School CYO.

The CYO Office which consists of the CYO Athletic Director, CYO Program Development Specialist and CYO Administrative Assistant oversees the operation of the CYO Ministry. The CYO office reviews all of the rosters, schedules, coordinates mandatory coach's certification, and is responsible for the end of season City Tournament.

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

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

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

- a. The Zone Presidents and Zone Liaisons must be reviewed and approved by the CYO Director.
- b. Zone Presidents unable to be present at the Executive Council meeting may request presence from another zone officer.
- c. The Executive Council, comprised of Zone Presidents and Zone Liaisons will meet as needed to discuss important issues, as well as to conduct necessary hearings.
- d. In the event of a Hearing, the decisions of the Executive Council are final. Minimum of five members of the Executive Council must be present at a meeting to constitute a quorum. A minimum of five eligible members will render a decision during the Hearing in which the Zone President that has ties to the appeal will not sit as a voting member.
- e. The Executive Council shall rule on all appeals rendered by the Zone Board based on the published Sports Rules and Policies and Procedures. The procedures for presenting an appeal are:
 - i. A request in writing from the suspended party as well as a statement of endorsement/approval from the CYO President of the Parish/School that the suspended party is representing, both directed to the CYO Director must be submitted to the CYO Office within 48 hours of the Zones decision.
 - ii. After this has been accomplished, the appeal request will be presented to the Executive Council at which point a decision will be made if the Appeal Request will be granted. If granted a hearing will be scheduled and all persons involved should be present.

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

Zero Tolerance Act (adopted 2011 – revised 2021)

A. Coaches/Players/Parents/Spectators

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

B. Consequences

1. Individuals who engage in the above behaviors will be subject to **immediate** ejection from facility/property.
 - a. Individuals who engage in the above behaviors, will be **automatically** suspended for fifteen (15) days from **all CYO events**. The suspension will begin once advised by a league official of the suspension. This may occur verbally on site or with follow up communication from the Zone.
 - i. Elevated occurrences may require a more severe penalty which will be determined, as appropriate, by the CYO Office and/or Zone Board. Such occurrences may disqualify team from advancement to post season play (Zone Play-off and City Tournament)
 - ii. **All CYO Events include but are not limited to attendance at any practice, game or team function/celebration as a coach, assistant coach, team/sport minister, board member, parent, spectator or volunteer.**
 - b. Individuals ejected from a second game within the same sport year (August – July) will **automatically** serve a 1 year suspension from all CYO events. This suspension will begin **immediately**.
 - c. If the ejected individual chooses not to leave facility/property when asked, the authorities will be called to have the individual removed.

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

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

D. Site Coordinator Responsibilities

1. Responsible for supporting game officials' decision 100% by:

- a. Removing coaches from games
 - b. Observing parents/spectators at all times
 - i. Making decision to remove parents/spectators when violating Zero Tolerance Act.
 2. Cannot be performing any other onsite duties such as gate, concession, etc.
 3. Any Zone Board member or any Parish/School Board member from host site that is present has the authority and responsibility to enforce the Zero Tolerance Policy.
 4. All ejections are to be reported to the Parish/School and Zone for immediate review to determine if additional suspension is warranted. Report must be submitted via email to the Parish/School/Zone Board Members and cyo@archsa.org.
- E. **Abusive Behavior & Safety** - CYO Athletics will not tolerate any abusive behavior towards players, officials, or other spectators. We are committed to maintaining a safe and positive atmosphere in our programs.
- F. **Appeals Process** - Appeal request for all suspensions with regards to the Zero Tolerance Act, must be submitted to the Zone Board by the affiliated Parish/School President within 48 hours of the occurrence. Parish/School CYO Program does not have the authority to overturn a Zero Tolerance suspension. Zone Board may decide to review the suspension if warranted. Suspension will remain in effect during the Appeals Process. Zone Board decision after review will be final for all 15 day suspensions. If suspension is longer than 15 days (season long or 1 year suspensions) an Appeal may be brought before the Executive Council by following procedures outlined on page 4 sections e.i. and e.ii.

Lightning, Thunder and Adverse Weather Safety Policy

CYO Sports Rules are guided by NFHS when applicable with appropriate age specific adjustments in each sports. For this reason the “NFHS Guidelines on handling practices and contest during lightning or thunder disturbances” will guide the “CYO Lightning, Thunder and Adverse Weather Safety Policy” with specific CYO amendments as noted. Below you will find the NFHS Guidelines and CYO Amendments.

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for 30 minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student-athletes of the lightning policy at start of season.

For more detailed information, refer to the "Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

G. CYO Amendments to NFHS Guidelines:

1. NFHS lightning and thunder guidelines are to be followed for all practices and games
2. Game will be delayed **NO LONGER THAN 1 HOUR.**
3. Cancelled games will be made up, time/weather permitting, if game did not reach a point where the game can be considered a complete games as per CYO Sports Rules.
4. After the first signs of lightning and thunder, as outlined in NFHS Guidelines, 30 minutes delay will start. Each subsequent lightning or thunder activity will result in the 30 minutes delay starting over. If no other signs of lightning or thunder are present after the initial 30 minute delay the game may resume. If there is lightning or thunder after the start of the initial 30 minute delay that would cause more than a 1 hour delay the game may be cancelled.

- a. Example
 - i. Delay @ 1:15 pm, subsequent lightning/thunder at 1:35 pm – continue to wait until 2:05 pm – if no more lightning/thunder play will resume
 - ii. Delay @ 1:15 pm, subsequent lightning/thunder at 1:35pm, subsequent lightning/thunder at 1:50pm. Delay know must go until 2:20 pm. This will result in more than a 1 hour delay. Game may be cancelled at the 1:50pm since delay will be more than 1 hour.
5. Site Coordinators are encouraged to use their best judgement to make decisions about current and future games. If there is adverse weather and or lightning and thunder presently in the area and the weather forecast and radars do not show any signs of getting better.
6. If there is no lightning or thunder but there is adverse weather site coordinator and officials' best judgement will be used to determine if a game will be delayed and/or cancelled. Site coordinator will need to factor in the safety of the players as well as field conditions, radar, standing water, drainage and facility evacuation concerns.
7. Delays and cancellations will be communicated and reported to each Zone as per usual Zone determined guidelines and protocol.

CYO Flag Football Sport Rules

- A. Divisions** - Tot, Tiny, Pee Wee, Mite, Cub and Junior. Mixed Teams – boys and girls on the same team.
- B. Eligibility** - No player on a Senior High School Varsity team (suiiting up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster** – a Parish may choose to carry over the maximum number of players allowed without restriction (exception form is not required to be filled to carry over the maximum)
1. Tot thru Mite divisions - maximum of 14 and minimum of 9 players
 2. Cub and Junior divisions - maximum of 14 and minimum of 8 players

Teams that choose to carry more than 14 players are not subject to the two quarters per player per game rule (City exception applies). Those players who do not play two quarters in a game, due to having more than 14 players present, must play at least one full quarter this game and must play two full quarters the next game they are present. But must at least play one full quarter this game.

- D. Player Participation** – all players in attendance must play two uninterrupted complete quarters each game. The player must be on the field during the entire quarter for both offense and defense. An injured player taken out of the game will get credit for playing a complete quarter. All injuries must be reported to the Head official so that the injury can be marked on the official scorecard. An injured player may return to participate in the game if they are able to do so.
1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
 2. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs

- E. Officials** - There should be two field officials unless approved by CYO Director. The referee’s responsibilities are to officiate a game according to these CYO Sport Rules and to keep track of the score. The referee will have all players report to them at the start of the game, and at each quarter. All players will report by number. Referee shall keep a written record of all substitutions in the game. All officials will be a minimum 16 years old.

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

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

- F. Line-Ups** – all line-ups are due to the official by scheduled game time. The first coach to arrive to the field will need to locate the field coordinator to obtain the official scorecard. Once the first coach completes filling in the scorecard they must take the scorecard to the opposing coach if they are present or return to the field coordinator if the opposing coach is not present. Once the second coach has completed the scorecard they may submit to the official once their game is ready for play. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, injured or sick must be indicated.

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

CYO Patch:

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

2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5") and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. Minimum Uniform Requirements:

- a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
- b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
- c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.

Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.

2. If a team has a sponsor they must submit sponsor's name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

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

1. ALL DIVISIONS: Players can wear tennis shoes, street shoes or rubber cleated shoes. Shoes with metal cleats or spikes are not permitted in any division.
2. All players MUST wear a 6-inch number or larger on their uniforms or playing attire. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed
Exception: Medical and sweat bands.
4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.
 - a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.
5. **Safety Equipment:** The following safety equipment is allowable and is strongly encouraged to help reduce the risk of injury for all players. The use of the following safety equipment is not mandatory, but all coaches and legal guardians are strongly encouraged to consider the below equipment for each player if appropriate.
 - a. Knee Pads
 - b. Elbow Pads
 - c. Prescription Safety Eye Goggles
 - d. Soft Shell Flag Football Helmets

I. Flags - Each team or Zone will be responsible to provide their own CYO approved belts and flags for official games. Flags will be 15" x 2". Flags must be worn on the side of the hips. Belts will be stick-on type (1 ¼" wide & Velcro). Flags must be contrasting with the color of the shorts.

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

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

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

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

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

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

M. Time Periods - A full game will consist of four (4) quarters of eight (8) minutes with 2 minute rest between quarters and 5 minute rest at half.

1. **Continuous Clock** - Clock will stop for only timeouts and injuries.
2. (4) Play Period will go into effect at the completion of the timed period in the 2nd and 4th quarters.
 - a. There will be 4 total plays left. Punts will count as a play. Extra points will not count as a play.
3. Each team will have two (2) 30-second time outs per half to facilitate all clock stoppages. First half time outs do not carry over to the second half.

N. Suspension of Game - a game suspended by rain or other similar circumstance before the completion of the first half will not be an official game. This game will be replayed at a later date. However, when one complete half is played, the said game becomes an official game. If a game is suspended due to coach/crowd control issues and 1 team is clearly held responsible by the official(s) and field coordinator than the other team will win by forfeit; if both teams are held responsible than a double forfeit will be declared.

O. Noise Makers – air horns, cowbells, whistles and other similar noise makers are not allowed to be used during any CYO events. 1st offensive – warning; 2nd offensive – individual will be ejected from the facility.

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

1. All teams participating in City Playoffs may be required to attend a Mandatory Coaches Meeting and Training. Time and Date TBD
Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.
2. **Overtime:** will be played in the case of a tie during Zone and City Playoffs only.
 - a. Will start with a coin toss. The team winning the coin toss will choose either offense or defense first, while the other team will choose the direction that both teams will go.
 - b. Will determine winner by allowing each team a four play series starting from the 40-yard line. The object is to score. If neither team has outscored the other at the completion of their 4 plays, then the winner will be determined by most yardage. Any negative yardage will be "0". An interception (which cannot be returned) will automatically end their 4-play series. If there is still a tie at the end of 4 plays and comparing yardage, then each team will alternate 1 play at a time to gain more yardage than the other until we have a winner. Time outs do not carry over into overtime, each team will receive 1 time out in overtime.

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

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

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

Playing Rules (CYO Policy)

All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

A. Starting the game

1. A coin toss will determine the first possession. The team winning the toss will get the option of taking the ball or deferring their option till the 2nd half. The opposing team will then get the option to choose a goal to defend. Teams will automatically switch sides for the 2nd half.
2. Both teams shall line up starting players for the official to note participation.
3. The offensive team will take possession at the 20-yard line.
4. Coaches are not allowed on the field. **Exception** - Tot and Tiny are allowed one coach who must be behind official when play starts.
5. First downs - will be pre-marked every 20 yards. (20, 40, and 20-yard lines)

B. Flag

1. Flag must be detached from the belt and held by the defensive player pulling the flag. Flag may be pulled from either side of the hip (only one necessary). However, once flag becomes detached from the belt no further forward progress is allowed. It is mandatory that player pulling flag hold it high in the air thus aiding the officials whistling stoppage of play.
2. An eligible pass receiver who has been deflagged will be allowed to catch a pass, but no further progress will be allowed.
3. If intentional deflagging occurs then pass interference will be called and a 10 yard penalty for unsportsmanlike conduct will be assessed.

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

1. Teams must have 6 players to start the game. A team will forfeit if unable to start the game with 6 players at game time. If team fall below 6 players for any reason the game will be forfeited by said team.

D. Forfeiture – even though game is ruled a forfeit, officials will officiate a forfeited game, timed periods will remain the same as a regulation game and teams with less players will be allowed to add opposing team players to make a complete team.

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

F. Offense

1. **Start Play** - each play will start with the center side snapping or snapping the ball through the legs (center sneaks or guard around will not be allowed).
 - a. Side Snap (Ball is dead if it hits the ground at any time).
 - b. Snap through the legs can be fielded off the ground if fielded cleanly (Ball is dead if it goes past QB or hits the ground once the QB has touched it).
2. **First Down** - each team will have 4 plays to get to the next first down marker. On fourth down the offensive team must declare if they will punt or go for first down. Once this is declared, the offensive team must proceed with what was declared or take a timeout in order to change their mind.
3. **Offensive Line** - must consist of a center and two guards on line of scrimmage. Each guard must be lined up within one yard from the center.
4. **Blocking** - all blocking must be done at or behind the L.O.S. Numerous screen blockers are allowed or none at all. Blocking must be conducted with the player's hands on their chest. Any extension of hands away from chest is considered an "Illegal Block". They will not be allowed to initiate contact with a defender. No hooking, cut blocks or ducking their head will be allowed while attempting a block. Down field blocking will not be allowed.

5. **Passing** – ball can be thrown forward only once at or behind the L.O.S. Once the ball has passed the L.O.S. forward passes are not permitted. Handoffs and laterals are allowed. Player fielding the snap cannot run the ball anywhere between the two guards unless the player makes an attempt to side step.
6. **Receiving** - all players are eligible to receive a pass, including the QB if the ball has been handed off or pitched behind the L.O.S.
7. **Illegal Block** - Once the ball carrier or receiver has position of the ball past the line of scrimmage, all other offensive players must make an effort not to impede any defensive player’s progress. Doing so will be considered an illegal block. Offensive players may stand still or follow the ball and attempt to get into position for a lateral only, any other actions that impede the progress of a defensive player is not allowed.
8. **State of No Control** - the ball carrier may spin or jump in order to avoid defenders, but may never attempt to hurdle over a defender. However, these movements are considered “State of No Control” and if the offensive player makes contact with the defender, a penalty of Illegal Contact will be given to the offensive team.
9. **Flag Guarding & Illegal Contact** - the ball carrier MUST give the defense a fair chance to pull the flag. Any attempt by the ball carrier to initiate contact with a defender shall draw a 10 yard penalty from the spot of the infraction. Spinning is legal as long as the ball carrier keeps hands and arms above the flag in order to avoid the penalty.
10. **“Sleeper” or “Hideout Plays”** - not permitted. When huddling all players must be present. **Penalty** -10 yards.
11. **Motion** - only one player is allowed to be in motion at a time parallel with L.O.S.
12. **Reception** - a player must have at least one foot inbounds when making a reception.
13. **Substitutions** - can only be made on a dead ball.
14. **Punts** – kicking a punt is optional. If a team elects not to kick a punt, this intent must be declared to the referee. In this case, the ball will be placed 20 yards from the spot of the 4th down, but not closer than the 15 yard line from the receiving team’s end zone. If a team declares to kick a punt, punting team must have all their players on the L.O.S. The punter will receive the snap through the legs of the center and punt away. The players on the L.O.S. are not allowed to leave until the ball is punted (punts are free plays, regardless if the snap is dropped).
15. **Safety** - teams will line up and follow same procedures as punts. Punting team will place all players on 35 yard line and punt ball from behind their team. Receiving team will place at least 4 “dead players” on a knee on at their 35 yard line with the receiving players behind them to receive the ball.
16. **Dead balls** - consist of (continuous clock – clock will continue to run for all dead balls)
 - a. Ball carrier’s flags pulled
 - b. Ball carrier steps out of bounds
 - c. A score
 - d. Ball carrier’s knee hits the ground
 - e. Ball carrier’s flags fall out
 - f. Ball hits the ground - there are no fumbles; ball is spotted dead where it hits the ground

G. Defense

1. **Defensive Line** - all defensive players must be at least 1 yard from line of scrimmage. Any player(s) is allowed to rush.
2. **Rushers** - are not allowed to make any contact with the blockers or screens at any time. Penalty – Illegal Rush
3. **Bump and run** - is not permitted. Penalty – Illegal Contact
4. **Interceptions** - are allowed, however, no other players are allowed to screen block while the interceptor is attempting to return the ball. Penalty – Illegal Block
5. **Punt returns** - 4 players are required on the L.O.S. The players on the L.O.S. must take a knee and are considered dead players. During this play they are not allowed to do anything. Punt returners must field the ball cleanly in the air or off one bounce. Once the ball hits the ground a 2nd time, it is considered down at that spot.
 - a. Once a punt returner has position of the ball, the other punt returner must make an effort not to impede any member of the punt teams’ progress. Doing so will be considered an illegal block. The other punt returner may stand still or follow the ball and attempt to get into position for a lateral only, any other actions that impede the progress of any member of the punt team is not allowed.
6. **Illegal Contact** – Tackling, or any physical contact with the ball carrier other than the act of pulling the flag, shall be considered illegal contact.

H. Team & Coaching Area - coaches and substitutes must remain in the designated team area between the 40 and 20 yard line nearest their bench. Only 1 coach will be allowed to stand in the designated team area to give instruction to the players during the game. Exception: In the Tot-Tiny Divisions teams will have the option to have their one (1) standing coach giving instruction in the team area or, on the field with the offensive team and defensive team and must be behind the official when the play begins.

Penalty: 1st offense – warning; 2nd offense – unsportsmanlike penalty -15 yards and Automatic First Down (AFD)
Abusive of this privilege may result in all coaches being seat belted for the remainder of the game.

I. Penalties

1. General

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

2. Offense

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

3. Defense

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

4. If a player is disqualified from a game, due to misconduct, the player will be required to serve the following suspensions:

- a. 1st occurrence – 1 game suspension (next game that player is in attendance)
- b. 2nd occurrence – suspended for the remainder of the season (including all post season play)

J. Scoring

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

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

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

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

CYO Soccer Sport Rules

- A. Divisions** - Tot, Tiny, Pee Wee, Mite, Cub and Junior. Mixed Teams – boys and girls on the same team.
- B. Eligibility** - No player on a Senior High School Varsity team (suiiting up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster** – a Parish may choose to carry over the maximum number of players allowed without restriction (exception form is not required to be filled to carry over the maximum)
1. **Tot and Tiny:** maximum 14 and minimum of 9 players
 2. **Pee Wee and Mite:** maximum of 18 and minimum of 11 players
 3. **Cub and above:** maximum of 22 and minimum of 11 players

Teams that choose to carry more than the maximum number of players (as determined per division) are not subject to the two quarters per player per game rule (City exception applies). Those players who do not play two quarters in a game, due to having more than the maximum number of players present, must play at least one full quarter this game and must play two full quarters the next game they are present. But must at least play one full quarter this game.

D. Player Participation - all players in attendance must play two uninterrupted complete quarters each game. An injured player taken out of the game will get credit for playing a complete quarter. All injuries must be reported to the Head official so that the injury can be marked on the official scorecard. An injured player may return to participate in the game if they are able to do so.

1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
2. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs

E. Officials - There should be one field official in the Tot and Tiny divisions and two field officials in the PW division and above, unless approved by CYO Director. The referee’s responsibilities are to officiate a game according to the National Federation rule (except where CYO rules prevail) and to keep track of who scores the goals and keep the time. The referee will have all players report to them at the start of the game, and at each quarter. All players will report by number. Referee shall keep a written record of all substitutions in the game. All officials will be a minimum 16 years old.

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

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

F. Line-Ups – all line-ups are due to the official by scheduled game time. The first coach to arrive to the field will need to locate the field coordinator to obtain the official scorecard. Once the first coach completes filling in the scorecard they must take the scorecard to the opposing coach if they are present or return to the field coordinator if the opposing coach is not present. Once the second coach has completed the scorecard they may submit to the official once their game is ready for play. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, injured or sick must be indicated.

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

CYO Patch:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or

event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.

2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5") and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. Minimum Uniform Requirements:
 - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
 - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
 - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.
Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

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

1. ALL DIVISIONS: Players can wear tennis shoes, street shoes or Soccer Cleats. Shoes with metal cleats or spikes are not permitted in any division.
2. All players MUST wear a 6-inch number or larger on their uniforms or playing attire. Players violating this rule will be barred from any further participation in the game until he becomes eligible by wearing a number. Player's number must be submitted to the scorekeeper with the line-up. No one team will have duplicate numbers.
3. No jewelry, earrings, necklaces and wrist bracelets allowed
Exception: Medical and sweat bands.
4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.
 - a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.
5. **Safety Equipment:** The following safety equipment is allowable and is strongly encouraged to help reduce the risk of injury for all players. The use of the following safety equipment is not mandatory, but all coaches and legal guardians are strongly encouraged to consider the below equipment for each player if appropriate.
 - a. Mouth Guards
 - b. Knee Pads
 - c. Elbow Pads
 - d. Prescription Safety Eye Goggles

I. Ball

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

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

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

K. Time Factor - CYO

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

L. Ties: City Playoffs & League Playoffs ONLY

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

M. Suspension of Game - a game suspended by rain or other similar circumstance before the completion of the first half will not be an official game. This game will be replayed at a later date. However, when one complete half is played, the said game becomes an official game. If a game is suspended due to coach/crowd control issues and 1 team is clearly held responsible by the official(s) and field coordinator than the other team will win by forfeit; if both teams are held responsible than a double forfeit will be declared.

N. Noise Makers – air horns, cowbells, whistles and other similar noise makers are not allowed to be used during any CYO events. 1st offensive – warning; 2nd offensive – individual will be ejected from the facility.

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

1. All teams participating in City Playoffs **may be required to** attend a Mandatory Coaches Meeting and Training. Time and Date TBD

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

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

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

Q. Tots will not be participating in City Playoffs.

Playing Rules

The National Federation Rules Book for 2021 will govern play, except where CYO Rules prevail. No NFHS Rules Protest will be accepted. All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

Intentional Headers – Intentional headers are not allowed at any point in the course of a game or practices in all divisions.

Penalty – ball will be turned over and a Free Indirect Kick will be awarded to the other team. If this penalty occurs in the Penalty Box the Free Indirect Kick will be placed on the outside line of the penalty box perpendicular to the nearest goal post. Repeated violation of this rule may lead to the suspension or removal of the head coach from the team.

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

1. **Tot & Tiny:** 35 x 50 yards (1/2 of Pee Wee/Mite Field Dimensions) – minimum exterior dimensions is 30 x 45 yards and maximum is 40 x 55 yards – interior dimensions must be as listed below:
 - a. Mid field line: 25 yards
 - b. Center Circle: 6 yards radius
 - c. Goal box area: 3 yards x 6 yards
 - d. Penalty box area: 8 yards x 20 yards
 - e. Penalty kick mark: 6 yards from goal (may be adjusted for tots only during Zone Tournaments)
2. **Pee Wee & Mite:** 50 yards x 70 yards – minimum exterior dimensions is 45 x 65 yards and maximum is 55 x 75 yards – interior dimensions must be as listed below:
 - a. Mid field line: 35 yards
 - b. Center Circle: 7 yards radius
 - c. Goal box area: 6 yards x 20 yards
 - d. Penalty box area: 12 yards x 30 yards
 - e. Penalty kick mark: 9 yards from goal
3. **Cubs and Juniors:** 50 yards x 100 yards – minimum exterior dimensions is 45 x 90 yards and maximum is 60 x 120 yards – interior dimensions must be as listed below:
 - a. Mid field line: 50 yards
 - b. Center Circle: 10 yards radius
 - c. Goal box area: 6 yards x 20 yards
 - d. Penalty box area: 15 yards x 30 yards
 - e. Penalty kick mark: 12 yards from goal

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

1. **Tot & Tiny** - Smaller than regulation (6ft. high x 12 ft. long is recommended)
2. **Pee Wee, Mites, Cubs, & Junior** - 8 ft. high x 24 ft. long
3. City Playoff will use 8 ft. high x 8 yards (24 ft.) wide for Pee Wee, Mites, Cubs and Juniors, as per National Federation

C. Number of Players

1. **Tots:** 7 (5 minimum – no goalkeeper)
2. **Tiny:** 7 (5 minimum – including goalkeeper)
3. **Pee Wee and Mite:** 9 (7 minimum - including goalkeeper)
4. **Cub and Juniors:** 11 (7 minimum - including goalkeeper)
5. All divisions at Tiny and above will have a goalkeeper

D. Team & Coaching Area - coaches and substitutes must remain on their side of the field in the designated team area which will be from mid-field extended no greater than 20 yards. Only 1 coach will be allowed to stand in the designated team area to give instruction to the players during the game.

Penalty: 1st offense – warning; repeated offenses may result in all coaches being seat belted for the remainder of the game.

E. Division Specific Rules (*all division specific rules have remained the same – section has been reformatted*)

1. **Tiny & Pee Wee Division**
 - a. No Slide Tackle
2. **Tot Division**
 - a. No Slide Tackle

b. No Throw Ins – in order to put the ball back into play after the ball has gone out of bounds, a player must kick the ball in from the sideline.

c. No Player Box (Goal box area): no players will be allowed in this area. If the ball comes to a stop in this area a dead ball will be declared and will be considered out of bounds.

Penalty: if the defense makes contact with the ball in this area, the result is a goal for the team that attempted the goal.

Penalty: if the offense makes contact with the ball in this area, the result is a goal kick.

F. Forfeiture – even though game is ruled a forfeit, officials will officiate a forfeited game, timed periods will remain the same as a regulation game and teams with less players will be allowed to add opposing team players to make a complete team.

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

H. If a player is disqualified from a game, due to misconduct, the player will be required to serve the following suspensions:

a. 1st occurrence – 1 game suspension (next game that player is in attendance)

b. 2nd occurrence – suspended for the remainder of the season (including all post season play)

I. Good Sportsmanship Rule - if a team is winning by a large margin it is required for the Head Coach to make adjustments to their line ups, positions and style of play as to not embarrass the other teams' players.

Penalty for continuing to run up the score after Head Coach has been warned by official or field coordinator during a Zone League game: suspension of Head Coach for one full game at the discretion of the Zone Athletic Director. If in question, "large margin" will be defined by the Zone on a case by case basis.

Penalty for continuing to run up the score after Head Coach has been warned by official or field coordinator during a City League game: suspension of Head Coach for one full game at the discretion of the CYO Athletics, Director. If in question, "large margin" will be defined by the CYO City Office on a case by case basis.

CYO Girls Volleyball Sport Rules

- A. Divisions** - Tiny, Pee Wee, Mite, Cub and Junior (girls only)
- B. Eligibility** - No player on a Senior High School Varsity team (suiing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster** - maximum 12 and minimum of 8 players – a Parish may choose to carry over the maximum number of players allowed without restriction (exception form is not required to be filled to carry over the maximum)

Teams that choose to carry more than 12 players are not subject to the 1 set per player per match rule (City exception applies). Those players who do not play 1 of the first 2 sets in the match, due to having more than 12 players present, must play the entire 3rd set of this match as well as 1 of the first 2 sets in the next match they are present. But must at least play the entire 3rd set of this match.

D. Player Participation - all players in attendance must play one full uninterrupted set in one of the first two sets in each match. An injured player taken out of the set will get credit for playing a complete set. All injuries must be reported to the Head official and scorekeeper so that the injury can be marked on the official score sheet. An injured player may return to participate in the set if they are able to do so.

1. **Match** - each regular season match will consist of three mandatory sets regardless of match advantage (rally scoring). First two sets will be 25 point cap. The third set will be 15 points cap if match has already been decided, if match has not already been decided, there will be no cap and must win by two points. In the City Playoffs the third game will be played only if match has not been decided after the first 2 sets.
2. **League/Zone Penalty** – forfeit of the match in which infraction occurred **and** 1 league match at the end of the season. It is the Gym Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
3. **Zone and City Playoff Penalty** - forfeiture of the match and the right to advance further in the playoffs

E. Officials - At least one referee and one scorekeeper. Each team should provide a linesman. All officials will be a minimum 16 years old.

F. Line-Ups – all line-ups are due to scorekeeper at least 15 minutes before scheduled match time. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, injured or sick must be indicated. Line-ups not submitted by scheduled match time will result in the forfeiture of the 1st set. First set serve sequence is due by match time.

G. Score Books/Sheets - in League Play, it is the Gym Coordinator’s responsibility to submit the score books/sheets to the Zone Coordinator once a week

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

CYO Patch:

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

Uniforms:

1. Minimum Uniform Requirements:
 - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
 - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
 - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.

Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

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

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

Exception: Medical and sweat bands.
4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.
 - a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.
5. **Safety Equipment:** The following safety equipment is allowable and is strongly encouraged to help reduce the risk of injury for all players. The use of the following safety equipment is not mandatory, but all coaches and legal guardians are strongly encouraged to consider the below equipment for each player if appropriate.
 - a. Mouth Guards
 - b. Elbow Pads
 - c. Prescription Safety Eye Goggles

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

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

K. Net

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

L. Type of Ball

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

M. Size of Court

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

N. Team & Coaching Area – all coaches and substitutes must remain seated on their bench during game play. Only the acting head coach will be allowed to stand to give instruction but then must immediately return to their seat.

Penalty: 1st offense – warning; 2nd offense – unsportsmanlike conduct resulting in all coaches being seat belted for the remainder of the game.

O. Noise Makers – air horns, cowbells, whistles and other similar noise makers are not allowed to be used during any CYO events. 1st offensive – warning; 2nd offensive – individual will be ejected from the facility.

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

1. All teams participating in City Playoffs **may be required to** attend a Mandatory Coaches Meeting and Training. Time and Date TBD

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

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

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

Playing Rules

The National Federation Official Rules Book for 2021 will govern play, except where CYO Rules prevail. No NFHS Rules Protest will be accepted. All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

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

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

C. Timeouts and Substitutions - two 30 second timeouts per set. Twelve substitutions are the maximum permitted per team per match. You may sub only two players per position per set (starter and 1 substitute).

D. If a player is disqualified from a match, due to misconduct, the player will be required to serve the following suspensions:

- a. 1st occurrence – 1 match suspension (next match that player is in attendance)
- b. 2nd occurrence – suspended for the remainder of the season (including all post season play)

E. If a match is suspended due to coach/crowd control issues and 1 team is clearly held responsible by the official(s) and field coordinator than the other team will win by forfeit; if both teams are held responsible than a double forfeit will be declared.

F. Forfeiture - Matches must start on time. A team may start and finish the entire match with five (5) players. The coach of a team with five (5) players must designate which spot on the court will be open. If a sixth player does not arrive this spot will remain open during the entire set. The open spot will be considered a side-out (loss of serve and a point) when it gets to the serving position. At any time during the course of the set, if the sixth player arrives, that said player must immediately go to the open spot and a substitution will be charged to the team. If a team does not have five (5) players to begin a match, said team forfeits first set. Within the next 15 minutes said team must have the required number of

players (5) or forfeit entire match. Even though game is ruled a forfeit, officials will officiate a forfeited 2 set minimum match and allow the team with less players to add opposing team players to make a complete team.

H. Good Sportsmanship Rule – when a match has been decided after the completion of 2 sets and the 3rd set is being played, it is required for the Head Coach to make adjustments to their line ups, positions and style of play as to not embarrass the other team’s players. Penalty: after 1 warning is given and an additional violation occurs, Head Coach may be suspended for one full game at the discretion of the Zone Athletic Director.

CYO Girls Basketball Sport Rules

- A. Divisions** - Tiny, Pee Wee, Mite, Cub and Junior (girls only)
- B. Eligibility** - No player on a Senior High School Varsity team (suing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. Roster** - maximum of 10; minimum of 7 players – a Parish may choose to carry over the maximum number of players allowed without restriction (exception form is not required to be filled to carry over the maximum)
- D. Player Participation** - all Tiny – Cub players in attendance must play two uninterrupted complete quarters each game. In the Junior division, all players in attendance must play one uninterrupted complete quarter each game. An injured player taken out of the game will get credit for playing a complete quarter. All injuries must be reported to the Head official and scorekeeper so that the injury can be marked on the official score sheet. An injured player may return to participate in the game if they are able to do so.
- Programs that choose to have teams** carry more than ten players are not subject to the two quarters per player per game rule (City exception applies in all divisions except Juniors). Those players who do not play two quarters in a game, due to having more than 10 players present, must play at least one full quarter this game and must play two full quarters the next game they are present.
1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
 2. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs
- E. Officials** - two referees unless approved by CYO Director, one scorekeeper and one timekeeper (whenever possible timekeeper and scorekeeper responsibilities will be handled by separate individuals). All officials will be a minimum 16 years old.
1. **Exception:** Tiny divisions will only have 1 official.
- Safety** - Officials of all CYO games played will be empowered to stop the game when an injury occurs. When an injury is serious in nature, the Umpire is **REQUIRED** to immediately stop the game to be able to aid the injured player.
- F. Line-ups** - all line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, injured or sick must be indicated. Complete line-ups not submitted by scheduled game time will result in an administrative technical foul to Head Coach which consists of two shots and possession for opposing team.
- G. Score Books/Sheets** - in League Play, it is the Gym Coordinator’s responsibility to submit the score books/sheets to the Zone Coordinator once a week
- H. CYO Patch & Uniforms:** per the current Policy & Procedures:
- CYO Patch:**
1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
 2. Every player from team must have the CYO patch located on the same side of the uniform.
 3. CYO Patch may be screened on the uniform but must be the same size (2.5”) and color as the original CYO logo.
 4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
 5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
 6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. Minimum Uniform Requirements:
 - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
 - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
 - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.

Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

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

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

Exception: Medical and sweat bands.

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

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

5. **All numbers up to two digits are allowable with the following exception:**

a. A zero or a double zero may be used, but a team shall not have both "0" and "00".

Penalty: a technical foul **each time** the player enters the game or any time it is discovered after she has entered.

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

7. **Safety Equipment:** The following safety equipment is allowable and is strongly encouraged to help reduce the risk of injury for all players. The use of the following safety equipment is not mandatory, but all coaches and legal guardians are strongly encouraged to consider the below equipment for each player if appropriate.

- a. Mouth Guards
- b. Knee Pads
- c. Elbow Pads
- d. Prescription Safety Eye Goggles

J. Length of Periods

1. Four quarters of eight minutes each running time* with one minute between quarters and two minutes between halves (*running time means that the clock is stopped only when the whistle is blown for timeouts, injuries and when the official indicates foul shots will be awarded). The clock will be stopped for all dead balls (officials whistle) during

the last two minutes of the ball game.

K. Team & Coaching Area – all coaches and substitutes must remain seated on their bench during game play. Only the acting head coach will be allowed to stand to give instruction but then must immediately return to their seat.

Penalty: 1st offense – warning; 2nd offense – technical foul resulting in 2 free throws and the ball to the opposing team and all coaches being seat belted for the remainder of the game.

L. Noise Makers – air horns, cowbells, whistles and other similar noise makers are not allowed to be used during any CYO events. No noise is to be made during free throw attempts. 1st offensive – warning; 2nd offensive – individual will be ejected from the facility.

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

1. All teams participating in City Playoffs **may be required to** attend a Mandatory Coaches Meeting and Training. Time and Date TBD

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

2. All League and Division specific rules apply except as identified below:

a. Overtime period will be four minutes running time. In case of overtime, each team will be allowed at least one timeout per overtime period. During the Overtime period the clock will be stopped for all dead balls (officials whistle) during the last two minutes of the period. If there is still a tie after one overtime period a 2nd sudden death overtime period will begin in which the team to score the first points in the 2nd sudden death overtime period will be declared the winner.

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

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

Playing Rules

The National Federation Official Basketball Rules Book for 2021-2022 will govern play, except where CYO Rules prevail. No NFHS Rules Protest will be accepted. All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

CYO Basketball Games - will be played at available facilities.

1. **League Playing Rules** - No exceptions will be made to the CYO basketball rules put in place.

2. Each team will be allowed four timeouts per game. Timeouts may be accumulated.

3. A coach may use their timeouts to question an official if done in a courteous manner; the official is expected to answer in a courteous manner

4. During League games, no overtime periods will be played. Zone will decide a tie-breaker method for end of year final positioning, if needed.

5. During League games - a minimum of five (5) players are required to start a ball game or a forfeit will be declared. Even though game is ruled a forfeit, officials will officiate a forfeited game, timed periods will remain the same as a regulation game and teams with less players will be allowed to add opposing team players to make a complete team.

6. **Sportsmanship:**

a. **(Tot – PW)** when a team is ahead by (25) or more points, the team ahead may not score any points in the paint, no fast breaks, all shots made will count as 2-points and must use a zone defense inside the key. The scoreboard will be stopped and score tracked by the scorekeeper. These restrictions will apply until the lead is reduced to 15 points.

- i. **Penalty:** for continuing to run up the score, technical foul and possible suspension of Head Coach
- b. (**Mite & Up**) when a team is ahead by twenty-five or more points, the team ahead must play defense inside the 3 point arc and all shots made will count as 2-points. These restrictions will apply until the lead is reduced to 15 points.
 - i. **Penalty:** for continuing to run up the score, technical foul and possible suspension of Head Coach
- 7. Free Throws – players lined up in a Marked Lane Space may enter the lane on the release of the free throw.
- 8. If a player is disqualified from a game, due to technical or flagrant fouls, the player will be required to serve the following suspensions:
 - a. 1st occurrence – 1 game suspension (next game that player is in attendance)
 - b. 2nd occurrence – suspended for the remainder of the season (including all post season play)
- 9. If a game is suspended due to coach/crowd control issues and 1 team is clearly held responsible by the official(s) and field coordinator than the other team will win by forfeit; if both teams are held responsible than a double forfeit will be declared.

DIVISION SPECIFIC RULES:

A. Mite, Cub & Junior Divisions

1. Ball specifications: Official size 28-1/2" Composite/Leather

B. Pee Wee Division

1. Ball specifications: Junior size 27-1/2" Composite/Leather
2. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line). **Penalty:** repeated violation will result in a technical foul (after one warning).
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the judgement of the officials if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.
 - c. If a ball is inbounded and passed into the back court defending team also will not be allowed to press.
3. Previous rule may not be used as a delaying tactic by the team in control. Ball will be turned over.
4. Foul line – 24" shorter than regulation foul line
 - a. Players will line up on the lower block. If lower block is directly under basket, then player can line up in the next block over.
5. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)

C. Tiny Division

1. Ball specifications: Junior size 27-1/2" (Composite/Leather Rookie Gear Ball)
2. No double dribble will be called (dribbling with both hands simultaneously)
3. Traveling will not be called in the back court.
4. The three-second rule under the basket will be extended to five seconds
5. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line **Penalty:** repeated violation will result in a technical foul (after one warning per game)
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the judgement of the official if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.
 - c. If a ball is inbounded and passed into the back court defending team also will not be allowed to press.
6. Previous rule may not be used as a delaying tactic by the team in control.
 - a. **Penalty:** ball will be turned over.

7. Foul line 24" shorter than regulation foul line
 - a. Players will line up on the lower block; if lower block is directly under basket, then player can line up in the next block over
8. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)

CYO Boys Basketball Sport Rules

- A. **Divisions** - Tot, Tiny, Pee Wee, Mite, Cub and Junior. Mixed Teams – girls are permitted to play on a boys team without penalty or restriction.
- B. **Eligibility** - No player on a Senior High School Varsity team (suing up with team), Junior College or College team will be permitted to participate in a CYO League
- C. **Roster** - maximum of 10; minimum of 8 players (Junior Division may have a minimum of 7 players) – a Parish may choose to carry over the maximum number of players allowed without restriction (exception form is not required to be filled to carry over the maximum)
- D. **Player Participation** - all Tot – Cub players in attendance must play two uninterrupted complete quarters each game. In the Junior division, all players in attendance must play one uninterrupted complete quarter each game. An injured player taken out of the game will get credit for playing a complete quarter. All injuries must be reported to the Head official and scorekeeper so that the injury can be marked on the official score sheet. An injured player may return to participate in the game if they are able to do so.

Programs that choose to have teams carry more than ten players are not subject to the two quarters per player per game rule (City exception applies in all divisions except Juniors). Those players who do not play two quarters in a game, due to having more than 10 players present, must play at least one full quarter this game and must play two full quarters the next game they are present.

1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
2. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs

- E. **Officials** - two referees unless approved by CYO Director, one scorekeeper and one timekeeper (whenever possible timekeeper and scorekeeper responsibilities will be handled by separate individuals). All officials will be a minimum 16 years old.
1. **Exception:** Tot – Tiny divisions will only have 1 official.

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

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

- F. **Line-ups** - all line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player’s first initial and last names will be listed in increasing numerical order. Players absent, injured or sick must be indicated. Complete line-ups not submitted by scheduled game time will result in an administrative technical foul to Head Coach which consists of two shots and possession for opposing team.
- G. **Score Books/Sheets** - in League Play, it is the Gym Coordinator’s responsibility to submit the score books/sheets to the Zone Coordinator once a week
- H. **CYO Patch & Uniforms:** per the current Policy & Procedures:
CYO Patch:

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

Uniforms:

1. Minimum Uniform Requirements:
 - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
 - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
 - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.

Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

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

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

Exception: Medical and sweat bands.
4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after the game in the same manner as during an official game. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.
 - a. **Penalty:** If a player is warned once, that player may be suspended from the game; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after a game, the player may be suspended from the next game. Coach not enforcing their players to abide with the above regulation is subject to suspension along with player.
5. **All numbers up to two digits are allowable with the following exception:**
 - a. A zero or a double zero may be used, but a team shall not have both "0" and "00".

Penalty: a technical foul **each time** the player enters the game or any time it is discovered after he has entered.
6. Attempt should be made to make sure all undershirts or shooting sleeves are the same color as the jersey. At game time if both teams are wearing same or similar dominant color then the home team will be required to reverse their jersey or wear pennies.
7. **Safety Equipment:** The following safety equipment is allowable and is strongly encouraged to help reduce the risk of injury for all players. The use of the following safety equipment is not mandatory, but all coaches and legal guardians are strongly encouraged to consider the below equipment for each player if appropriate.

- a. Mouth Guards
- b. Knee Pads
- c. Elbow Pads
- d. Prescription Safety Eye Goggles

J. Length of Periods

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

K. Team & Coaching Area – all coaches and substitutes must remain seated on their bench during game play. Only the acting head coach will be allowed to stand to give instruction but then must immediately return to their seat.

Penalty: 1st offense – warning; 2nd offense – technical foul resulting in 2 free throws and the ball to the opposing team and all coaches being seat belted for the remainder of the game.

L. Noise Makers – air horns, cowbells, whistles and other similar noise makers are not allowed to be used during any CYO events. No noise is to be made during free throw attempts. 1st offensive – warning; 2nd offensive – individual will be ejected from the facility.

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

1. All teams participating in City Playoffs **may be required to** attend a Mandatory Coaches Meeting and Training. Time and Date TBD

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

2. All League and Division specific rules apply except as identified below:
 - a. Overtime period will be four minutes running time. In case of overtime, each team will be allowed at least one timeout per overtime period. During the Overtime period the clock will be stopped for all dead balls (officials whistle) during the last two minutes of the period. If there is still a tie after one overtime period a 2nd sudden death overtime period will begin in which the team to score the first points in the 2nd sudden death overtime period will be declared the winner.

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

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

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

Playing Rules

The National Federation Official Basketball Rules Book for 2021-2022 will govern play, except where CYO Rules prevail. No NFHS Rules Protest will be accepted. All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

CYO Basketball Games - will be played at available facilities.

1. **League Playing Rules** - No exceptions will be made to the CYO basketball rules put in place.
2. Each team will be allowed four timeouts per game. Timeouts may be accumulated.
3. A coach may use their timeouts to question an official if done in a courteous manner; the official is expected to answer in a courteous manner

4. During League games, no overtime periods will be played. Zone will decide a tie-breaker method for end of year final positioning, if needed.
5. During League games - a minimum of five (5) players are required to start a ball game or a forfeit will be declared. Even though game is ruled a forfeit, officials will officiate a forfeited game, timed periods will remain the same as a regulation game and teams with less players will be allowed to add opposing team players to make a complete team.
6. **Sportsmanship:**
 - a. **(Tot – PW)** when a team is ahead by (25) or more points, the team ahead may not score any points in the paint, no fast breaks, all shots made will count as 2-points and must use a zone defense inside the key. The scoreboard will be stopped and score tracked by the scorekeeper. These restrictions will apply until the lead is reduced to 15 points.
 - i. **Penalty:** for continuing to run up the score, technical foul and possible suspension of Head Coach
 - b. **(Mite & Up)** when a team is ahead by twenty-five or more points, the team ahead must play defense inside the 3 point arc and all shots made will count as 2-points. These restrictions will apply until the lead is reduced to 15 points.
 - i. **Penalty:** for continuing to run up the score, technical foul and possible suspension of Head Coach
7. Free Throws – players lined up in a Marked Lane Space may enter the lane on the release of the free throw.
8. If a player is disqualified from a game, due to technical or flagrant fouls, the player will be required to serve the following suspensions:
 - a. 1st occurrence – 1 game suspension (next game that player is in attendance)
 - b. 2nd occurrence – suspended for the remainder of the season (including all post season play)
9. If a game is suspended due to coach/crowd control issues and 1 team is clearly held responsible by the official(s) and field coordinator than the other team will win by forfeit; if both teams are held responsible than a double forfeit will be declared.

DIVISION SPECIFIC RULES:

A. Cub & Junior Division

1. Ball specifications: Official size 29-1/2" Composite/Leather

B. Mite Division

1. Ball specifications: Intermediate size 28-1/2" Composite/Leather

C. Pee Wee Division

1. Ball specifications: Junior size 27-1/2" Composite/Leather
2. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line). **Penalty:** repeated violation will result in a technical foul (after one warning).
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the judgement of the officials if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.
 - c. If a ball is inbounded and passed into the back court defending team also will not be allowed to press.
3. Previous rule may not be used as a delaying tactic by the team in control. Ball will be turned over.
4. Foul line – 24" shorter than regulation foul line
 - a. Players will line up on the lower block. If lower block is directly under basket, then player can line up in the next block over.
5. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)

D. Tiny Division

1. Ball specifications: Junior size 27-1/2 (Composite/Leather Rookie Gear Ball)
2. No double dribble will be called (dribbling with both hands simultaneously)
3. Traveling will not be called in the back court.
4. The three-second rule under the basket will be extended to five seconds

5. No pressing in the backcourt (defending player must wait inside the 3-point arc for offensive player to cross half court line, but then may defend player once ball crosses half court line **Penalty:** repeated violation will result in a technical foul (after one warning per game)
 - a. No defending player will be allowed to pick up a loose ball, once the offense has established possession in their backcourt
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes half court without going back inside the 3-point line. It will be up to the judgement of the official if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past half court.
 - c. If a ball is inbounded and passed into the back court defending team also will not be allowed to press.
 6. Previous rule may not be used as a delaying tactic by the team in control.
 - a. **Penalty:** ball will be turned over.
 7. Foul line 24" shorter than regulation foul line
 - a. Players will line up on the lower block; if lower block is directly under basket, then player can line up in the next block over
 8. In last two minutes of the game on a dead ball, clock will not start until ball crosses center court (ball and both feet must cross)
- E. **Tot Division** (all Tot games will be played on 8 foot rims)
1. Ball specifications: Junior size 27-1/2 (Composite/Leather Rookie Gear Ball)
 2. Teams may consist of males and females on the same team
 3. No pressing in the backcourt (defending player must wait inside the key/lane for offensive player to cross the 3-point arc, but then may defend player once the ball is across the 3-point arc).
Penalty: repeated violation will result in a technical foul with 2 free-throws awarded 24" shorter than a regulation foul line (after one warning).
 - a. Delaying tactic by the team in control will not be allowed. Ball will be turned over.
 - b. If the offensive team starts a fast break after their rebound the defensive team is allowed to pick up defense after the offensive team passes the 3 point line without going back inside the key. It will be up to the judgement of the official if the offensive team is on a fast break which would allow the defensive team to pick up defense immediately after the ball and body is past the 3 point line.
 - c. If a ball is inbounded and passed into the back court defending team also will not be allowed to press.
 4. No double dribble will be called (dribbling with both hands simultaneously)
 5. Traveling will only be called inside of the paint
 6. During the last two minutes of 4th quarter, clock will not restart after dead balls until the ball has advanced past the 3 point arc.
 7. Fouls will be called and reported, but no foul shots will be taken - ball is turned over
 8. One coach will be allowed to stand on the baseline that is diagonal to the opposite side of their bench (not under the basket)
Penalty: After one warning – Team will lose the privilege for the remainder of the game and all coaches on that team will have to remain on the bench.
 9. The three second rule does not apply.

CYO Track Sport Rules

Preliminary Meet Result forms must be turned in to the CYO Office 48 hours after preliminary meet is held. **NO EXCEPTIONS!**
City-Wide Track Meet: **TBD – March 2022.**

Rules and Regulations

A. Rulebook - the **2022** National Federation Track and Field Rule Book will govern play, except where CYO Rules prevail. No NFHS Rules Protest will be accepted. All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

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

C. CYO City Track & Field Meets - The CYO Track and Field Finals will be held as listed above at a site to be determined. Current events that will be held are listed in these CYO Track Rules and attached Current Records. **Archived records can now be found in the current CYO Policies and Procedures.**

D. Divisions and Events – Tot, Tiny, PeeWee (PW), Mite, Cub & Juniors. All relay teams will be allowed to be Coed; coed teams must compete in the boys division.

	Tot Girls	Tot Boys	Tiny Girls	Tiny Boys	PW Girls	PW Boys	Mite Girls	Mite Boys	Cub Girls	Cub Boys	Jr. Girls	Jr. Boys
40 meter dash	X	X	X	X	X	X						
60 meter dash	X	X	X	X	X	X	X	X	X	X	X	X
80 meter dash	X	X	X	X								
100 meter dash					X	X	X	X	X	X	X	X
200 meter run	X	X	X	X	X	X						
200 meter dash							X	X	X	X	X	X
400 meter run	X	X	X	X	X	X	X	X	X	X	X	X
800 meter run							X	X	X	X	X	X
8x50 meter relay	X	X	X	X	X	X						
4x100 meter relay							X	X	X	X	X	X
Running long jump					X	X	X	X	X	X	X	X
Standing long jump	X	X	X	X								
High jump					X	X	X	X	X	X	X	X
Softball throw	X	X	X	X	X	X						
Shot put							X	X	X	X	X	X

E. Competitions - no individual can enter more than one division. No member of a varsity high school track team will be accepted as a competitor in the meet. All contestants are eligible to run with a relay team. Tot – PW division contestants will be allowed to participate in only two (2) individual events; Mite – Junior division contestants will be allowed to participate in only three (3) individual events. Any contestant entering in more than two divisions or entering in more than the max individual events per division will be automatically eliminated from the Track Meet. Each parish is considered a team. Any violations on the eligibility of a contestant or relay team may have an effect on the parish.

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

F. Preliminary Meets - preliminary meets will be held to select qualified candidates for participation in the city championship meet. Each Zone must hold preliminary track meets within their areas to select their predetermined number of qualifiers as determined by the CYO Office based on total participants in each run event. CYO will take 8 qualifiers in all individual run events and the relays. The two Zones with the most participants in each run event will advance 3 qualifiers and the Zone with the least participation in each run event will advance 2 qualifiers to the CYO City

Meet. In all field events all Zones will advance 3 qualifiers. Preliminary meets must be completed within four days prior to the city meet and consist of not less than three parishes participating.

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

G. Substitution - if an athlete or relay team qualifies for the city meet but elects not to participate in the city meet, they may be replaced by the next place finisher from the zone meet. In the relay team, two individual substitute will be allowed for all relay teams. Substitutes(s) name(s) must be the same from the Preliminary Zone meet and included with team, when results are turned into the CYO Office. CYO Office will not accepted any ties in any run event, Zone must break the tie.

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

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

J. Awards (City Meet) - the total points of the boys and girls from the same parish will be added to determine the overall parish champion and runner-up. A trophy will be awarded to the parish finishing first, second, and third in the boys meet and also in the girls meet. Medals will be given to 1st, 2nd and 3rd place. Since all participants at the City Track Meet had to qualify at their respective preliminary Zone meets each participant will receive a CYO City Track Meet Qualifier ribbon which will be distributed to each team at the beginning of the event.

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

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

M. CYO Patch & Uniforms:

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

CYO Patch: per the current Policy & Procedures:

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

N. Equipment - Starting blocks are not permitted. Mites through Juniors must supply their own shot-put. Tot – PW must supply their own 11" Softball. All participants MUST wear shoes, but shoes with any kind of metal or hard rubber are prohibited. Track shoes with soft rubber are allowed. Track shoes with spikes taken out are not allowed.

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

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

Q. 200 Meter Run/Dash, 400 Meter Run & 800 Meter Run – will follow NFHS Rules (staggered start)

A. Tot – PW: Disqualification for running outside of your lane will only occur if a runner impedes upon the progress of another runner.

R. 400 Meter Relay:

Tot through Pee Wee: eight (8) competitors with each runner running 50 meters with a 10 meter passing zone. Disqualification for running outside of your lane will only occur if a runner impedes upon the progress of another runner. No automatic disqualifications for exchanges completed outside of the exchange zones.

Mite through Juniors: four (4) competitors with each runner running 100 meters with a 20 meter passing zone.

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

T. Shot Put - the following shots will be used:

6 lb. shot (Mite Girls, Mite Boys & Cub Girls)

4 kg shot (Cub Boys & Junior Girls)

12 lb. shot (Junior Boys)

U. Softball Throw - Tot through Peewee will use 11" inch softball. All participants may get up to two (2) warm up throws and three (3) official attempts. All participants will throw from the marked zone. If participant steps over the fault line or throws the ball out of bounds the throw attempt will not be measured and they will lose the right of that throw attempt. Measurement will be taken from the same marked point for all participants.

CYO BOYS TRACK RECORDS (Current Events)

400 METER RELAY	PROGRAM	CYO RECORD
Tot (8 x 50)	OLPH - Selma	1:22.4 sec. 1994
Tiny (8 x 50)	OLPH - Selma	1:09.1 sec. 1996
Pee Wee (8 x 50)	St. Luke	1:00.9 sec. 1974
Mite (4 x 100)	St. Ann - La Vernia	56.0 sec. 2001
Cub (4 x 100)	St. Benedict	48.0 sec. 1987
Junior (4 x 100)	St. Benedict	47.5 sec. 1974

200 METER RUN	PROGRAM	CYO RECORD
Tot – Dean Krupka	St. Matthew	39.58 sec. 2019
Tiny – Luke Brehm	St. Elizabeth Ann Seton	35.85 sec. 2019
Pee Wee – Tristan Cardenas	OLG Helotes	31.25 sec. 2019

200 METER DASH	PROGRAM	CYO RECORD
Mite – Jonavon Lott	St. Elizabeth Ann Seton	29.93 sec. 2019
Cub – Albert Perez	St. Margaret Mary	28.14 sec. 2019
Junior – Mark Trigo-Torres	St. Ann – La Vernia	27.02 sec. 2019

400 METER RUN	PROGRAM	CYO RECORD
Tot - Xavier Campbell	Our Lady of Atonement	1:27.37 sec. 2012
Tiny - Zachary Cantu	Our Lady of Atonement	1:15.7 sec. 2017
Pee Wee - Jordan Clarkson	St. Thomas More	1:08.3 sec. 2002
Mite – Andrew Martinez	St. Mark	1:09.02 sec. 2019
Cub – Darian Abbott	Prince of Peace	1:04.98 sec. 2019
Junior – Mark Trigo-Torres	St. Ann – La Vernia	1:06.31 sec. 2019

800 METER RUN	PROGRAM	CYO RECORD
Mite – Luis Tovar	Holy Spirit	2:21.67 sec. 2019
Cub - John Espinoza	St. John Berchman	2:14.0 sec. 1982
Junior - Nicco Vitela	St. Peter - Boerne	2:06.9 sec. 2008

100 METER DASH	PROGRAM	CYO RECORD
Pee Wee – Adayis Mendoza	Holy Spirit	15.29 sec. 2019
Mite – Luis Tovar	Holy Spirit	13.99 sec. 2019
Cub – Albert Perez	St. Margaret Mary	12.71 sec. 2019
Junior – Mark Trigo-Torres	St. Ann – La Vernia	13.27 sec. 2019

80 METER DASH	PROGRAM	CYO RECORD
Tot – Miles Dimaala	St. Matthew	14.49 sec. 2019
Tiny – Noah Trigo	Holy Spirit	13.37 sec. 2019

60 METER DASH	PROGRAM	CYO RECORD
Tot – Jerry Barker	Holy Cross	10.99 sec. 2019
Tiny – Noah Trigo	Holy Spirit	10.09 sec. 2019
Pee Wee – Tyler Sam	Holy Spirit	9.4 sec. 2019
Mite – Aaron Adejobi	St. Anthony Claret	8.9 sec. 2019
Cub – Albert Perez	St. Margaret Mary	7.94 sec. 2019
Junior – Stephen Mullen	St. Anthony Claret	9.25 sec. 2019

40 METER DASH	PROGRAM	CYO RECORD
Tot – Josh Cardenas	Mount Sacred Heart	8.54 sec. 2019
Tiny – Silas Gonzalez	OLG Helotes	7.35 sec. 2019
Pee Wee – Adayis Mendoza	Holy Spirit	6.71 sec. 2019

SHOT PUT	PROGRAM	CYO RECORD
Mite (6lb.) – Noah Blomqvist	St. Elizabeth Ann Seton	34' 8" 2019
Cub (4kg.) – Dominic Garcia	St. Anthony Claret	32' 4 1/2" 2019
Junior (12lb.) - Marty Winters	St. Agnes	43' 8" 1973

HIGH JUMP	PROGRAM	CYO RECORD
Pee Wee - Efrain Delgado	Holy Name	4' 4" 1972
(Tie) Nicholas Kell	Holy Spirit	4' 4" 2008
(Tie) Finnegan Clarke	St. Matthew	4' 4" 2018
Mite - Eric Bonham	Annunciation	4' 11 3/4" 1998
Cub - Xadrian Huerta	St. Anthony Claret	5' 8" 2018
Junior - Rick Shannon	St. Luke	5' 8 3/4" 1979

RUNNING LONG JUMP	PROGRAM	CYO RECORD
Pee Wee - Ed Burton	Holy Name	14' 6" 1983
Mite - Wei-Han Tan	St. Luke	16' 2" 1993
Cub - Nick Gawlick	Holy Name	18' 8" 1987
Junior - Raul Fuentes, Jr	Holy Rosary	19' 7" 1975

STANDING LONG JUMP	PROGRAM	CYO RECORD
Tot - Chris Ramsey	Holy Spirit	5' 4 1/2" 1997
Tiny - Taddeus Okpala	St. Matthew	6' 5" 2016

SOFTBALL THROW	PROGRAM	CYO RECORD
Tot – Lane Nolan	St. Elizabeth Ann Seton	55' 11" 2019
Tiny – Christopher Fisk	St. Elizabeth Ann Seton	98' 2" 2019
Pee Wee – Logan Smith	St. Matthew	134' 6" 2019

CYO GIRLS TRACK RECORDS (Current Events)

400 METER RELAY	PROGRAM	CYO RECORD
Tot (8 x 50)	St. Ann (La Vernia)	1:24.5 sec. 2000
Tiny (8 x 50)	St. Elizabeth Ann Seton	1:11.59 sec. 2011
Pee Wee (8 x 50)	St. Benedict	1:05.7 sec. 1978
(Tie)	St. Ann (La Vernia)	1:05.7 sec. 1999
Mite (4 x 100)	St. Ann (La Vernia)	57.6 sec. 2003
Cub (4 x 100)	Holy Family	55.4 sec. 1975
Junior (4 x 100)	Holy Name	55.6 sec. 1980

200 METER RUN	PROGRAM	CYO RECORD
Tot – Raegan McMillen	OLPH – Selma	38.23 sec. 2019
Tiny – Autumn Scott	St. Matthew	31.74 sec. 2019
Pee Wee – Jayla Flemons	St. Elizabeth Ann Seton	32.18 sec. 2019

200 METER DASH	PROGRAM	CYO RECORD
Mite – Alita Uresti	St. Leo	30.44 sec. 2019
Cub – Jaylin Lott	St. Elizabeth Ann Seton	29.31 sec. 2019
Junior – Cecilia Duda	St. Anthony Claret	34.79 sec. 2019

400 METER RUN	PROGRAM	CYO RECORD
Tot - Breannah Matthews	OLPH (Selma)	1:30.4 sec. 2017
Tiny – Jayla Flemons	St. Elizabeth Ann Seton	1:15.75 sec. 2018
Pee Wee - Anastacia Gonzales	St. Elizabeth Ann Seton	1:11.19 sec. 2014
Mite – Kayla Radtke	OLG Helotes	1:11.04 sec. 2019
Cub – Jaylin Lott	St. Elizabeth Ann Seton	1:06.31 sec. 2019
Junior – Cecilia Duda	St. Anthony Claret	1:23.28 sec. 2019

800 METER RUN	PROGRAM	CYO RECORD
Mite - Anastacia Gonzales	St. Elizabeth Ann Seton	2:29.6 sec. 2016
Cub - Anastacia Gonzales	St. Elizabeth Ann Seton	2:23.8 sec. 2017
Junior - Shannon Albrecht	OLPH (Selma)	2:29.4 sec. 1989

100 METER DASH	PARISH	CYO RECORD
Pee Wee – Reagan Mecke	St. Ann – La Vernia	15.79 sec. 2019
Mite – Kayla Radtke	OLG Helotes	14.68 sec. 2019
Cub – Siena Issac	St. Mark	14.28 sec. 2019
Junior –		OPEN

80 METER DASH	PROGRAM	CYO RECORD
Tot – Daniela Gonzalez	OLG Helotes	15.72 sec. 2019
Tiny – Carailie Garza	St. Matthew	13.54 sec. 2019

60 METER DASH	PROGRAM	CYO RECORD
Tot – Makayla Pedrotti	St. Jerome	11.94 sec. 2019
Tiny – Sofia Gonzalez	OLPH – Selma	14.23 sec. 2019
Pee Wee – Caliyah Lamkin	St. Matthew	9.7 sec. 2019
Mite – Ciara Camacho-Hernandez	St. Anthony Claret	9.21 sec. 2019
Cub – Sami Mulligan	St. Elizabeth Ann Seton	8.9 sec. 2019
Junior – Allison Artho	St. Anthony Claret	10.87 sec. 2019

40 METER DASH	PROGRAM	CYO RECORD
Tot – Sloane Dixon	OLPH – Selma	8.54 sec. 2019
Tiny – Sofia Gonzalez	OLPH - Selma	6.78 sec. 2019
Pee Wee – Anaiya Wood	OLPH – Selma	6.68 sec. 2019

SHOT PUT	PROGRAM	CYO RECORD
Mite (6lb) – Emma Duffek	St. Ann – La Vernia	25' 3" 2019
Cub (6lb) – Alexis Owens	St. Anthony Claret	35' 4" 2019
Junior (4kg) – Cecilia Duda	St. Anthony Claret	21' 4" 2019

RUNNING LONG JUMP	PROGRAM	CYO RECORD
Pee Wee - Kirsten Wiatrek	Annunciation	13' 3/4" 2005
Mite - Natalie Baker	St. Ann (La Vernia)	15' 2" 2006
Cub - Jessica Brantly	Mount Sacred Heart	16' 9 1/2" 1999
Junior - Sheila Korban	Annunciation	16' 0" 1989

STANDING LONG JUMP	PROGRAM	CYO RECORD
Tot - Addison Guenther	St. Elizabeth Ann Seton	5' 1 3/4" 2016
Tiny - Lana Stair	Annunciation	6' 3 1/2" 1977

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

HIGH JUMP	PROGRAM	CYO RECORD
Pee Wee – Morgan Stock	St. Elizabeth Ann Seton	3' 7" 2019
Mite - Grace Ridoutt	St. Anthony Claret	4' 4" 2017
Cub - Sydney Anderson	Sts. Peter & Paul NB	4' 10" 1996
Junior - Lana Mallet	St. Luke	4' 6" 2004

CYO Girls Softball Sports Rules

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

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

C. Roster - maximum of 13 players and a minimum of 10 players per team roster – a Parish may choose to carry over the maximum number of players allowed without restriction (exception form is not required to be filled to carry over the maximum)

D. Player Participation – all players in attendance must play at least two (2) complete uninterrupted defensive innings every game that the player is in attendance, **including playoff games**. An injured player playing defense and is taken out will get credit for playing a complete inning. All injuries must be reported to the Head official and scorekeeper so that the injury can be marked on the official scorecard. An injured player may return to participate in the game if they are able to do so. All players on a team in attendance must bat every game. A continuous batting order must be submitted not subject to change in that game. In the event that player(s) do not play 2 innings due to time constraints or suspended play they are required to start in the next game they are in attendance and play the first 2 innings.

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

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

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

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

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

Umpires will use judgement on placement of baserunners when play is stopped.

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

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

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

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

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

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

CYO Patch:

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

2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5") and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO Patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. Minimum Uniform Requirements:
 - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
 - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
 - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.

Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

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

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

Exception: Medical and sweat bands.

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

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

5. **Safety Equipment:** The following safety equipment is allowable and is strongly encouraged to help reduce the risk of injury for all players. The use of the following safety equipment is not mandatory, but all coaches and legal guardians are strongly encouraged to consider the below equipment for each player if appropriate.

- a. Mouth Guards
- b. Knee Pads
- c. Elbow Pads
- d. Prescription Safety Eye Goggles
- e. Chin Straps

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

K. Bat Size: 2-1/4" maximum diameter – ASA Approved. Tee-Ball bats are not allowed. Bats that will be used during a game must be placed outside of the dugout for inspection by the officials and/or field coordinator. Any illegal bats found

will be required to be removed from the dugout. If an illegal bat is brought out of the dugout with intent to be used during game play the following penalty will be enforced:

- a. 1st occurrence, batter is out and head coach will receive a warning.
- b. 2nd occurrence, batter is out and head coach will be ejected
- c. If a Head coach is ejected for a 2nd time for the same infraction they will be suspended for the remainder of the season to include all post season play.

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

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

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

- 1. All players catching for pitcher must wear a mask at all times (practice, warm-up or game)
 - a. **Penalty:** player will not be allowed to catch.
- NOTE:** If player is injured by failure to comply with the above, coach is subject to suspension

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

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

O. CYO Game Specifications:

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

*At the conclusion of an inning, if there is 10 minutes or more left on the clock and you have not reached the max innings for your division, a new inning will begin. Once you start said inning you are required to finish said inning if the game is still within reach.

- i. Said inning will end if time limit is reached **and** the game is no longer within reach
- ii. Said inning will end if time limit is reached **and** the home team is ahead.

P. Suspended Games - Suspended games are games that did not reach the designated time limit due to weather or other outside circumstances. If needed, these games shall be replayed from the beginning at a time and place designated by the League Coordinator.

- 1. No game(s) will be held up because of this situation, games will continue at the discretion of the umpire
- 2. If game is suspended for any reason and did not complete 3 innings (or 2 ½ when the home team is ahead), it will be replayed (if needed) as a new game at a later date.

3. All Zones will have the authority to determine if an alternative method will be used to complete a suspended game that did not complete 3 innings (or 2 ½ when the home team is ahead), if there are outstanding conditions that would prevent the completion of a new game (such as the availability of facilities, weather concerns, league schedule and Zone playoff schedule).
4. If a game is suspended due to coach/crowd control issues and 1 team is clearly held responsible by the official(s) and field coordinator than the other team will win by forfeit; if both teams are held responsible than a double forfeit will be declared.

Q. Field Decorum

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

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

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD
Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.
2. All League and Division specific rules apply except as identified below:
 - a. Time limit is waived for the championship tournament to ensure all games complete the maximum amount of innings allowed per game as identified in CYO Game Specifications section.
 - b. Extra Innings: When the game is tied after completion of the maximum number of innings the following extra inning/overtime rules will be followed to determine the winner of the game.
 - i. First Extra Innings – The last two (2) batters in the game will be placed on second and first base respectively and there will be 2 outs. Batter will be the next batter in the line-up and the inning will continue as usually played.
 - ii. Second Extra Innings – The last three (3) batters in the game will be placed on third, second and first bases respectively and there will be 2 outs. Batter will be the next batter in the line-up and the inning will continue as usually played.
 - iii. If still tied after the second extra inning a coin flip will determine the winner. Home team will call the toss and the winner of the coin flip will be declared the winner of the game.
3. Each Zone will determine what type of playoff they will have within their Zone

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

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

Playing Rules

The National Federation Softball (Fast Pitch) Rule Book for 2022 will govern play, except where CYO Rules prevail. No NFHS Rules Protest will be accepted. All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

A. Player/Pitcher Substitution - all substitutions made of the players or pitchers must be reported to the plate umpire and scorekeeper by the coach at the time of the change and be written in the official scorebook. No projected substitutions are allowed. Upon entry of the game players may be requested to be presented if needed by the scorekeeper or plate

umpire for confirmation. ALL players are eligible to re-enter the game without limitation; except when a Pitcher in the PW II – Junior Division is substituted and leaves the field of play on defense, she is no longer eligible to return to the pitching position later in the game.

- Refer to previous Section D for all player participation violation penalties

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

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

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

D. Thrown Bat - no throwing of bat after swing

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

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

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

F. Charged Conference

1. Defensive - this rule limits the number of trips a manager or coach may make **into the field play (i.e., within the foul lines) to any defensive player(s) in any one inning and during the course of the game:**

- a. A second trip **into the field of play** in the same inning will cause this pitcher’s automatic removal from the pitching position
- b. If a pinch hitter is substituted for the batter, the manager or coach may make a second visit to the mound but must remove the pitcher. She may move to a different position.
- c. **If during the course of a game any coach or manager for a team makes three trips into the field of play while the same player is pitching, it will cause the pitcher’s automatic removal from the pitching position.**

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

- a. **Penalty:** **removal** of manager or coach **from the dugout** who insists on another charged conference; **coach will be permitted to watch the rest of the game from the stands**

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

H. Forfeited Game

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

- a. The ninth (9th) batting position will be an out when that turn comes to bat
- b. Under any situation, once a team’s roster is reduced to seven (7) players, the game will be a forfeit but will become a scrimmage game.
- c. When a game is continued with less than nine (9) players, or when a player(s) is missing from the official batting order because of injury, becomes sick during the game, or leaves; player(s) will be automatically out when their position comes to bat.
- d. If a player is injured, they can re-enter the game if capable of playing
- e. If a player(s) show up, they can be inserted into the lineup at the position originally indicated when the lineup was first submitted.

2. Even though game is ruled a forfeit, officials will officiate a forfeited game, games will remain the same as noted in game specification and teams with less players will be allowed to add opposing team players to make a complete team. All scrimmage games will be halted 10 minutes prior to the next regularly scheduled game.

I. If a player is disqualified from a game, due to misconduct, the player will be required to serve the following suspensions:

- a. 1st occurrence – 1 game suspension (next game that player is in attendance)
- b. 2nd occurrence – suspended for the remainder of the season (including all post season play)

J. General Playing Rules

1. Ten-Run Rule will **not** be in effect. If a team is winning by more than 10 run after 3 innings but the game continues pursuant to Section O above, the scorekeeper will continue to keep the score in the official scorebook but the runs on the displayed scoreboard(s) will no longer be updated.
2. See above rules for Pitching, Equipment and Player Participation
3. Courtesy runner is allowed if there are two (2) outs for the catcher only. The substitution for the courtesy runner MUST be reported to the plate umpire and scorekeeper by the coach at the time of the change and MUST be the player that made the previous out.
4. On a dropped 3rd strike, if first base is occupied with less than 2 out, batter will be ruled out
5. Base runners are allowed to steal at the release of the pitch
6. In the interest of the well-being of our youth, it is mandatory that if a pitcher should hit three (3) batters in one (1) inning or six (6) per game, she should be removed from the pitching position for the remainder of the game
7. Infield is defined as the diamond created from the base paths

DIVISION SPECIFIC RULES

K. Mite through Junior Division:

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

L. Pee Wee Second Year Division:

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

M. Pee Wee First Year Divisions: Coach Pitch:

1. The ball shall be a optic yellow 11-inch with a COR of 0.47 max
2. All outfielders will not be allowed to start each at bat anywhere in the infield
3. The Coach-Pitcher must be a coach on the roster
4. The Coach-Pitcher will pitch to the batter underhand and may pitch from a one knee position or a standing position, but must be able to get out of the way quickly when a batted ball is put into play. The Coach-Pitcher may pitch from the pitching plate or up to two feet in front of the pitching plate if they choose. Fields should mark a chalk line two feet in front of the pitch plate for this purpose.
5. Player playing the pitching position must stay within 5 feet, but not in front of the pitcher's plate.
6. Each batter will receive a maximum of 6 pitches. The batter is out when: three strikes occur (batter must swing and miss for a third strike to be called) or does not hit a fair ball after the six pitches
7. A bunt is allowed, but the batter must attempt to hit the ball. Bunt foul on third strike - batter is out
8. There are no walks or steals. If a pitch hits a batter, a base will not be awarded. The infield fly rule is not in effect.
9. Foul balls count as strikes, but a batter cannot be called out on a foul ball, unless it occurred on the sixth pitch
10. The Coach-Pitcher must not talk to the batter, assistant coach or any runner - this includes signaling batter, assistant coach or runner.

a. **Penalty:** one warning by the umpire; on the next violation, the lead runner is out. If there is no runner, the batter is out.

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

a. **Penalty:** after one warning per game, the next violation will result in the lead runner being out. If there is no runner, the batter is out.

12. If the ball hits the Coach-Pitcher, play will continue unless intentional interference is called; then the ball is dead and the lead runner is called out. If no lead runner, the batter is out.

13. Runner must remain on base until the ball is hit.

a. **Penalty:** runner is out.

14. Runners may only advance 1 base on an overthrow to any base at their own risk of being put out, only 1 overthrow per play and the play is dead

15. The batter is out if the catcher drops the third strike. However the catcher must hold foul tip to put batter out.

16. Shaggers are **mandatory**. Shagger must be certified coach and will be supplied by the team on defense for that inning.

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

1. The ball shall be an optic yellow, 11-inch softball. Soft Dot Rif 1

2. 10 players may play the field defensively; the 10th position must be located in the outfield

3. Play is stopped when all runners have stopped or a defensive player has the ball at the base and in front of the lead runner. A runner shall not try to advance to a base if the ball is at base past the one she is approaching.

CYO Boys Baseball Sports Rules

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

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

C. Roster - maximum of 13 players and a minimum of 10 players per team roster – a Parish may choose to carry over the maximum number of players allowed without restriction (exception form is not required to be filled to carry over the maximum)

D. Player Participation - all players in attendance must play at least two (2) complete uninterrupted defensive innings every game that the player is in attendance, **including playoff games**. An injured player playing defense and is taken out will get credit for playing a complete inning. All injuries must be reported to the Head official and scorekeeper so that the injury can be marked on the official scorecard. An injured player may return to participate in the game if they are able to do so. All players on a team in attendance must bat every game. A continuous batting order must be submitted not subject to change in that game. In the event that player(s) do not play 2 innings due to time constraints or suspended play they are required to start in the next game they are in attendance and play the first 2 innings.

1. **League/Zone Penalty** – forfeit of the game in which infraction occurred **and** 1 league game at the end of the season. It is the Field Coordinators and Zone Athletic Directors responsibility to uphold the participation rules. An adjustment to the penalized team’s final League/Zone standings is to be made at the end of the season.
2. **Zone and City Playoff Penalty** - forfeiture of the Game **and** the right to advance further in the playoffs

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

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

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

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

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

1. All line-ups are due to scorekeeper at least 15 minutes before scheduled game time. All players on Roster need to be listed on every line-up. Player’s first initial, last names and number will be listed in batting order. Players absent, injured or sick must be indicated.
 - a. **Penalty:** failure to submit line up by game time results in a verbal warning with a 5 minute deadline and an out for team when it’s their turn to bat
 - b. **Penalty:** failure to submit line up after the 5 minute verbal warning has elapsed will result in a forfeit

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

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

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

Uniforms:

1. Minimum Uniform Requirements:
 - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
 - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
 - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team name.

Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.
2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.
5. **Safety Equipment:** The following safety equipment is allowable and is strongly encouraged to help reduce the risk of injury for all players. The use of the following safety equipment is not mandatory, but all coaches and legal guardians are strongly encouraged to consider the below equipment for each player if appropriate.
 - a. Mouth Guards
 - b. Knee Pads
 - c. Elbow Pads
 - d. Prescription Safety Eye Goggles
 - e. Chin Straps

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

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

Exception: Medical and sweat bands.

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

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

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

K. Bat size: 2-5/8 inches or less. Tee-Ball bats are only allowed in the Tot division. Bats that will be used during a game must be placed outside of the dugout for inspection by the officials and/or field coordinator. Any illegal bats found will be required to be removed from the dugout. If an illegal bat is brought out of the dugout with intent to be used during game play the following penalty will be enforced:

- a. 1st occurrence, batter is out and head coach will receive a warning.
- b. 2nd occurrence, batter is out and head coach will be ejected
- c. If a Head coach is ejected for a 2nd time for the same infraction they will be suspended for the remainder of the season to include all post season play.

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

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

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

- 1. All catchers must wear metal, fiber or plastic cup-type supporter, except T-Ball
 - 2. All players catching for pitcher must wear a mask at all times (practice, warm-up or game)
- NOTE:** If player is injured by failure to comply with the above, coach is subject to suspension
Penalty: player will not be allowed to catch.

N. CYO Game Specifications

Division	Pitch Distance	Base Distance	Length of Games	Max Innings	Run Rules
Tot	36 ft.	60 ft.	60 minutes	4	4 per inning
Tiny	36 ft.	60 ft.	60 minutes	4	4 per inning
Pee Wee I	36 ft.	60 ft.	75 minutes	4	4 per inning
Pee Wee II	40 ft.	60 ft.	75 minutes	4	4 per inning
Mite I	45 ft	75 ft.	90 minutes	5	5 per inning
Mite II	52 ft	75 ft	90 minutes	5	5 per inning
Cub I	52 ft	80-90 ft	90 minutes	5	5 per inning
Cub II	56 – 60.5 ft	80-90 ft	90 minutes	5	5 per inning

*At the conclusion of an inning, if there is 10 minutes or more left on the clock and you have not reached the max innings for your division, a new inning will begin. Once you start said inning you are required to finish said inning if the game is still within reach.

- i. Said inning will end if time limit is reached and the game is no longer within reach
- ii. Said inning will end if time limit is reached and the home team is ahead.

O. Suspended Games - Suspended games are games that did not reach the designated time limit due to weather or other outside circumstances. If needed, these games shall be replayed from the beginning at a time and place designated by the League Coordinator.

1. No game(s) will be held up because of this situation, games will continue at the discretion of the umpire
2. If game is suspended for any reason and did not complete 3 innings (or 2 ½ when the home team is ahead), it will be replayed (if needed) as a new game at a later date.
3. All Zones will have the authority to determine if an alternative method will be used to complete a suspended game that did not complete 3 innings (or 2 ½ when the home team is ahead), If there are outstanding conditions that would prevent the completion of a new game (such as the availability of facilities, weather concerns, league schedule and Zone playoff schedule).
4. If a game is suspended due to coach/crowd control issues and 1 team is clearly held responsible by the official(s) and field coordinator than the other team will win by forfeit; if both teams are held responsible than a double forfeit will be declared.

P. Field Decorum

1. All fields must have the double base at 1st base
2. Once a runner reaches first base, the (colored, safety) base is no longer used. Play will continue using only the white base that is in fair territory.
3. When a team is on the field defensively, the substitutes and coaches shall not leave the dugout proper except when the acting head coach calls and is granted time to confer with one of their players or with an umpire
Penalty: a player, manager/coach is warned once; for the second infraction he or she may be suspended from the game. The coordinator will see the above is enforced.
4. **Portable Pitching Mounds** - if the hosting facility has a portable pitching mound that satisfy the CYO requirements below then both teams will be required to use the mound during a CYO game. If a portable mound does not meet the requirements then neither team will be allowed to use the mound during a CYO game.
 - a. Max height (6 inches)
 - b. Minimum flat surface for pitchers set up off of the plate (4 inches)
 - c. Gradual run/decline (cannot be a steep drop down)

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

1. All teams participating in City Playoffs must attend a Mandatory Coaches Meeting and Training. Time and Date TBD
Penalty - team will not be allowed to participate in City Playoffs if it fails to send at least one official roster representative to the Mandatory coaches Meeting and Training.
2. All League and Division specific rules apply except as identified below:
 - a. Time limit is waived for the championship tournament to ensure all games complete the maximum amount of innings allowed per game as identified in CYO Game Specifications section.
 - b. Extra Innings: When the game is tied after completion of the maximum number of innings the following extra inning/overtime rules will be followed to determine the winner of the game.
 - i. First Extra Innings – The previous two (2) batters in the game will be placed on second and first base respectively and there will be 2 outs. Batter will be the next batter in the line-up and the inning will continue as usually played.
 - ii. Second Extra Innings – The previous three (3) batters in the game will be placed on third, second and first bases respectively and there will be 2 outs. Batter will be the next batter in the line-up and the inning will continue as usually played.
 - iii. If still tied after the second extra inning a coin flip will determine the winner. Home team will call the toss and the winner of the coin flip will be declared the winner of the game.
3. Each Zone will determine what type of playoff they will have within their Zone

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

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

S. Tots will not be participating in City Playoffs.

Playing Rules

The National Federation Baseball Rule Book for **2022** will govern play, except where CYO Rules prevail. No NFHS Rules Protest will be accepted. All rule disputes must be handled professionally and respectfully with the official and/or field coordinator onsite at the time the infraction occurs.

A. Player/Pitcher Substitution - all substitutions made of the players or pitchers must be reported to the plate umpire and scorekeeper by the coach at the time of the change and be written in the official scorebook. No projected substitutions are allowed. Upon entry of the game players **may be requested to be presented if needed by the scorekeeper or plate umpire for confirmation**. ALL players are eligible to re-enter the game without limitation; except when a Pitcher in the PW I – Junior Division is substituted and leaves the field of play on defense, they are no longer eligible to return to the pitching position later in the game.

- Refer to previous Section D for all player participation violation penalties

B. Pitching Regulations (PW – Cub) – A player SHALL NOT PITCH:

1. In more than a total of the innings in a calendar week (the official CYO week begins on Monday and concludes on Sunday regardless of league or city playoff scheduling) as stated below:

Pee Wee Divisions Twelve (12) innings

Mite & Cub Division Twelve (15) innings

2. In more than one game in one day
3. Without sixty hours rest after having pitched in a game: 3 or more innings **in Pee Wee Divisions; 4 or more innings in Mite & Cub Division**

a. EXAMPLE: a player who pitches in the innings as indicated above on a Monday IS NOT ELIGIBLE to pitch until Thursday

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

4. Without thirty-six hours rest after having pitched in the game less than 3 **but more than 1 inning** in Pee Wee Divisions; less than 4 **but more than 1 inning** in Mite & Cub Divisions

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

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

5. **Pitcher will be eligible to pitch on two (2) consecutive days if the following conditions are meet: pitcher cannot start either of the games and cannot pitch more than 1 inning in either of the games. After the second consecutive appearance thirty-six hours rest must be observed:**

a. Example: a player who does not start but pitches in a game no more than 1 inning on a Tuesday may pitch again on Wednesday as long as they do not start and pitch no more than 1 inning. Player then IS NOT ELIGIBLE to pitch until Friday

b. Example: a player who does not start but pitches in a game no more than 1 inning on a Thursday may pitch again on Friday as long as they do not start and pitch no more than 1 inning. Player then IS NOT ELIGIBLE to pitch until Sunday

6. In any given game, a player is not permitted to pitch in more than: 4 innings in **Pee Wee Divisions; 5 innings in Mite & Cub Divisions**

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

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

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

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

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

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

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

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

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

E. Thrown Bat - no throwing of bat after swing

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

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

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

G. Charged Conference

1. Defensive - this rule limits the number of trips a manager or coach may make **into the field play (i.e., within the foul lines) to any defensive player(s) in any one inning and during the course of the game:**

a. A second trip **into the field of play** in the same inning will cause this pitcher’s automatic removal from the pitching position

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

c. **If during the course of a game any coach or manager for a team makes three trips into the field of play while the same player is pitching, it will cause the pitcher’s automatic removal from the pitching position.**

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

a. **Penalty:** **removal** of manager or coach **from the dugout** who insists on another charged conference; **coach will be permitted to watch the rest of the game from the stands**

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

I. Forfeited Game

1. A league game shall be forfeited to the opposing team when a team is unable or refuses to start or continue the game with eight (8) players.
 - a. The ninth (9th) batting position will be an out when that turn comes to bat
 - b. Under any situation, once a team's roster is reduced to seven (7) players, the game will be a forfeit but will become a scrimmage game.
 - c. When a game is continued with less than nine (9) players, or when a player(s) is missing from the official batting order because of injury, becomes sick during the game, or leaves; player(s) will be automatically out when their position comes to bat.
 - d. If a player is injured, they can re-enter the game if capable of playing
 - e. If a player(s) show up, they can be inserted into the lineup at the position originally indicated when the lineup was first submitted.
2. Even though game is ruled a forfeit, officials will officiate a forfeited game, games will remain the same as noted in game specification and teams with less players will be allowed to add opposing team players to make a complete team. All scrimmage games will be halted 10 minutes prior to the next regularly scheduled game.

J. If a player is disqualified from a game, due to misconduct, the player will be required to serve the following suspensions:

- a. 1st occurrence – 1 game suspension (next game that player is in attendance)
- b. 2nd occurrence – suspended for the remainder of the season (including all post season play)

K. General Playing Rules

1. Ten-Run Rule will **not** be in effect. If a team is winning by more than 10 run after 3 innings but the game continues pursuant to Section O above, the scorekeeper will continue to keep the score in the official scorebook but the runs on the displayed scoreboard(s) will no longer be updated.
2. See above rules for Pitching, Equipment and Player Participation
3. Courtesy runner is allowed if there are two (2) outs for the catcher only. The substitution for the courtesy runner MUST be reported to the plate umpire and scorekeeper by the coach at the time of the change and MUST be the player that made the previous out.
4. On a dropped 3rd strike, if first base is occupied with less than 2 out, batter will be ruled out
5. Hidden ball is illegal and will not be permitted. Penalty will be a balk.
6. In the interest of the well-being of our youth, it is mandatory that if a pitcher should hit three (3) in one (1) inning or four (4) per game, he should be removed from the pitching position for the remainder of the game.
7. Infield is defined as the diamond created from the base paths.

DIVISION SPECIFIC RULES**L. Pee Wee Second Year through Junior Division:**

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

M. Pee Wee First Year – Player Pitch:

1. The ball shall be a regular Little League Type hard baseball
2. Base Runners are allowed to steal once the ball crosses home plate. Leading off will not be allowed.
3. The infield fly rule is in effect
4. No balks will be called
5. Drop Strike 3 rule is not in effect

N. Tiny Division – Coach Pitch:

1. Tiny must use a RIF Baseball Level 5
2. 10 players may play the field defensively; the 10th position must be located in the outfield
3. All outfielders will not be allowed to start each at bat anywhere in the infield
4. The Coach-Pitcher must be a coach on the roster
5. The Coach-Pitcher will pitch to the batter overhand and may pitch from a one knee position or a standing position, but must be able to get out of the way quickly when a batted ball is put into play. The Coach-Pitcher may pitch from the pitching plate or up to two feet in front of the pitching plate if they choose. Fields should mark a chalk line two feet in front of the pitch plate for this purpose.
6. Player playing the pitching position must stay within 5 ft., but not in front, of the pitcher's plate
7. Each batter will receive a maximum of 6 pitches. The batter is out when: three strikes occur (batter must swing and miss for a third strike to be called) or does not hit a fair ball after the six pitches
8. A bunt is allowed, but the batter must attempt to hit the ball. Bunt foul on third strike - batter is out
9. There are no walks or steals. If a pitch hits a batter, a base will not be awarded. The infield fly rule is not in effect.
10. Foul balls count as strikes, but a batter cannot be called out on a foul ball, unless it occurred on the sixth pitch
11. The Coach-Pitcher must not talk to the batter, assistant coach or any runner - this includes signaling batter, assistant coach or runner.

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

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

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

13. If the ball hits the Coach-Pitcher, play will continue unless intentional interference is called; then the ball is dead and the lead runner is called out. If no lead runner, the batter is out.

14. Runner must remain on base until the ball is hit.

Penalty: runner is out.

15. Runners may only advance 1 base on an overthrow to any base at their own risk of being put out, only 1 overthrow per play and the play is dead
16. The batter is out if the catcher drops the third strike. However the catcher must hold foul tip to put batter out.
17. Shaggers are **mandatory** and must be certified coach and will be supplied by the team on defense for that inning.
18. Play is stopped when all runners have stopped or a defensive player has the ball at the base and in front of the lead runner. A runner shall not try to advance to a base if the ball is at base past the one they are approaching.

P. Tot Tee Ball Division:

1. The ball must be a RIF Baseball Level 1
2. 10 players may play the field defensively
 - a. Playing with 10 players you must have a Catcher, with the 10th player in the outfield
 - b. If you choose to play with 9 players you have the option to field a Catcher or an extra outfielder
3. All outfielders will not be allowed to start each at bat anywhere in the infield.
4. All infielders (except for the pitcher) must remain behind "the imaginary line" that would extend from 1st base to 3rd base until the ball is hit. Pitcher must remain on the pitch plate until the ball is hit.
5. Approved Tee ball bats only for this division.
6. Players hit the ball from a pole called a "Tee" (the Tee must be approved by CYO Office if there is any question). A coach will be allowed to adjust the tee and player only one time per player, and then step back toward their dugout and out of the way of any play
7. The batter gets six swings to put the ball into play. Failure to put the ball into play after six swings results in an out. Batters must make primary contact with the ball (as opposed to the tee) in order to put it into play. If the batter hits only the tee, misses the ball completely, or is a foul ball, this counts as a swing.

8. The ball must be hit out of the batter's box. Balls that are hit off the tee and stay inside the batter's box or stay on the tee are foul balls. **If a foul ball occurs on the batter's sixth swing, they are out.**
9. When a ball is hit to the outfield and the ball returns to the infield, runners may advance only one base they are going to at their own risk of being put out and the play is dead
10. When a ball is hit in the infield and on an overthrow to any base, runners may advance only one base they were going to at their own risk of being put out, only 1 overthrow per play and the play is dead
11. Runner must remain on base until the ball is hit
Penalty: runner is out.
12. Two Coaches will be allowed on the field during the team's defensive inning. Coaches must be between first and second base and second and third base. The Coaches must remain behind the deepest defensive player.