

2024- 2025 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 may offer 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.

This Policy and Procedures manual is divided into four sections:

1. Introduction, mission statement and the organizational structure of the CYO program
2. Financial Procedures for the Zones, Parishes and School programs
3. Operational Procedures for the Zones, Parishes, Schools and Executive Committee
4. Sports programming

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 Principals, 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. 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 up to 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 and staff, oversees the operation of the CYO Ministry. The Zone's finances are directly handled by this office, and all forms, and rosters are submitted to this office. This office approves Zone non-church site contracts, Zone vendor contracts, and in addition, oversees all grievances and concerns and adjudicates them. The CYO office also reviews all of the rosters, makes schedules, coordinates mandatory coach's certification, and is responsible for the end of season City Tournament. *All Parish/School CYO Ministries are required to follow all Financial Procedures as determined by the Archdiocese of San Antonio. Ministries are required to work with their Parish/School offices and their Pastors/Principals to ensure all requirements are being met and procedures are up to date. Failure to comply with these requirements may result in sanctions to the Parish/School and or CYO Ministry as deemed appropriate by the Archdiocese of San Antonio.*

The CYO Office appoints the Executive Committee which serves as the CYO Director's advisors. The Executive Committee, 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 Committee shall be established to serve as a consultative body to the CYO Director.

Executive Committee – Zone Presidents, one additional Zone Board Member and up to two Zone Liaisons appointed by the CYO Office.

- a. All members must be reviewed and approved by the CYO Director.
- b. Zone Presidents unable to be present at the Executive Committee meeting may request presence from another Zone Officer.
- c. The Executive Committee, 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 Committee are final. Minimum of five members of the Executive Committee 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 Committee shall rule on all appeals rendered by the Zone Board based on the published Sports Rules and Policies and Procedures.

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

Zero Tolerance Act (adopted 2011 – revised 2024)

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 **excessively** question or comment negatively **in an abrasive, adversarial or aggressive manner.**
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 a minimum of 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 or your Parish/School Leadership.
 - i. Elevated occurrences may require a more severe penalty which will be determined, as appropriate, by the offending parties Parish Pastor or School Principal. 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 **physical** attendance, **or any virtual interaction with the use of technology**, at any practice, game or team function/celebration as a coach, assistant coach, team/sport minister, board member, parent, spectator or volunteer.
 - iii. **Suspended coaches will forfeit their CYO Coach Badge to their Parish President until they have been cleared to return to coaching.**
 - b. Individuals ejected from a second game within the same sport year (July - June) will **automatically** serve a minimum 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. De-escalating situations between coaches, parents & spectators before they violate Zero Tolerance.
 - ii. Answer reasonable questions, enforce rules, actively monitor and maintain a safe and positive environment
 - iii. Making decision to remove parents/spectators when violating Zero Tolerance Act.
2. Cannot be performing any other onsite duties such as gate, concession, coaching 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 (**within 24 hours**) for immediate review and forwarded to the CYO Office and the Parish Pastor or School Principal 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 in regards to the Zero Tolerance Act, must come from the Parish/School Office with knowledge and consent of the Pastor/Principal. The appeal should be emailed to cyo@archsa.org. Appeal will be reviewed by the Zone Board and the CYO Office for all 15 day suspension. Appeal will be reviewed by the Executive Committee for all suspensions greater than 15 days (such as season long or 1 year suspension).

Coach Expectations:

Below is an excerpt from page 23-26 of the 2024-2025 CYO Policies and Procedures which outlines coaches requirements and expectations for CYO. Full document can be downloaded at the CYO website at <https://www.archsa.org/cyo>

XIII. Coaches and Volunteers - The CYO Office has the responsibility to develop and to foster the Christian values to its athletic leaders (coaches, Parish/School/Zone presidents and athletic directors) which will enable them to be a positive role model and influence to the young people they serve through the Catholic Church in the CYO Sports Ministry.

A. Selection (Pre Evaluation) – steps

1. The CYO Athletic Program requires the service of volunteers and one of the leaders is the coach. The coach determines the quality of experience that our young athletes have with sports. The **Coach Expectation Sheet** is included in this manual. Coaches are selected at each Parish/School by the Parish/School President and Athletic Director.
2. Coaches will be required to sign the “Zero Tolerance Act”
3. **Minimum Age Requirements:**
 - a. **Head Coach:** 21 years of age
 - b. **Assistant Coach:** 18 years of age
 - c. **Jr. Assistant Coach:** 15 years of age – this coach must have parental consent and approval from the Parish/School President and Head Coach to act in this capacity. This coach must be directly supervised at ALL times (games, practices and other team events) by an adult certified coach on the official team roster. This coach will be allowed to interact and participate with the coaches and teams during practices and be allowed on the field/court during games as long as they have the appropriate Jr. Assistant Coach’s Badge.

B. Coaches Certification, Development & Responsibilities – 18 years of age and older

1. Pass Archdiocese of San Antonio Criminal Background Check submitted to the Virtus Online website (<https://www.virtusonline.org/virtus/index.cfm>).
2. Complete the online Coaches Certification Course every three (3) years: cost \$24.95
3. Complete the Virtus Online Protecting Gods Children and Sexual Harrasment Trianing
4. Attend Sports Specific Training conducted by your Parish, School and Zone.
5. Attend Mandatory Meeting (if held) at end of each sport season, if advancing to City Playoffs.
Penalty: Team will not advance to City Playoffs. No Exceptions.
6. Be responsible and accountable for all information within the Policy and Procedure Manual, Handbook and Team Roster.
 - a. **This also includes being responsible for players parents and fans having a general knowledge and understanding of the CYO Mission to ensure appropriate behavior at CYO games.**
7. Abide and support our Zero Tolerance Act. **Review, encourage and support the Zero Tolerance Act with team coaches, players, parents and fans.**
Penalty: Failure to do so will permanently remove Coach from CYO Program.

C. Practice and Games

1. Once all levels of **XIII** have been completed, volunteer will be permitted to coach in practices or games.
2. If volunteer has not completed **XIII** he/she will not be allowed to participate at any capacity involving youth.
 - a. Individuals not certified will not be allowed on the field, court or bench
 - b. All certified coaches must have valid Coach’s badge in visible sight of all players, officials, and spectators. Coaches without a badge or an expired badge cannot be with the team during game play.
 - i. **Penalty:** coach must leave the team area and not return until they are able to provide a valid Coaches Badge.
 - c. Illegal use of badge – Using Certified Coaches badge that is not their own.
 - i. **Penalty:** Forfeit of all games played; **any persons allowing the use of an illegal badge, providing your badge to others for illegal use or using an illegal badge will be** suspended for a year and must complete a new Coaches Certification once suspension has been served.

3. Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any event. Any team that does not have a certified coach present will have to forfeit the event and the contest will not be played. Officials and scorekeepers will not work a forfeited event when there is not a certified coach present.

D. Coaches and Conduct

1. One head coach and one Sport minister is required for all teams. Tiny divisions and above may list up to two additional assistant coaches. Tot divisions may list up to three additional assistant coaches.
 - a. Sports Minister – each team must have a designated CYO Sports Minister whose duties are to provide leadership to the children of the team and their families in the area of integrating the Catholic faith into the sports experience. The minister will see to it that reverent prayer is conducted before and after every CYO game. In addition, with the support of the Parish/School Sports Minister and support from the CYO Office, the minister will assist the team in active participation in Parish/School and family faith activities. The moral compass followed by the team community will be determined by the tenets of Christian behavior and so this important position requires attention to the welfare of children and the appropriate behavior of the parents and coaches.
2. The minimum per team is one currently certified Head Coach and Sports Minister. A Sports Minister and Head Coach can not be the same individual.

Penalty – team that does not have the minimum coach requirement on rosters in SportsPilot will be deemed ineligible to participate. Team will have to forfeit any games played prior to the discovery of the infraction and all future games will be cancelled until such time the team roster in SportsPilot is in compliance. CYO Board will be reported to the Parish/School Office and/or Pastor/Principal for review and possible removal.
3. **Any coach, player or spectator ejected from a game is automatically suspended for 15 days from all CYO events (may not attend game even as a spectator).** A hearing may be held based on the severity of the violation. If the violation occurs in the Zone Level, it is the Zone’s responsibility to conduct the hearing. In City Playoffs, the CYO Athletic Director will meet with Zone President and Athletic Director to resolve. (Any coach or spectator ejected must leave the entire facility).
4. **Any Coach, Sports Minister, Field Coordinator, Board Member, Player, Umpire, Scorekeeper or Spectator involved in an aggressive physical or verbal assault on another person at any CYO event or any facilities when representing the CYO will be automatically suspended from the CYO Sports Program and all CYO events until such a time as a hearing may be conducted.** It is the responsibility of the Zone President to conduct a hearing within seven (7) days of the violation when it occurs at a Zone coordinated facility during Zone controlled activities or meetings. It is the Zone Officers’ responsibility to insure proper conduct in their facilities. In City Playoffs, the CYO Athletic Director will meet with the Zone President and Athletic Director to resolve. (The offender must leave the entire facility).
 - a. Involved in any aggressive physical contact
 - b. Verbal assault (refer to XI)

E. Dress Code - Coaches are to dress modestly at all times and must remain in acceptable coaching attire while conducting practice, coaching in games, and or scrimmages.

1. No tops that reveal undergarments or midriff, tops with spaghetti straps. No sleeveless shirts (Male Only).
2. Hats and visors must be worn facing forward at all times during games.

F. Physical Assault of a Game Official or any Other Person - Any physical contact will be considered an assault.

1. Minimum of 12 months suspension upon determination of the guilt of offending party. Reinstatement as a CYO leader must be appealed to the CYO Office through the Parish/School and Zone upon completion of term of penalty.

G. Good Standing

1. A Zone/Parish/School board member or coach will not be allowed to vote or hold office during the period that they are under disciplinary action.
2. Must attend at least four (4) general meetings **prior to Zone elections** to be eligible to vote at **Zone** elections.
3. Must not owe the Zone/Parish/School outstanding monies, equipment and/or uniforms.

4. **Zone and/or CYO Office may put CYO Programs and/or Participants on a Probationary Action Plan if they are not in Good Standing.**

H. Responsibilities - All CYO Coaches and Volunteers must:

1. Ensure safe competition
2. Ensure all players are participating in their appropriate age division
3. Keep a friendly environment at all times
4. Instill sincere sportsmanship at all times
5. Encourage all are invited to share in the life of their faith community
6. Encourage all players to experiment with leadership roles (e.g. captains, co-captains, equipment management, assisting with team drills, etc.). Such opportunities expand the ways in which youth can benefit from program participation by teaching them contributory as well as recipient roles. In like manner, coaches should encourage appropriate leadership opportunities for their assistant coaches.
7. Abide, Enforce, and Support the Zero Tolerance Act

I. Evaluation - The Zone and Parish/School are responsible in the evaluation of all coaches. The Coach Evaluation Questionnaire is included in this manual. Upon completion, the evaluation is to be kept on file with the Zone President.

J. Other CYO Participants - Adults, parents, players, siblings, and spectators provide enthusiastic support of all the children participants. Demeaning behavior or verbal insults towards individuals or teams violates the spirit of the CYO and will not be tolerated. Recognizing that winning isn't everything, adults will always retain the spirit of fairness in competition, the importance of development of children, and the realization that pressure, (as long as it is age and gender appropriate) is not inherently bad, but it can easily transgress the proper boundaries. Zero Tolerance Policy will apply to them accordingly.

K. Christian Values Formation - All Officers and Leaders in the athletic ministry of the Church (coaches, Zone presidents, and athletic directors) are strongly encouraged to participate in at least 10 hours of Christian values formation which may be provided by the Parish/School, the Zone or the CYO Office. Some examples of these opportunities are:

- a. Adult religious education courses and Bible study classes
- b. Parish/School Retreats
- c. days of recollection
- d. Parish/School missions
- e. Events offered by the Archdiocese

L. Importance of Good Example

1. A knowledge of sports and a willingness to serve does not make one a good Coach or Exemplary Adult. CYO Leaders can be satisfied with nothing less than lasting supernatural values in recreational activities. It is imperative that the CYO Adult Leader be an example for Youth to imitate. Profanity, display of anger, dishonest and childish conduct are not only unchristian, but completely contrary to your chosen apostolate of influencing Youth. **These actions and other similar actions unbecoming of a CYO Coach** can result in suspension.
2. The Youth in the CYO are also expected to set a good example to others and are subject to suspension.
3. Alcoholic beverages and use of tobacco are not permitted at CYO **events** before, during and after CYO games and events. Coaches and any other personnel under the influence of alcoholic beverages are to be barred from CYO activities. The use of tobacco by coaches and umpires on the field or gym while the games are being played is not permitted (players are not permitted the use of tobacco at any time). On the use of tobacco, one warning will be issued, then suspended from game. The Coordinator will see to the above rules are enforced. Violations will result in suspension.
4. **CYO Prayer** – Will be at the beginning and at the end of all CYO games, both teams will meet facing their Parents/Spectators, and recite the prayers that are published on the CYO Website (www.archsa.org/cyo). Parents/Spectators are encouraged to join in prayer, however, if they choose not to, everyone must respect this time with silence.

Penalty: Individuals not respecting our players during this time of prayer will be automatically removed from premises.

Penalty: Teams not participating in Prayer before and/or after game will result in Head Coach or any acting Head Coach being suspended from any and all CYO Events for one year and must retake Coach's Certification Course.

5. No games shall start or end until the prayer has been recited. Team ministers should facilitate this.

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 are other types of** 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, facility evacuation concerns, **extreme heat, frigid temperatures and any other type of inclement weather that could have a lasting and negative impact on the players.**
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 8 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.

All Player Participation Violation request must be made immediately after the game by the opposing head coach by bringing their request to the official and field coordinator. If it is proven that a player was in attendance and did not play the required minimum the Zone must be notified by the host location field coordinator or host CYO Program. Parent may report a Player Participation Violation to their CYO Parish/School Board in reference to their own child within 48 hours of the conclusion of the game. The Zone must be notified by the CYO Parish/School for investigation. **A CYO hosting facility and/or site coordinator may report a Player Participation Violation to the CYO Zone Board within 48 hours of the conclusion of the game. The Zone must notify the CYO Parish/School that they are investigating the situation.**

1. **Regular Season Penalties:**

1st occurrence – forfeiture of game and verbal warning to Head Coach

2nd occurrence – forfeiture of game and 1 game suspension for Head Coach

3rd occurrence – forfeiture of game and suspension of Head Coach for the duration of the regular season and all post season games.

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 and announce the current score after each 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 for Tot games. If the Zone chooses not to have officials 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. **Host facility will have (1) line-up card per game in advanced at a central location.** 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 **entire** 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 **entire** scorecard they may submit to the official **and/or field coordinator** 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. **If facility and/or Zone confirms teams continually do not hand in fully completed and timely line ups causing game delays; their CYO program and/or Head Coach may have corrective actions mandated by the Zone and/or CYO Office to ensure unnecessary delays are prevented.**

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. Flag Football Uniforms: Formal uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be coordinated in color and be consistent with school colors or zone approved parish 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 official 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 and Score Tracking - 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. Game cannot end on a defensive penalty; (see page 14 for defensive penalties) additional play will be given to the offense when this occurs.
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.
4. Facility is required to provide a method to keep the score visible during the game. This should be done by use of a scoreboard (electronic or manual). Officials or a coach from either team may be in charge of keeping scoreboard updating during the game.

N. Suspension of Game - a game suspended by rain or other **inclement weather** 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 Championship Tournament Rules – *Weather Permitting*, Top teams of each Zone will advance to the City

Tournament. Zone Representation will be determined at City Commitment. Zone League Playoff format, if held, will be determined by the Zone board.

1. All teams participating in the City Tournament must attend a Mandatory Coaches Meeting and Training (if held).
Time and Date TBD

Penalty - team will not be allowed to participate in the City Tournament 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 Playoffs and the City Tournament 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. Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any game. Any team that does not have a certified coach present will have to forfeit the game and the game will not be played. Officials will not work a forfeited game when there is not a certified coach present.
2. 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.
3. Both teams shall line up starting players for the official to note participation.
4. The offensive team will take possession at the 20-yard line.
5. Coaches are not allowed on the field. **Exception** - Tot and Tiny are allowed one coach who must be behind official when play starts.
6. 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 takes a step to either side or backwards.
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)
- Ball carrier's flags pulled
 - Ball carrier steps out of bounds
 - A score
 - Ball carrier's knee hits the ground
 - Ball carrier's flags fall out
 - Ball hits the ground - there are no fumbles; ball is spotted dead where it hits the ground

G. Defense

- Defensive Line** - all defensive players must be at least 1 yard from line of scrimmage. Any player(s) is allowed to rush.
- Rushers** - are not allowed to make any contact with the blockers or screens at any time. Penalty – Illegal Rush
- Bump and run** - is not permitted. Penalty – Illegal Contact
- Interceptions** - are allowed, however, no other players are allowed to screen block while the interceptor is attempting to return the ball. Penalty – Illegal Block
- 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.
 - 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.
- 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 - (when a penalty enforcement would put the ball closer than half the distance to the goal, the ball penalty is enforced half the distance to the goal)

1. **General**

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

2. **Offense**

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

3. **Defense**

- Offsides: - 5 yards
- Interference: - 10 yards and AFD
- Illegal contact: - 10 yards and AFD
- Illegal flag pull: - 10 yards and AFD
- Illegal rush: - 10 yards and AFD

- 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 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. If the lead gets to 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

(The National Federation Rules Book for 2023 will govern play, except where CYO Rules prevail)

- 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: maximum 8 and minimum of 5 players
 2. Tiny: maximum 14 and minimum of 8 players
 3. Pee Wee, Mite & Cub: maximum of 16 and minimum of 9 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.

All Player Participation Violation request must be made immediately after the game by the opposing head coach by bringing their request to the official and field coordinator. If it is proven that a player was in attendance and did not play the required minimum the Zone must be notified by the host location field coordinator or host CYO Program. Parent may report a Player Participation Violation to their CYO Parish/School Board in reference to their own child within 48 hours of the conclusion of the game. The Zone must be notified by the CYO Parish/School for investigation. **A CYO hosting facility and/or site coordinator may report a Player Participation Violation to the CYO Zone Board within 48 hours of the conclusion of the game. The Zone must notify the CYO Parish/School that they are investigating the situation.**

1. **Regular Season Penalties:**
 - 1st occurrence – forfeiture of game and verbal warning to Head Coach
 - 2nd occurrence – forfeiture of game and 1 game suspension for Head Coach
 - 3rd occurrence – forfeiture of game and suspension of Head Coach for the duration of the regular season and all post season games.
2. **Zone and City Playoff Penalty** - forfeiture of the Game *and* the right to advance further in the playoffs

- E. Officials** – There will be no officials for Tots, Head Coaches may be on the field during play to help facilitate their teams. There should be one field official in the 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), keep track of who scores the goals, keep the time and announce the current score after each score. **Referee’s will carry and issue Yellow and Red Cards as per NFHS rule.** 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.

- F. Line-Ups** – all line-ups are due to the official by scheduled game time. **Host facility will have (1) line-up card per game in advanced at a central location.** 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 **entire** 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 **entire** scorecard they may submit to the official **and/or field coordinator** 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. **If facility and/or Zone confirms teams continually do not hand in fully completed and timely line ups causing game delays; their CYO program and/or Head Coach may have corrective actions mandated by the Zone and/or CYO Office to ensure unnecessary delays are prevented.**

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. Soccer Uniforms: Formal uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be coordinated in color and be consistent with school colors or zone approved parish colors, 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 official 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 and Score Tracking

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.
5. Facility is required to provide a method to keep the score visible during the game. This should be done by use of a scoreboard (electronic or manual). Officials or a coach from either team may be in charge of keeping scoreboard updating during the game.
6. Play will resume with the same possession and in the same direction at the beginning of the 2nd and 4th quarters from the spot play was whistled dead at the end of the 1st and 3rd quarters respectively.

L. Suspension of Game - a game suspended by rain or other **inclement weather** 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.

M. 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.

N. City Championship Tournament Rules – *Weather Permitting*, Top teams of each Zone will advance to the City Tournament. Zone Representation will be determined at City Commitment. Zone League Playoff format, if held, will be determined by the Zone board.

1. All teams participating in the City Tournament must attend a Mandatory Coaches Meeting and Training (if held). Time and Date TBD

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

2. **Overtime:** in case of a tie, the game will go into an overtime period which will consist of one 8 minute period (Tot & Tiny) one 10 minute period (PW & Mite) or one 15 minute period (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.

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

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

P. Tots will not be participating in City Playoffs.

Playing Rules

The National Federation Rules Book for 2024 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.

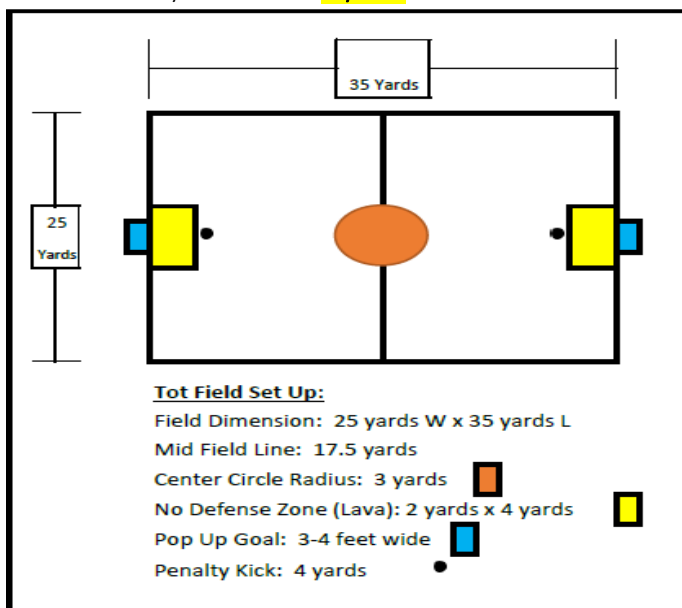
Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any game. Any team that does not have a certified coach present will have to forfeit the game and the game will not be played. Officials will not work a forfeited game when there is not a certified coach present.

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

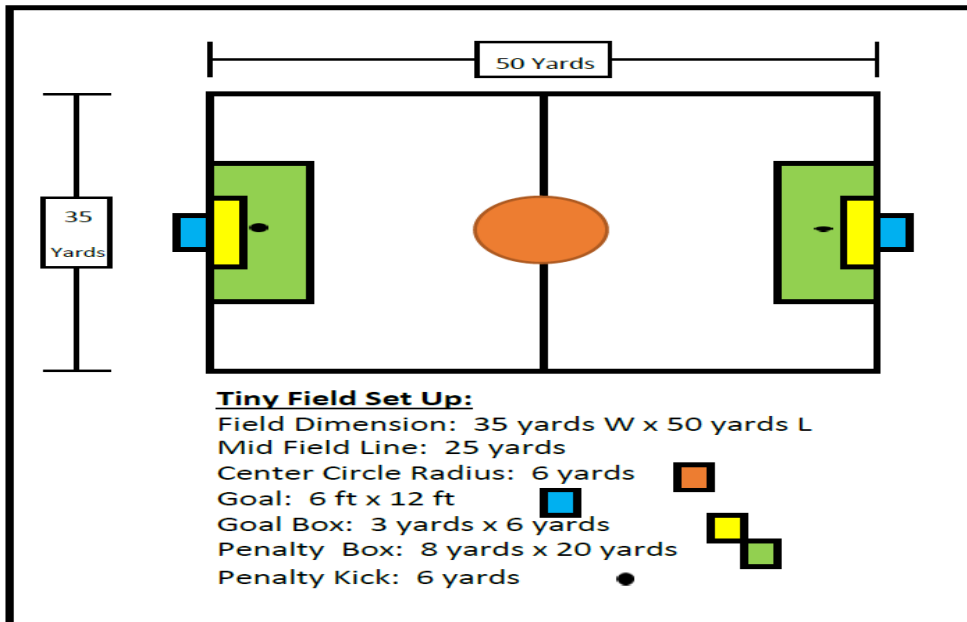
Penalty – **If in the opinion of the official an intentional header is performed** the ball will be turned over and a Free Indirect Kick will be awarded to the other team. If this penalty occurs in the Penalty Box the Free Indirect Kick will be placed on the outside line of the penalty box perpendicular 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.

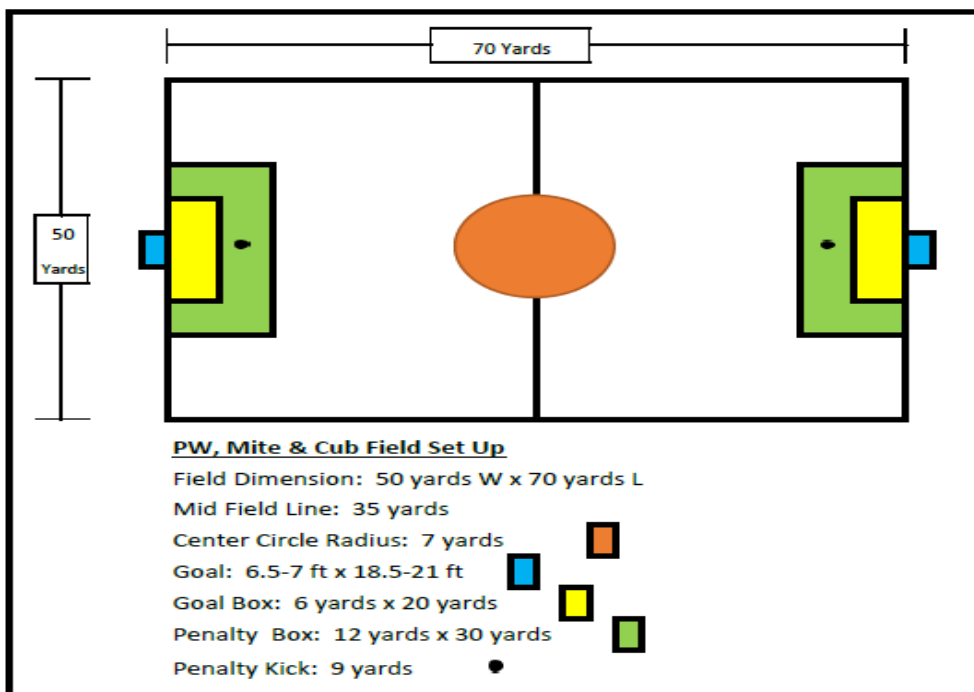
1. **Tot:** 25 x 35 yards (1/2 of Tiny Field Dimensions) – minimum exterior dimensions is 20 x 30 yards and maximum is 30 x 40 yards – interior dimensions must be as listed below:
 - a. Mid field line: 17.5 yards
 - b. Center Circle: 3 yards (not required)
 - c. No Defense Zone (Lava) 2 yards x 4 yards**
 - d. Penalty box area: N/A
 - e. Penalty kick mark: **4 yards**



2. **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:
- Mid field line: 25 yards
 - Center Circle: 6 yards radius
 - Goal box area: 3 yards x 6 yards
 - Penalty box area: 8 yards x 20 yards
 - Penalty kick mark: 6 yards from goal



2. **Pee Wee, Mite & Cub:** 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:
- Mid field line: 35 yards
 - Center Circle: 7 yards radius
 - Goal box area: 6 yards x 20 yards
 - Penalty box area: 12 yards x 30 yards
 - Penalty kick mark: 9 yards from goal



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

1. **Tot** – Pop Up Goals (3 – 4 feet wide)
2. **Tiny** – Smaller than regulation (6 ft. high x 12 ft. long is recommended)
3. **Pee Wee - Cub** – Smaller than regulation (6.5-7 ft. high x 18.5-21 ft. long is recommended)

C. Number of Players

1. **Tots**: 4 (**3 minimum** – no goalkeepers **are used**)
2. **Tiny**: 7 (5 minimum – including goalkeeper)
3. **Pee Wee, Mite & Cub**: 8 (6 minimum - including goalkeeper)
4. 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.

Exception: Tots only – Since there are no officials for Tots, Head Coaches may be on the field during play to help facilitate their teams.

Penalty: 1st offense – warning; 2nd offense – Yellow card issued to Head Coach; 3rd offense Red Card issued to Head Coach (constitutes an ejection and Zero Tolerance Violation). After all offenses the opposing team will receive a direct free kick.

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 **ALL** out of bounds, a player must kick the ball in from the sideline at the point the ball went out of bounds.
- c. No Offsides will be called

d. Players cannot set up in the no defense zone until the ball enters the zone

Offensive Penalty – goal kick for the defense

Defensive Penalty – free penalty kick for the offense

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

(The National Federation Rules Book for 2023 will govern play, except where CYO Rules prevail)

- A. Divisions** - Tiny, Pee Wee, Mite, Cub and Junior (girls only)
- 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** - maximum 12 and 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)

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. 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. **Teams will switch sides in between sets.** In the City Playoffs the third game will be played only if match has not been decided after the first 2 sets.

All Player Participation Violation request must be made immediately after the match by the opposing head coach by bringing their request to the official and field coordinator. If it is proven that a player was in attendance and did not play the required minimum the Zone must be notified by the host location field coordinator or host CYO Program. Parent may report a Player Participation Violation to their CYO Parish/School Board in reference to their own child within 48 hours of the conclusion of the game. The Zone must be notified by the CYO Parish/School for investigation. **A CYO hosting facility and/or site coordinator may report a Player Participation Violation to the CYO Zone Board within 48 hours of the conclusion of the game. The Zone must notify the CYO Parish/School that they are investigating the situation.**

1. Regular Season Penalties:

1st occurrence – forfeiture of game and verbal warning to Head Coach

2nd occurrence – forfeiture of game and 1 game suspension for Head Coach

3rd occurrence – forfeiture of game and suspension of Head Coach for the duration of the regular season and all post season games.

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

- E. Officials** - At least one referee, one scorekeeper and two linesman. Each team is required to provide **a volunteer scorekeeper and a volunteer** 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. Volleyball Uniforms: Formal uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be coordinated in color and be consistent with school colors or zone approved parish colors, 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, 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 – (Seatbelt Rule) 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. In the Tiny Divisions, no noise is to be made during a players serve. 1st offensive – warning; 2nd offensive – individual will be ejected from the facility.

P. City Championship Tournament Rules – Top teams of each Zone will advance to the City Tournament. Zone Representation will be determined at City Commitment. Zone League Playoff format, if held, will be determined by the Zone board.

1. All teams participating in the City Tournament must attend a Mandatory Coaches Meeting and Training (if held). Time and Date TBD

Penalty - team will not be allowed to participate in the City Tournament 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 **2024** 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.

Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any match. Any team that does not have a certified coach present will have to forfeit the match and the match will not be played. Officials will not work a forfeited match when there is not a certified coach present.

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

B. Serves – **Tiny I division may serve, if desired, with their back foot on the 20' service line and no foot faults will be called.** Tiny II and Pee Wee I divisions may serve, if desired, anywhere behind the 20' service line (physical or imaginary) that is marked on the floor of the court. PW II division must serve from behind their 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. **Suspension of Game - a game suspended due to outside circumstances beyond our control before the completion of the first set will not be an official game. This game will be replayed at a later date. However, when one complete set is played, the said game becomes an official game.** 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 work a forfeited 2 set minimum match and allow the team with less players to add opposing team players to make a complete team.

G. **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

(The National Federation Rules Book for 2023-2024 will govern play, except where CYO Rules prevail)

- A. **Divisions** - Tiny, Pee Wee, Mite, Cub and Junior (girls only)
- 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** - maximum of 10; minimum of 6 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.

All Player Participation Violation request must be made immediately after the game by the opposing head coach by bringing their request to the official and field coordinator. If it is proven that a player was in attendance and did not play the required minimum the Zone must be notified by the host location field coordinator or host CYO Program. Parent may report a Player Participation Violation to their CYO Parish/School Board in reference to their own child within 48 hours of the conclusion of the game. The Zone must be notified by the CYO Parish/School for investigation. **A CYO hosting facility and/or site coordinator may report a Player Participation Violation to the CYO Zone Board within 48 hours of the conclusion of the game. The Zone must notify the CYO Parish/School that they are investigating the situation.**

1. Regular Season Penalties:

1st occurrence – forfeiture of game and verbal warning to Head Coach

2nd occurrence – forfeiture of game and 1 game suspension for Head Coach

3rd occurrence – forfeiture of game and suspension of Head Coach for the duration of the regular season and all post season games.

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. **Each team is required to provide a volunteer scorekeeper.** All officials will be a minimum 16 years old.

1. **Exception:** Tiny divisions may have 1 or 2 officials (Zone Option).

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 **official** 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. Basketball Uniforms: Formal uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be coordinated in color and be consistent with school colors or zone approved parish colors, 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 with one minute between quarters and two minutes between halves (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 – (Seatbelt Rule) 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 Tournament Rules – Top teams of each Zone will advance to the City Tournament. Zone Representation will be determined at City Commitment. Zone League Playoff format, if held, will be determined by the Zone board.

1. All teams participating in the City Tournament must attend a Mandatory Coaches Meeting and Training (if held). Time and Date TBD

Penalty - team will not be allowed to participate in the City Tournament 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 **2023-2024** 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.

Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any game. Any team that does not have a certified coach present will have to forfeit the game and the game will not be played. Officials will not work a forfeited game when there is not a certified coach present.

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 work 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:** if a team is winning by **(25 points or more)** 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.
 - a. **(Tot – PW)** when a team is ahead by twenty-five (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 (25) or more points, the team ahead (**may only**) 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. (no fast breaks)
 - a. **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. **Suspension of Game - a game suspended due to outside circumstances beyond our control 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.

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. Illegal dribble will only be called inside the 3-point arc
3. The traveling rule will be extended to 3 steps
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

(The National Federation Rules Book for 2023-2024 will govern play, except where CYO Rules prevail)

- 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 6 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.

All Player Participation Violation request must be made immediately after the game by the opposing head coach by bringing their request to the official and field coordinator. If it is proven that a player was in attendance and did not play the required minimum the Zone must be notified by the host location field coordinator or host CYO Program. Parent may report a Player Participation Violation to their CYO Parish/School Board in reference to their own child within 48 hours of the conclusion of the game. The Zone must be notified by the CYO Parish/School for investigation. **A CYO hosting facility and/or site coordinator may report a Player Participation Violation to the CYO Zone Board within 48 hours of the conclusion of the game. The Zone must notify the CYO Parish/School that they are investigating the situation.**

1. Regular Season Penalties:

1st occurrence – forfeiture of game and verbal warning to Head Coach

2nd occurrence – forfeiture of game and 1 game suspension for Head Coach

3rd occurrence – forfeiture of game and suspension of Head Coach for the duration of the regular season and all post season games.

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. **Each team is required to provide a volunteer scorekeeper.** All officials will be a minimum 16 years old.

Exceptions: Tot divisions will only have 1 official.

Tiny divisions may have 1 or 2 officials (Zone Option).

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 **official** 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 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. **Basketball Uniforms:** Formal uniforms are not mandatory; gym shorts without pockets and jerseys and/or shirts must be worn. All jerseys or shirts must be coordinated in color and be consistent with school colors or zone approved parish colors, 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 with one minute between quarters and two minutes between halves (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 – (Seatbelt Rule) 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 Tournament Rules – Top teams of each Zone will advance to the City Tournament. Zone Representation will be determined at City Commitment. Zone League Playoff format, if held, will be determined by the Zone board.

1. All teams participating in the City Tournament must attend a Mandatory Coaches Meeting and Training (if held).
Time and Date TBD

Penalty - team will not be allowed to participate in the City Tournament 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 2023-2024 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.

Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any game. Any team that does not have a certified coach present will have to forfeit the game and the game will not be played. Officials will not work a forfeited game when there is not a certified coach present.

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 and **scorekeeper(s)** will work 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**: if a team is winning by **(25 points or more)** 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.
 - 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 (**may only**) 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. **Suspension of Game** - a game suspended **due to outside circumstances beyond our control 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.

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. Illegal dribble will only be called inside the 3-point arc
3. The traveling rule will be extended to 3 steps
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 illegal dribble will be called
5. Traveling will only be called inside of the paint and will be extended to 3 steps
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 Girls Softball Sports Rules

(The National Federation Rules Book for 2024 will govern play, except where CYO Rules prevail)

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. 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. Injured players playing defense and taken out will get credit for playing a complete inning. **When a player is injured and it is their turn in the continuous batting order the team will skip over their at bat without penalty. If the injured player returns they are merely inserted into their original spot in the continuous batting order and the game continues.** 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 (**exception – players arriving late may be added to the bottom of the continuous batting order**). 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.

All Player Participation Violation request must be made immediately after the game by the opposing head coach by bringing their request to the official and field coordinator. If it is proven that a player was in attendance and did not play the required minimum the Zone must be notified by the host location field coordinator or host CYO Program. Parent may report a Player Participation Violation to their CYO Parish/School Board in reference to their own child within 48 hours of the conclusion of the game. The Zone must be notified by the CYO Parish/School for investigation. **A CYO hosting facility and/or site coordinator may report a Player Participation Violation to the CYO Zone Board within 48 hours of the conclusion of the game. The Zone must notify the CYO Parish/School that they are investigating the situation.**

1. Regular Season Penalties:

1st occurrence – forfeiture of game and verbal warning to Head Coach

2nd occurrence – forfeiture of game and 1 game suspension for Head Coach

3rd occurrence – forfeiture of game and suspension of Head Coach for the duration of the regular season and all post season games.

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 **a continuous** batting order.

Positions of starting defensive players must be indicated. Players absent, injured or sick must be **listed at the bottom of your lineup after your continuous batting order.**

- 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 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.

I. Softball Uniforms: Formal uniforms are not mandatory; jerseys and/or shirts must be worn. All jerseys or shirts must be coordinated in color and be consistent with school colors or zone approved parish colors, 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.

Exception: All Pee Wee Second Year Division and above games will be played on softball fields that are flat and do not have a baseball mound

K. **Bat Size:** 2-1/4" maximum diameter – ASA/USA 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: (Game time starts when teams are advised to line up for prayer)

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 **(or in the absence of officials, field coordinator discretion will be utilized).**
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.
4. Noise Makers – air horns, cowbells, walk up music, 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.

R. City Championship Tournament Rules - Top teams of each Zone will advance to the City Tournament. Zone Representation will be determined at City Commitment. Zone League Playoff format, if held, will be determined by the Zone board.

1. All teams participating in the City Tournament must attend a Mandatory Coaches Meeting and Training (if held). Time and Date TBD

Penalty - team will not be allowed to participate in the City Tournament 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. Extra Innings: When the game is tied after regulation 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 **2024** 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.

Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any game. Any team that does not have a certified coach present will have to forfeit the game and the game will not be played. Officials will not work a forfeited game when there is not a certified coach present.

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 work 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 runs 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.
 - a. **Good Sportsmanship Rule** – when a game continues into the 4th inning due to time and if the game is no longer within reach, 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.
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

8. Rostered team players in the PW division and above may act as a base coach only if there are no other certified coaches available for that team and they must wear a batters helmet.

DIVISION SPECIFIC RULES

K. Mite through Junior Division:

1. The ball shall be an optic yellow fast pitch 12-inch with a COR of 0.47 max
2. All games will be played on softball fields that are flat and do not have a baseball mound

L. Pee Wee Second Year Division:

1. The ball shall be an optic yellow fast pitch 11-inch with a COR of 0.47 max
2. All games will be played on softball fields that are flat and do not have a baseball mound

M. Pee Wee First Year Divisions: Coach Pitch:

1. The ball shall be a optic yellow fast pitch 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 must have one foot in contact with the pitching plate at the release of the pitch.
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. Shagger must not talk to the players, coaches or question officials calls.

N. 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. Level/RIF 10
2. 10 players may play the field defensively; the 10th position must be located in the outfield. All teams must still field a catcher.
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, **or the pitcher has possession of the ball in the pitchers circle with intent to stop play**. 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

(The National Federation Rules Book for 2024 will govern play, except where CYO Rules prevail)

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 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. 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. Injured players playing defense and taken out will get credit for playing a complete inning. **When a player is injured and it is their turn in the continuous batting order the team will skip over their at bat without penalty. If the injured player returns they are merely inserted into their original spot in the continuous batting order and the game continues.** 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 (**exception – players arriving late may be added to the bottom of the continuous batting order**). 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.

All Player Participation Violation request must be made immediately after the game by the opposing head coach by bringing their request to the official and field coordinator. If it is proven that a player was in attendance and did not play the required minimum the Zone must be notified by the host location field coordinator or host CYO Program. Parent may report a Player Participation Violation to their CYO Parish/School Board in reference to their own child within 48 hours of the conclusion of the game. The Zone must be notified by the CYO Parish/School for investigation. **A CYO hosting facility and/or site coordinator may report a Player Participation Violation to the CYO Zone Board within 48 hours of the conclusion of the game. The Zone must notify the CYO Parish/School that they are investigating the situation.**

1. Regular Season Penalties:

1st occurrence – forfeiture of game and verbal warning to Head Coach

2nd occurrence – forfeiture of game and 1 game suspension for Head Coach

3rd occurrence – forfeiture of game and suspension of Head Coach for the duration of the regular season and all post season games.

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 for Tot games. If the Zone chooses not to have officials 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 a continuous batting order.

Positions of starting defensive players must be indicated. Players absent, injured or sick must be listed at the bottom of your lineup after your continuous batting order.

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 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.

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. Baseball Uniforms: Formal uniforms are not mandatory; forward facing baseball caps, jerseys and/or shirts must be worn. All team uniforms must be coordinated in color and be consistent with school colors or zone approved parish colors, 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 full protective catchers gear with full head helmet (ALL DIVISIONS)

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: (Game time starts when teams are advised to line up for prayer)

Division	Pitch Distance	Base Distance	Length of Games	Max Innings	Run Rules
Tot	36 ft.	60 ft.	60 minutes	4	4 per inning
Tiny	40 ft.	60 ft.	60 minutes	4	4 per inning
Pee Wee I	40 ft.	60 ft.	75 minutes	4	4 per inning
Pee Wee II	40 ft.	60 ft.	75 minutes	4	4 per inning
Mite	52 ft.	75 ft.	90 minutes	5	5 per inning
Cub	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 **(or in the absence of officials, field coordinator discretion will be utilized).**
- 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. Noise Makers – air horns, cowbells, walk up music, 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.
- 5. **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 Tournament Rules - Top teams of each Zone will advance to the City Tournament. Zone Representation will be determined at City Commitment. Zone League Playoff format, if held, will be determined by the Zone board.

1. All teams participating in the City Tournament must attend a Mandatory Coaches Meeting and Training (if held).
Time and Date TBD
Penalty - team will not be allowed to participate in the City Tournament 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. Extra Innings: When the game is tied after regulation 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 **2024** 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.

Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any game. Any team that does not have a certified coach present will have to forfeit the game and the game will not be played. Officials will not work a forfeited game when there is not a certified coach present.

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 met: 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 work 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 runs 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.
 - a. **Good Sportsmanship Rule** – when a game continues into the 4th inning due to time and if the game is no longer within reach, 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.

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.
8. Rostered team players in the PW division and above may act as a base coach only if there are no other certified coaches available for that team and they must wear a batters helmet.

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 Level/RIF 5 Baseball
2. 10 players may play the field defensively; the 10th position must be located in the outfield. All teams must still field a catcher.
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 must have one foot in contact with the pitching plate at the release of the pitch.
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. Shagger must not talk to the players, coaches or question officials calls.
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.

O. Tot Tee Ball Division:

1. The ball must be a Level/RIF 1 Baseball
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. **If there is a potential play at home plate, coach will move the tee out of the way of the play so as not to impede the runner.**
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.