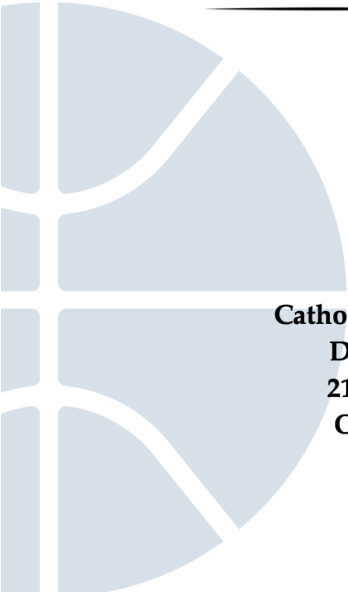


Diocese of Oakland CYO Athletic Manual

2025 Edition (Will Be Reevaluated in 2026)



**The place where faith
family, & sports meet**



**Catholic Youth Organization
Diocese of Oakland
2121 Harrison Street
Oakland, CA 94612
510-893-5154
oaklandcyo.org**

INTRODUCTION

Purpose of CYO Athletics.	2
CYO Points of Emphasis.	3

CYO CODE OF CONDUCT..... 4

CYO ADMINISTRATION

Diocesan Organization.....	6
CYO Bylaws.....	6
Diocesan Advisory Boards.....	6
League Organization.....	6
Game Officials.	6
Parish Organization.	7
CYO Athletic Director.....	7
CYO Coach.....	8
Parish CYO Board.	9

TEAM POLICIES

Coaches Certification.....	10
Supervision.	10
Preseason Parent Meeting.	10
Safe Playing Environment.....	10
Insurance.	11
Transportation of Players.....	11
Injury Reports.....	12
Parental Permission Forms.....	12
Team and Program Fees.	12
CYO Calendar and Game Scheduling.....	12
Game Rules and Rules Books.....	12

RULES AND REGULATIONS

Player Eligibility.....	13
Off-Season Coach / Team Limitations.....	15
Tournaments.	16
Protests and Appeals.....	16
Boys' Sand Volleyball.....	22

PRESEASON PARENT MEETINGS.23

SPORTS ACTIVITIES

Boys' Basketball.....	17
Girls' Basketball.	17
Cheerleading.....	19
Cross Country.....	19
Girls' Volleyball.....	20
Track and Field.	21

CYO PHILOSOPHY: Prayers, Pope Francis on Sports, CYO Goals, Mission of the Diocese..... 25

INTRODUCTION

PURPOSE OF CYO ATHLETICS

Every athletic competitor exercises every kind of self-discipline — they to win a perishable crown, but we an imperishable one. (1 Corinthians 9:15)

A diocese or a parish sponsors a Catholic Youth Organization as one dimension of its total ministry to youth. Athletic programs can help young people toward imperishable crowns as well as perishable ones. A parish CYO program justifies its existence and the sacrifice and expense it entails only if it allows young people to practice Christian attitudes and responsibilities.

In CYO programs, emphasis rests not on the number of games won or lost, but on the participants' attitude in victory or defeat. Learning how to lose is just as important as learning how to win. Learning how to win graciously is more important than winning itself.

CYO programs serve the needs of all youth. They enable the gifted to excel, the less gifted to participate and improve. "Star" athletes and teams do not receive exclusive attention.

Principles of fair play and sportsmanship must govern every game. Dishonesty has no place in CYO competition. CYO competitors must not borrow from professional sports questionable techniques for winning at any cost.

All participants should have the respect of others on their own team and the opposing team. Competitors should regard the opposition as friends, not enemies.

CYO participants should have a spirit of loyalty to CYO ideals, to parish, to coach, and to the team. They should learn patience with and tolerance of those of less ability. They should feel grateful to all who make the CYO program happen. Speech and actions should reflect Christian values.

At times, during the heat of competition, a participant may temporarily forget some rule of conduct. Prompt correction can turn even failures into learning experiences.

Ultimate responsibility for the success of CYO programs lies with the volunteer adult participant. Adults involved in CYO must remember that the program exists for the Christian growth of young people. Conduct of adults must always model Christian values and virtues. When adults forget the primary focus of CYO, the program becomes destructive. When adults remain faithful to the Christian ideals of CYO, they exercise a unique and rewarding ministry to the young with whom they come in contact.

"Run to win," St. Paul advises (1 Cor. 9:24). In CYO athletics, all who compete can win, if they run to win the real prize: closer union with Jesus Christ.

CYO POINTS OF EMPHASIS

WE PRAY – (SPIRITUALITY)

We Emphasize That God Is With Us By:

- **PRAYER:** We encourage team prayer. CYO activities always begin with prayer. In games, both teams assemble at center court prior to the contest and the home team leads a prayer. In track and cross country meets, all participants and coaches assemble for a group prayer. There should be prayer at team practices. Parish / school CYO programs should consider hosting an annual CYO Mass.

- **PARISH AND SCHOOL MINISTRY:** CYO is part of an overall program of youth evangelization in the parish. CYO teams should be involved in parish life and in parish activities. Catholic children should be encouraged to be active in other parish ministries and in religious education programs.

WE PLAY – (SPORTSMANSHIP)

We Emphasize Good Sportsmanship:

- **BY TEAMS:** Coaches emphasize good sportsmanship by modeling good behavior, setting sportsmanship goals with their teams, and demanding proper conduct from everyone.

- **BY SPECTATORS:** Spectators at CYO events must practice good sportsmanship by cheering positively and never shouting derogatory remarks to coaches, opposing players, other spectators, or game officials. Coaches must communicate, instruct and enforce good spectator behavior in the *CYO Code of Conduct*. Coaches are responsible for the conduct of their spectators and must act immediately to stop any poor or unruly behavior.

- **ALONG WITH REFEREES:** Coaches, players, and spectators should never show disrespect to officials. No one may ever approach game officials after a contest to discuss calls or to comment on the game.

We Display Good Sportsmanship by:

- **PLAYING EVERYONE – A LOT:** Each child is *guaranteed* minimum playing time and coaches will be certain that all players receive playing time *beyond the minimum*.

- **NEVER "RUNNING UP" SCORES:** Contests are more fun when the score is close. There is no place in CYO to humiliate an opponent. Coaches are responsible to use game tactics to not run up the score.

- **RULES ARE FOLLOWED:** CYO eligibility rules are designed so that CYO teams are parish-based or Catholic school-based, not "club" or city teams. Games are played by the rules and within the "spirit" of the rules, ensuring friendly, fair, and fun competition.

- **CYO IS FUN!** How is CYO fun?: All players are engaged and participate. Coaches are always positive, praising and instructing, not shouting negatively or being demeaning. Good coaches build self-esteem by emphasizing skills and social aspects of sports, not by concentrating on winning. Families must not place undue pressure on their children to succeed. Everyone keeps the game in perspective.

WE SERVE – (BY SERVING OTHERS)

We Are Called by Christ to Serve

- **WITH OUR TEAMS:** CYO teams and leagues are Christian communities. Teammates and members of other teams are treated with respect and dignity. Taunting, baiting and rough play are not tolerated.

- **TO OTHERS:** In our call to serve, each team is asked to plan and participate in an annual service project for the parish, school or local community, giving to others.

CYO CODE OF CONDUCT

The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities, and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship. The guiding principle behind the enforcement of this code is that the behavior of everyone involved in CYO should not detract from the children's' enjoyment of the sport.

1. COACHES

Acceptable standards of coaching behavior include:

- ☐ Set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
- ☐ Respect the judgment of officials, abide by rules of the event.
- ☐ Treat all coaches, participants and fans with respect.
- ☐ Instruct participants in sportsmanship and demand they display good sportsmanship.
- ☐ Coach in a positive manner, reflecting Christian values.
- ☐ In basketball and volleyball, remain seated on the bench at all times except in the allowed instances in the National Federation Basketball Rules Books.

○ **Penalties:**

- ☐ Any coach ejected from a game (match) because of unsportsmanlike conduct will be suspended for the next two games (matches) and may be subject to additional penalties.
- ☐ Any coach who physically abuses another person may be suspended for the remainder of the season and may be disqualified from CYO participation.
- ☐ Any coach who physically abuses an official will be suspended for the remainder of the season and may be disqualified from CYO participation.

2. PLAYERS

Acceptable standards of participant behavior include:

- ☐ Treat all participants with respect; shake hands prior to and after contests.
- ☐ Respect the judgment of officials, and abide by the rules of the contest.
- ☐ Accept seriously the responsibility of representing their school or parish by displaying positive behavior at all times.
- ☐ Play in a positive manner, reflecting Christian values. Do not bait or taunt opponents.

○ **Penalties:**

- ☐ Any player ejected from a game (match) because of unsportsmanlike conduct will be suspended from the next game (match) and may be subject to additional penalties.
- ☐ Any player who physically abuses another player, participant or official may be suspended from

play for the remainder of the season and may be disqualified from CYO Competition.

3. SPECTATORS

Acceptable standards of spectator behavior include:

- Remember that the players are children and are playing for their enjoyment, not the spectators.
- Remain seated in the spectator area during the games.
- Respect decisions made by contest officials.
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches or officials. Do not coach from the stands.
- Make no derogatory comments or gestures to players, coaches, parents of the opposing team, officials or league administrators.

Penalties:

- Participating teams and their coaches are responsible for the conduct of their spectators. Any spectator who displays poor sportsmanship may be removed from the facility by an official, their team coach, a league official or the host gym person in charge.
- Any spectator who interferes with the conduct of a CYO activity may, at the discretion of the spectator's parish, league, or the Oakland Diocese, be barred from attendance at subsequent CYO activities.

4. ENFORCEMENT

The parishes and leagues, under the supervision of the Diocesan CYO Office, shall enforce this Code. Complaints regarding violations of this Code shall first be brought to the attention of the athletic directors of the parishes/schools involved. Coaches, participants or spectators may be placed on probation or suspended from CYO activities for their actions.

CYO ADMINISTRATION

DIOCESAN ORGANIZATION

THE CYO BYLAWS

The *Diocese of Oakland CYO Bylaws* are the official rules for the diocesan CYO Program.

THE DIOCESE OF OAKLAND CYO OFFICE

The CYO Office is responsible for the administration of the CYO Athletic Program in the Oakland Diocese. The Diocese consists of Alameda and Contra Costa Counties under the leadership of the Bishop of Oakland, Bishop Michael Barber, SJ, and the staff of the CYO Office. The CYO Office is located at the Chancery Office at the Cathedral of Christ the Light, 2121 Harrison St., Oakland, CA 94612 - email: skullman@oakdiocese.org. The Chancery Office is open Monday thru Friday, 9:00 AM to 4:45 PM and closed on major holidays.

DIOCESAN CYO ADVISORY BOARDS

The Boys' CYO Sports Council, the Girls' CYO Sports Council, the Cross Country Committee, and the CYO Track Council are advisory boards of league representatives. The councils meet regularly to advise the CYO Office on the conduct of the CYO program within their respective sports.

CYO LEAGUE ORGANIZATION

Each parish/Catholic school participating in the CYO program is assigned to participate in a CYO league or track section.

—*In the Boys' CYO program*, the leagues are: Diablo East, East Bay Parochial League (EBPL), Mission Valley, Southern Alameda County (SAC Boys), Tri-Valley, West Contra Costa, West Diablo.

—*In the Girls' CYO program*, the leagues are: EBPL, Metro, Northern, Southern Alameda County (SAC Girls).

—*In CYO Track and Field*, each parish is geographically assigned to one of three sections: Diablo Valley (1), Oakland/West Contra Costa (2) and Mission Valley (3).

Each league has a constitution and bylaws. The athletic directors of the member parishes/schools of the league, with other representatives, form the league board of directors. Each league selects its president and other officers. Leagues are self supporting in finances and in personnel. League standards are listed in the CYO Bylaws.

GAME OFFICIALS

Game officials are selected, trained and assigned by each league. Game officials must be of high school age or older; young children should not function as officials. Coaches always treat CYO Officials with respect. Officials must not be baited, taunted or criticized during games. Officials should never be approached by anyone following a contest to discuss rules and decisions. Complaints regarding an official should be directed to the parish athletic director and to the league.

PARISH ORGANIZATION

Under the guidance of the parish leadership (pastor and/or the Catholic school principal), the CYO Athletic Director and Parish CYO Board direct the operation of the CYO program. Coaches are selected to be youth leaders from qualified adults in the parish. Job descriptions for the Athletic Director, the CYO Coach and the Parish Board follow.

As with any parish ministry, communication with the parish leadership is important: pastor, principal, faith formation director, youth minister, and other leaders within the parish, such as the parish pastoral council and school board. Athletic directors should make every effort to communicate and cooperate with other parish organizations.

THE CYO ATHLETIC DIRECTOR

The CYO Athletic Director is responsible to organize and oversee the CYO athletic program in their parish/school. She/he is responsible to the pastor and/or the Catholic school principal. All parishes/schools participating in CYO must have an athletic director, appointed by the pastor and/or principal. CYO Athletic Directors should work with a parish/school CYO board and other delegated volunteers to fulfill the following responsibilities:

1. **Ensure that the Catholic Identity and Christian Philosophy** of the CYO program is followed.
2. **Recruit and Train Qualified Coaches** for all teams. Provide coaches with Coaches Certification Workshop and Diocesan Safe Environment information. Ensure all coaches are certified to coach CYO and meet diocesan Safe Environment requirements.
3. **Conduct Coaches Information Meetings** for all coaches, prior to and during each season, to discuss rules, rules changes, league information, coaching philosophy, and necessary information.
4. **Facilitate Effective Communication:** Publish and maintain a parish/school CYO Website. Receive Information from the Oakland Diocese CYO Office and from the league, then disseminate this information.
5. **Ensure Compliance with Diocesan Safe Environment Policies** and ensure that a minimum of two adults is present at all CYO activities.
6. Arrange Preseason Parent Information Meetings, either one meeting for all teams or coordinate individual team meetings. Attend parent meetings as necessary. Ensure all teams host parent meetings.
7. **Represent the Parish** in CYO league meetings (or arrange for a representative) and contribute to league activities.
8. **Be Knowledgeable of Rules:** the *CYO Bylaws*, league bylaws, rule exceptions and rules of the sport.
9. **Check Player Eligibility** ensuring that all players comply with CYO Eligibility Rules prior to participating.

10. Organize the Parish/School Athletic Program:

- Arrange for registration of team players
- Acquire and maintain equipment and gym facility
- Schedule practices
- Distribute league schedules
- * Ensure funds are well-managed
- Arrange fund raising to support the program.

11. **Check Parish and School Activity Calendars** to avoid schedule conflicts. Avoid time conflicts with other parish programs. Do not allow any CYO activities to begin prior to noon on Sundays.

12. **Work with Parish Leaders** to promote the CYO program as a youth ministry. Meet at least annually, with the pastor, Catholic School principal, and faith formation director to discuss the CYO program.

13. **Evaluate Coaches and Teams** after each season, consulting with parents and players.

14. **Arrange for an Annual Parish CYO Mass:** a Celebration of the Eucharist planned with players for the players, a Mass of Thanksgiving for talents given by God.

15. **Delegate:** Select, train and delegate tasks to an Assistant Athletic Director. Organize a parish/school CYO Board. Enlist capable volunteers for support.

THE CYO COACH

A CYO Coach is primarily a youth minister with a gift of reaching out to young people through sports.

Prior to coaching, a CYO coach must:

Be selected and approved by their parish or Catholic school;

Be of high school age or older. (An adult coach who is 18 years of age or older must be present and responsible for the team at all times.);

Complete diocesan coaches' certification, safe environment training and screening requirements.

Responsibilities of the CYO Coach include:

1. **Attend a Coaches Certification Workshop** prior to the first sport coached each school year. Complete diocesan safe environment training and screening requirements. Only certified coaches may coach and sit on the team bench.

2. **Conduct a Preseason Meeting with Team Parents** so that all parents, coaches and players understand their responsibilities and the philosophy of the CYO athletic program.

3. **Be Knowledgeable Concerning the Rules and Policies** in the current Diocese of Oakland CYO Athletic *Manual*, the sport rules and their league's rules.

4. **Learn and Be Able to Teach and Coach the Fundamentals** of their sport.

5. **Coach in a Christian Manner** following the Oakland Diocese CYO Code of Conduct, and ensuring that the actions of players and spectators follow the CYO Code of Conduct.

6. **In Accordance with Christian Ideals**, Teach and Guide the Team with a sense of fair play, sportsmanship and acceptance of winning and losing.

7. Take Precautions to Ensure the Safety of Children,

following diocesan safe environment policies in the *Diocesan Safe Environment Code of Conduct Involving Interaction with Minors*. Be certain that there will be two adults present at each game or practice.

8. **Ensure a Safe Playing Environment by being prepared for emergency care.** Maintain an adequate first aid kit and have medical forms readily available. Provide required safety equipment in good repair and be certain that they are properly used by the players.

9. **Determine that Each Player on the Team is Eligible** and in compliance with CYO eligibility rules prior to participation. Return accurate rosters and support materials to the CYO athletic director.

10. **Be Aware that their CYO Program will be Held Responsible for Damages caused by team members or followers.**

11. Schedule Practices and Games to Not Conflict with the Religious Obligations of the Children. No CYO activities are allowed before noon on Sundays.

12. **Arrange for an Annual Team Service Project** to aid the parish, Catholic school or local community.

13. **Be Visible within the Parish Community.** Work with the CYO athletic director in supporting the league and parish CYO programs.

THE PARISH / CATHOLIC SCHOOL CYO BOARD

Each parish/school should have a CYO Athletic Board to aid the athletic director in establishing and conducting a successful program. The board may consist of the athletic director(s), interested and active parents, the pastor (or his delegate), the school principal (or delegate), and other parish organization representatives. Each parish should determine qualifications for membership on the board. Each member should be assigned a specific function and responsibility to support the program. Suggested functions include:

1. **Advise** regarding policy in the conduct of the parish programs.

2. **Manage** and purchase necessary equipment.

3. **Plan** and supporting fund-raising activities.

Advising and monitoring budget and registration fees.

4. **Manage** the gym facility.

5. **Select and recruit** athletic directors and coaches.

6. **Arrange** for parent preseason meetings and post-season awards nights.

7. **Give assistance and support** to athletic directors and coaches.

8. **Monitor** that all diocesan and parish safe-environment policies are followed.

CYO organization in parishes vary. The duties previously outlined for Athletic Directors, CYO Coaches, and the Parish CYO Board may vary depending on local needs. The parish pastoral leadership is responsible for establishing and approving program policy.

TEAM POLICIES

COACHES CERTIFICATION

Coaches Certification Workshops are scheduled prior to the beginning of each sport season. Coaches who attend a Coaches Certification Workshop, and meet other program requirements, will be certified to coach for that school year. Attendance at a workshop during that school year and prior to that sport season is **mandatory** for all coaches and assistant coaches. (Without certified coaches, a school/parish cannot field teams for that sport.). Certified coaches must be of high school age or older. Coaches must complete diocesan Safe Environment training and screening prior to certification. Coaches must be approved by their parish. Coaches must agree to follow the Oakland Diocese Code of Conduct Involving Interactions with Minors, and the CYO Code of Conduct.

Workshops include CYO philosophy, sport-specific rules and first aid. Information on dates and locations of workshops will be available to the athletic directors and posted on the CYO website prior to each sport season. Coaches may receive a certification card at the end of the workshops if compliant with diocesan safe environment requirements. All coaches must have their certification card with them at all games and be prepared to present it to game officials when requested. Failure to present a valid card within 48 hours will result in a forfeit for the team. **All** persons on the bench or actively coaching (excluding team members and scorekeepers) must have a valid certification card.

PRESEASON PARENT MEETING

Coaches are required to arrange for and to lead a formal meeting with their team's parents prior to the start of each season. The parent meeting is to explain the philosophy and goals of the CYO program, to communicate the coaching philosophy and coaching methods, and to inform about team and program policies.

SUPERVISION

There must be two adults, 18 years of age or older, present at all CYO activities. One of the adults must be a CYO certified coach. In accordance with diocesan policy, an adult of the same gender as the players **MUST** be present at all practices and games. An adult coach must never be alone a child or with children. Coaches must be certain that there is a sufficient number of adults present to adequately supervise each activity.

SAFE PLAYING ENVIRONMENT

Coaches are responsible to provide a safe playing environment and to be prepared to give emergency care to injured players. Providing a safe playing environment includes:

- Have available a current "Parental Permission, Health Authorization and Release Form" for each player;
- Check the playing facility prior to each activity and correct any possible hazards before play;
- Arrive prior to the first participant and stay until each participant leaves the facility. Have a clear *transfer of control* from parent/guardian to coach before each activity and from coach to parent/guardian following each activity.
- Be aware of each participant and constantly evaluate players for injury or incapacity. Be certain that players are able to participate safely. Follow Concussion

Protocols.

- Plan and Be Prepared to give Emergency Care:
 - Have an adequate first aid kit and phone available;
 - Discuss emergency procedures in advance with players and coaches;
 - Have a person trained in CPR / First Aid identified and available;
- Report all injuries to the athletic director;
- Explain safety rules and warn of inherent risks of the sport to the players and to the parents;
- Promote proper warm-up and cool down;
- Match or equate athletes by size and skill level;
- Provide adequate conditioning;
- Remind players that they should not participate if feeling ill or they should stop playing if injured.

INSURANCE

Excess Medical Insurance

- Players who belong to a parish sponsored team, the parish subscribes to CYO excess medical coverage. It is mandatory that each parish CYO program subscribe to this program.
- Players who attend one of the Catholic elementary schools and play for a Catholic school-sponsored team are covered by the parochial school insurance policy for their interscholastic sports participation. Claims should be directed to and handled by the Catholic school of the participant.
- Any questions concerning CYO or school insurance should be directed by the parish athletic director to Ms. Linda Rogers, Office of Insurance and Benefits, Chancery Office, 510-893-4711.

This is for information purposes only. Actual plans and coverage should be verified through the carriers.)

RESPONSIBLE USE OF SOCIAL MEDIA

The **Oakland Diocese CYO Social Media Policy** states: "CYO discourages players, coaches, spectators and family members from using technology in irresponsible ways relative to their CYO participation. CYO will hold all users responsible for their published words if they adversely affect individual teams, parishes and schools, leagues, sports officials, team members and families." See the **CYO Social Media Policy** on the CYO website for more details.

TRANSPORTATION OF PLAYERS

Whenever possible, coaches will have the parents arrange for the transportation of their own children.

In the event that a volunteer coach transports children other than their own, or parents are arranged to transport other children, the following procedures **MUST** be followed:

- Drivers must be over 21 (preferably over 25) years of age. All drivers must be screened carefully. Age and health as well as physical and mental condition should be considered.
- Drivers must provide to the athletic director evidence of a valid, unrestricted drivers license.
- The driver must produce evidence of liability insurance on the vehicle to be used. A \$100,000 per person / \$300,000 per accident limit of liability is to be a minimum.
- One seat belt must be provided for and used by each vehicle occupant.
- No more than nine persons, including the driver may be transported in any private vehicle. No one may ride in the bed of pickup trucks, nor may motorcycles be used.

NJURY REPORTS

Any injury to a coach, participant or spectator requiring professional medical attention must be reported to the parish CYO athletic director. The athletic director then reports the injury to the Diocesan Office of Insurance and Benefits by completing the *CYO Accident Report Form*, available on the CYO website.

REQUIRED PARENTAL CONSENT FORMS

"Parental Permission, Health Authorization and Release Form" requests necessary medical information and obtains parental permission for the child to participate. The coach must keep a copy for each player and bring to all CYO activities. (A medical examination section is provided on the form. CYO recommends it be completed, however, this is at the option of the parish/school or parent/guardian.)

Concussion Information Sheet is required for each athlete and his/her parents/legal guardians to annually read, sign and return the CYO Concussion Awareness Sheet.

These forms must be signed by parents or a legal guardian before a player is allowed to participate in either a practice session or a game.

TEAM AND PROGRAM FEES

Each parish determines the fees that players are charged for participation based on league and diocesan fees, as well as costs for practice facilities, uniforms, equipment and awards.

Each league sets league team fees to cover the cost of officials, gym rental, awards and other league expenses. In addition, each school/parish is assessed a diocesan entry fee for each sport in which they participate, contributing to the CYO program on the diocesan level.

Each team entering Diocesan Playoffs is charged an entry fee which will vary according to the sport and is used for playoff expenses. All playoffs are self-supporting.

CYO CALENDAR AND GAME SCHEDULING

Sports seasons and practices are scheduled in accordance with the annual Diocesan CYO Sports Calendar. The calendar includes dates when practice may begin for each sport, for coaches workshops, for the beginning and ending of league play, and for playoff scheduled dates. Coaches are responsible to ensure that their teams are in compliance with CYO calendar dates. Games are scheduled by each league. A designated league official develops and publishes the schedule of games and coordinates reschedules.

Each league has its own policy regarding allowable instances when games may be rescheduled. *Questions by a coach or parent regarding the schedule should be addressed to their parish/school athletic director, not to the league scheduler.*

All games and practices are to be scheduled to be completed prior to 10 p.m. on a school night. *No games, practices nor CYO activities may be scheduled to begin on Sundays before noon.*

GAME RULES AND RULES BOOKS

The official rules for CYO events are the current National Federation of State High School Associations Rules Books. Exceptions to these rules are contained in this Manual or are published by the individual leagues. Rules books may be purchased online or from the CYO Office.

RULES AND REGULATIONS

PLAYER ELIGIBILITY (CYO Bylaws, Article VI)

The following are the Oakland Diocese CYO Athletic Program standards of eligibility for all sports. Children who wish to participate in a parish CYO program shall meet the criteria established in this article. Athletic Directors shall verify that children meet eligibility requirements prior to participation; coaches should not enroll children or allow them to participate prior to enrollment by their athletic director. The use of an ineligible player, knowingly or unknowingly, shall result in the forfeit of all games in which the ineligible player participated.

Section 1. RESIDENCE REQUIREMENTS

1. Parish CYO programs may be open to children who meet one of the following criteria:

a. PARISH BOUNDARIES: All children (Catholic or non-Catholic) residing within the parish boundaries, as established by the Bishop of Oakland.

b. CATHOLIC SCHOOL: All children (Catholic or non-Catholic) who attend the parish parochial school.

c. RELIGIOUS EDUCATION: All children (Catholic or non-Catholic) who do not live within the parish boundaries but are currently regularly attending the parish religious education classes and have done so the entire previous school year (or who attended that parish Catholic school the previous school year and are currently regularly attending the parish religious education classes.) Such children must annually present a letter signed by the parish Religious Education Coordinator certifying regular attendance prior to enrollment in CYO. Such children may be removed at any time by the parish Religious Education Coordinator of the parish for lack of attendance. Under this criteria (c), children may not play for a different parish than the previous season without permission of the parish athletic director from the previous season.

2. *Children may participate for a parish only if they meet the residence criteria above. Waivers may not be granted by a parish or by a league because of the lack of a program in a parish. Only the Diocesan CYO Office shall determine criteria and may grant permission individually for participation of a Catholic child from a parish too small to host a CYO program.*

3. The residence of a child is the residence of the parent(s) or guardian(s) with legal custody of the child and with whom the child resides.

4. The parish Athletic Director shall provide substantial proof of residence on request of the league or the Diocesan CYO Office.

Section 2. GRADE

1. A child may participate in a grade higher than the actual grade in which he/she is enrolled.

2. A child may not participate in a grade lower than the grade in which he/she is enrolled.

Section 3. AGE LIMITATIONS

1. Any child who is 15 prior to September 1 of the current school year is not eligible to compete in the 8th grade league.

2. Any child who is 14 prior to September 1 of the current school year is not eligible to compete in the 7th grade league.

3. Any child who is 13 prior to September 1 of the current school year is not eligible to compete in the 6th grade league.

4. Any child who is 12 prior to September 1 of the current school year is not eligible to compete in the 5th grade league.

5. Any child who is 11 prior to September 1 of the current school year is not eligible to compete in the 4th grade league.
6. Any child who is 10 prior to September 1 of the current school year is not eligible to compete in the 3rd grade league.

Section 4. PROOF OF AGE

1. All ages shall be verified with proof of age. The following are valid as proof of age:
 - a. Birth certificate or photo copy.
 - b. Baptismal certificate or photo copy.
 - c. Legal proof of birth or photo copy.
 - d. For Catholic school students only, annual certification from official school records by the Catholic school principal. This is accomplished by annually completing the form located on the reverse of the official CYO roster.
 - e. In exceptional cases, a signed statement of principal or religious education Coordinator attesting to date of birth - one name per statement.
2. Parishes shall provide the league proof of age along with team rosters before the first league game of that team. Children who have not submitted legal proof of age to the league shall be considered ineligible players until that proof is supplied. In track and field, proof of age shall be retained by the parish track coordinator and shall be presented at the request of proper track section or diocesan officials.

Section 5. COMPOSITION OF TEAMS

1. Each parish should ensure that in each grade and each sport all parochial school and religious education children who sign up and fulfill program requirements will be placed on a team and will participate. Other children referred to in Section 1: may then be placed on a team subject to available positions.
2. Parishes or leagues should ensure that parish affiliated children have a fair opportunity to participate in CYO programs. Parish CYO programs should ensure that sign ups are advertised for parish affiliated children. Returning players do not have priority in team positions over parish affiliated children.
3. If league rules allow and parish resources are limited, parishes and leagues may restrict participation to parochial school children for a particular sport.
4. Complaints regarding sportsmanship in matters of eligibility shall follow the process of protest and appeals.

Section 6 CATHOLIC SCHOOL PARTICIPATION

A student attending a Catholic School shall play for the parish CYO program with that school with the following exceptions:

1. A player who is eligible to play for another parish by residing in a parish that does not have a Catholic school may play for either the parish team or the team at the parish school; or
2. A player who attends a school that does not have a CYO program may play for his/her parish of residence; or
3. A player is granted permission in writing by the principal of his Catholic School to play for the other parish in which the player resides.

Section 7. ROSTER

1. ADDING PLAYERS TO ROSTER - In basketball, and volleyball, the deadline for adding players to the roster shall be the day before the first league game of that team. Children who move into the parish or begin attendance at

the Catholic school after the deadline may be added to the roster.

2. CHANGE OF RESIDENCE - If a child on a CYO roster changes residence (i.e., where parents or legal guardians reside) during a season, the child has the option of playing with the new parish or the former parish for the remainder of the season, if league rules allow and the former parish approves. The season is as defined on the Diocesan CYO Calendar as the first day for practice for that sport until the last day for playoffs.

3. TRACK AND FIELD - In Track and Field, each section shall determine when the deadline shall be for adding participants to the rosters. Each section shall determine when rosters are to be returned by the parishes to the section. Rosters shall be submitted to the CYO office by the Section prior to the Diocesan Meet.

4. ONE CYO TEAM ONLY - Once a child commits himself/herself to a roster, he/she must remain on it until the end of the season, unless otherwise provided for in these bylaws. A child may play on only one CYO team per sport.

Section 8. GENDER

Boys and girls are eligible to participate on teams in the boys' CYO programs, except in cross country, and track and field, where there are separate events for boys and girls. Only girls are eligible to compete in girls' sports (girls' basketball and girls' volleyball). A girl who participates in the Boys' CYO Basketball Program may not participate in the Girls' CYO Basketball Program in that same school year.

OFF-SEASON COACH / TEAM LIMITATIONS

(CYO Bylaws, Article XVII)

Practice and game activities are allowable only during the official season for that sport. Seasons for CYO Sports shall be defined by the Diocesan CYO Calendar as starting on the date listed for official practice for that sport to begin. Team activities shall end on the date listed on the calendar or on the last day of diocesan playoffs.

Practice is the association of a coach or coaches with a potential team member or members for the purpose of teaching the mental or physical skills of a CYO sport. The Diocesan CYO Director has the power of interpretation of the definition of practice. Any specific exceptions to the definition should be referred to the Diocesan CYO Office. A coach may not require any CYO team member to participate or practice in a non-CYO sport league.

CYO Parishes and Schools may not:

1. Sponsor nor provide resources (facilities, uniforms, equipment etc.) for practice by a team or team members outside the season of the sport; Sponsor a team outside of the season of that sport or sponsor an individual or group for competition outside of the official season; Pay entry fees for a team or individual or group for competition outside the season; Recruit or encourage a coach to supervise a team outside the season.

A CYO coach may not coach a team outside the season for a sport provided the following conditions are met:

1. He/she may only coach players from his/her CYO team on an outside team less than the number of players on the court for that sport (e.g. a basketball coach may only coach up to four CYO players on an outside team);
2. He/she may not use parish resources (i.e. facilities, funds, equipment, uniforms, etc.);
3. He/she does not represent the team as a CYO or parish team or use the parish name as the team name.

Summer sports skills clinics or activities outside the regular season, are permissible only if permission is granted for the program by the sponsoring parish, the Diocesan CYO Office and the Diocesan Insurance office. In addition:

1. The activity is advertised to youth outside the sponsoring parish or coaches program;
2. Attendance is not mandatory for future participation;
3. The intent of the activity is to not directly coach or instruct team members or prospective team members from their own parish.

Penalties: Teams violating this rule will be subject to suspension, probation or disqualification from diocesan playoffs. Coaches in violation shall be subject to probation, suspension or disqualification from CYO participation. The league shall assess the intent of the violation and assign appropriate penalties.

TOURNAMENTS (see CYO Bylaws Article XI)

The Diocesan CYO website maintains a listing of CYO basketball tournaments. All parishes and leagues hosting tournaments must sanction their tournaments with the Diocesan CYO Office in compliance with the Bylaws. League games shall take priority over tournament play. No tournament games may be scheduled before Noon on Sundays. Tournament games must be scheduled to be completed by 10 p.m. on school nights. No tournament may last longer than three weeks.

TEAM TOURNAMENT LIMITATIONS:

1. Each CYO team may participate in only four **(4)** tournaments per season, by their parish or Catholic
2. Only **two (2)** of these four tournaments can be a non-CYO sanctioned tournament.coach.
3. League or Diocesan Playoffs shall not be considered a tournament.
4. No team may enter a tournament outside of the Diocese of Oakland or the Bay Area without first receiving permission to play from the Diocese of Oakland CYO Office,
February(*The season is defined on the Diocesan CYO Website.*)

PROTESTS AND APPEALS

Each league shall have their own clearly stated policy on protests and appeals. Eligibility protests shall follow the usual procedure for protest and appeals. Minimum standards of protest (unless superseded by league rules) are:

1. Protest shall be made to the league in writing within 48 hours of the incident. A rule protest must be made at the time of the infraction and must be registered at that time to game officials and to the opposing coach, with appropriate information noted on the score sheet. The game shall continue after the protest has been registered. *Protests will not be accepted disputing a judgment call by the official.*
2. A fee of **\$25.00** shall accompany all protests.
3. Protests shall be filed to allow sufficient time for the league to render a decision.
4. Persons are not eligible for Sportsmanship or Protest Committee if their school / parish is involved in the protest.
5. Decisions of the league may be appealed to a Diocesan Protest and Appeals Committee, appointed by the Diocesan and CYO Office.

CYO SPORTS ACTIVITIES **BOYS' AND GIRLS' CYO BASKETBALL**

(including Girls' Basketball in Diablo East, West Diablo and Tri-Valley Leagues)

Team formation may begin August 20
(*Team formation includes player activities that aid in team formation*)

Official Team Practice. Last Day of August.

Coaches' Workshops: September and October (dates TBA via Zoom)

League Play may begin: The last Sunday or proceeding last Sunday of October.

Tournament Play:

- Pre-Season: 2nd Sunday in Sept to last Sunday in October.
- Thanksgiving: The Monday before Thanksgiving to Dec. 1.
- Christmas: Eight days before Christmas to January 2.

End of Season Scheduling **(Refer to CYO Website)**

Schedules are predicated on the date of the Oakland Diocese Championship to be found on the Diocese website. It should be noted that there is a fall season and a spring season for Girls Basketball only and includes different parish programs.

- **Last Day for League Play:** Should conclude at least three weeks before the Diocese Championship.
- **Individual League Playoffs:** Should conclude at least two weeks prior to the Diocese Championship.
- **Diocesan Boys' Playoffs for American and National**
- **Diocesan Girls' Playoffs:** (Diablo Valley, East Diablo, and Tri-Valley Leagues.)

GIRLS' CYO SPRING BASKETBALL

(*Girls' Basketball in the Northern, EBPL, Metro and Southern Alameda County Leagues*)

Team formation may begin: Second week of January.

Practice may begin: Third Monday in February.

League Games Begin: See Diocese Website.

Coaches' Workshops: December and January Dates (TBD See website).

No CYO Activities on Holy Thursday through Easter Sunday.

Diocesan Girls' Playoffs (See CYO Website)

Rules

OFFICIAL RULES: All basketball games (league, tournament or practice) hosted by Oakland Diocese Catholic Youth Organization teams will be conducted in accordance with the National Federation of State High School Associations Basketball Rules Book with exceptions and additions noted in these bylaws, adopted by the Diocesan CYO Office, or adopted by the leagues and approved by the Diocesan CYO Office.

LENGTH OF GAME / TIME OUTS: A CYO basketball game shall consist of four stop-clock quarters. All games shall have one minute rest periods between quarters. All games shall have a minimum five minute rest period between halves. **3rd to 5th grade boys and girls play 6 minute quarters. 6th to 8th graders play 7 minute quarters.** Four-time outs of one minute duration may be charged to each team during a regulation game. Each team is credited with one additional time out per overtime period.

GAME LIMITATIONS: All games/ practices, including tournament games played on school nights, shall be scheduled so as to be completed by 10:00 p.m. No league shall schedule regular league play on Sundays before noon. (There is no rule against two games in a day for the 2025-2026 season. This rule will stand going forward unless otherwise changed.)

GAME BALL: In all 6th, 7th and 8th grade boys' games, a composition or leather basketball, 29.5" in circumference shall be used. In all girls' games and in boys' 3rd, 4th and 5th grade games a composition or leather ball, 28.5" in circumference shall be used. Leagues may adopt the use of smaller balls for third grade play and younger.

"ALL PLAY" PARTICIPATION RULE: Each Oakland Diocese CYO basketball team must play all healthy, uniformed players according to the following formula. The participation rule applies to the first half of play, during the first and second quarters. (Each player must play the equivalent of two playing periods (equivalent to one full quarter). **No player shall play on more than one team.**

- **When teams have 10 or fewer players**, the first half will be divided into four playing periods. All players must complete two full playing periods in the first half (equivalent to one full quarter). Coaches are strongly encouraged to play all players in the second half. There are no free-substitutions during the all play periods, except in the event of an injury.
- **When teams have 11 to 15 players**, the first three quarters will be divided into six playing periods. All players must complete two full playing periods in the first three quarters (equivalent to one full quarter). Coaches are strongly encouraged to play all players in the fourth quarter. There are no free-substitutions during the all play periods, except in the event of an injury.
- **When teams have 16 to 20 players**, all four quarters will be divided into eight playing periods. All players must complete two full playing periods during the game (equivalent to one full quarter). Coaches are strongly encouraged to play all players in the fourth quarter. There are no free-substitutions during the all play periods, except in the event of an injury.

The end of a playing period will be administered as an official's time out. The team in possession of the ball shall retain it at the beginning of the subsequent playing period with a throw-in at the spot on the sideline nearest the point of last possession. There shall be a center court jump ball

to begin the game. The alternating possession procedure shall be used to begin the second quarter and at the beginning of a playing period if no team had possession at the end of the previous period.

Any player arriving to a game after the first quarter and before the second quarter must play continuous time during the game equal to one full quarter, if sufficient time remains. If a player misses the entire first half, a coach is only required to play the player one playing period.

In addition, in each game, each child shall play the minimum time equal to the time of one quarter. Athletic Directors shall monitor their program's coaches for compliance. Repeated violation shall be a breach of sportsmanship.

Injury or Disqualification: If a player leaves a playing period due to injury and is able later to reenter, the player must play a subsequent full playing period. If unable to reenter until the second half, the player must play the equivalent of a full, continuous playing period on the clock. A substitute for an injured or disqualified player must play a complete playing period.

Free-Throw Rule:

- **Third grade boys and girls** will shoot a free-throw from 10ft.
- **Fourth grade boys and girls** will shoot from the regulation 15ft but can jump over the free-throw line when shooting without penalty.
- Fifth, sixth, seventh, and eighth grade boys and girls will shoot from the regulation 15ft and cannot cross the line and follow the rules of the National Federation High School Basketball Book.

"NO PRESS" RULE: A team with a lead of fifteen (15) points or more in the 6th, 7th and 8th grades or ten (10) points or more in the 4th, or 5th grades, may not use a full court press. There is no press beyond the half court line in the 3rd grade.

Definition of Press: None of the players of a team which is holding that lead may guard any opposing player in the back court until the ball, or a player in control of the ball, has passed the half-court line of the opposing team.

Penalty: One warning *per game*, then a technical foul will be called on the offending team for each violation. (*Note:* The technical foul is a team technical foul.)

CYO sportsmanship dictates that coaches should not have *their teams pressure an opposing team's players in the half-court area with a large lead.*

OVERTIME RULE: Overtime periods shall be three minutes each in length. Oakland Diocese CYO leagues shall play overtime periods either as in the National Federation Basketball Rules Book or the Diocesan Overtime Rule. The Oakland Diocesan Overtime Rule is as follows: In the event of a tie score at the end of a regulation game, there will be a maximum of two 3 minute overtime periods. If the score is tied at the completion of the second overtime period, a one minute rest period shall be taken, followed by a "sudden death" period played under the following rules:

1. If either team leads by two points (either by two free throws or a field goal) at any time during this period, that team shall immediately be declared winner.
2. If after three minutes of the sudden death period neither team has accomplished a two point lead, the team

leading by one point shall be declared the winner.

3. If the score is tied at this point, a one-minute rest period shall be taken and then a three minute, sudden death period will be played. The first team to score (either by a free throw or a field goal) shall immediately be declared the winner.

THREE POINT SHOT / SHOT CLOCK: The three point shot may be adopted by individual leagues for play in the 6th, 7th, and/or 8th grades only. A shot clock shall not be used.

CYO CHEERLEADING

Cheerleading follows the same calendar as Boys' CYO Basketball. Cheerleader moderators attend a basketball coaches workshop for Certification. Cheerleaders generally cheer at basketball games, perform at half-time and may participate in cheerleader competitions. The CYO *Cheerleader Bylaws*, rules for cheerleading, are available from the CYO Office.

CYO CROSS COUNTRY (BOYS AND GIRLS)

Practice may begin: August 15.

New Coaches Workshops: August and September (TBD)
See Diocese Cross Country Website. All new coaches must attend a workshop.

Cross Country Coordinator's Meetings (TBD)

Meet Dates can be found on the Diocese CYO website.

RULES

Rules for CYO Cross Country are published annually and will be available on the CYO website.

GIRLS' CYO VOLLEYBALL

Team formation may begin August 20
(*Team formation includes player activities that aid in team formation*)

Official Team Practice. Last Day of August.

Coaches' Workshops: August and September (dates on Diocese Website)

League Play may begin: The last Sunday or proceeding last Sunday of October.

Tournament Play:

TBD See CYO Website

RULES

The National Federation Volleyball Rules Book will be the official rules, with exceptions and additions noted in these bylaws, adopted by the CYO Office, or adopted by the leagues and approved by the CYO Office.

• **NET HEIGHT:** The official net height is seven (7) feet for 6th, 7th and 8th grade divisions. Lower grades may adjust net height and serving lines according to league rules.

• **RALLY SCORING:** Rally scoring format will be used including let serve. (Note: By individual league adoption, side-out scoring may be used for any or all grade levels.)

• **LENGTH OF GAME:** The match will consist of the best two (2) of three (3) sets. The first two (2) sets shall go to 25 points and the third (3rd) set shall go to 15 points. A team that has scored 25/15 points and is at least 2 points ahead is the winner. If the leading team does not have a 2 point advantage, play shall continue until one team has a 2 point advantage (no cap point).

• **GAME BALL:** 7th and 8th grade divisions shall use a volleyball meeting National Federation specifications. 6th grade divisions and younger shall use the Volleylite ball.

• **LIBERO PLAYER:** There will be no "libero" players.

• **JERSEY NUMBERS:** Players must have a clearly visible number on the front and/or back of their uniform jersey. It is recommended that jerseys are numbered on the front *and* back of the uniform.

• **KNEEPADS:** Kneepads shall be worn by all players.

• **SERVER ROTATION:** In 7th grade leagues and younger, the serving team shall rotate each time a server serves 5 consecutive points in a match.

• **SPIKING LINE:** The spiking line (10 foot line) will not be used except by individual league adoption.

• ALL-PLAY PARTICIPATION RULE:

1. At the beginning of the first set, no team shall substitute until either team scores 12 points. When the 12th point is scored, the referee shall inform the coaches of both teams that they may substitute any eligible player until the end of the set.
2. At the beginning of the second set, any players (up to 6) who did NOT start in the first set (and play until one team scored 12 points), MUST start the second set and MUST play in the second set until either team scores 12 points. When the 12th point is scored, the referee shall inform the coaches of both teams that they may substitute any eligible player until the end of the set.
3. There is no restriction as to which players may start and finish a third set of any match.
4. For teams with more than 12 players, those players who did not start in either the first or second set are expected to play a substantial amount during the first and/or second sets of the match.
5. The All-Play rule does not alter the existing substitution rule that provides that a substitute or re-entering starter may enter (or re-enter) into only one spot in the lineup per set.
6. Leagues may modify this rule for timed matches or for sideout scoring.

BOYS' CYO SAND VOLLEYBALL

Practice may begin: Last Sunday in January or First Sunday in February

League Play may begin: Third Sunday in March

Tournament: Second or Third Sunday in May. (May be subject to change. See Diocese Website.)

(*Note: Dates are tentative subject to facility availability.*)

RULES

Boys' CYO Sand Volleyball has four players on a side on the sand court. Rules will be published annually and may be obtained on the CYO website.

CYO TRACK AND FIELD (GIRLS AND BOYS)

Practice may begin: First Day of February

New Coaches Workshops: December and January

Last Day - Qualifying Meets: First Sunday in May

Diocesan Track & Field Championship Meet: (TBD: See Diocese Website.)

RULES

The National Federation Track and Field Rules Book will be the official rules, unless superseded by these bylaws, individual track section rules, or the fact sheet for the Diocesan Meet. SECTIONS/ELIGIBILITY: Participating parishes are assigned to a section within the diocese. Oakland Diocesan CYO Eligibility Rules (Article VI) will be in effect to determine the eligibility of the children.

PARTICIPATION LIMITATIONS: No child will be allowed to participate in more than five events in any one day, even if the participation is in more than one meet. In each meet, children will be limited to a maximum of either: 1 track, 2 field and both relays; or 2 track, 1 field and both relays. Boys and girls shall compete in separate event.

DISQUALIFICATION: The Meet Referee will decide upon all questions of disqualification. The referee may accept reports of violations from all meet officials acting in their stated positions. The starter will disqualify any runner charged with two false starts in the same race.

EVENTS: The Oakland Diocesan CYO Track and Field Championship Meet shall include the following events:

3rd Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss
3rd Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss
4th Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss
4th Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss
5th Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss
5th Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss
6th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss
6th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss
7th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 8#shotput, tetherball toss
7th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss

8th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 8#shotput, tetherball toss

8th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6#shotput, tetherball toss

4X400 Meter Boys Relay / 4X400 Meter Girls Relay.

(Combined grades for 5th-8th grades only)

NOTE: Running events are in meters, field events will use the English system for measurement.

FIELD EVENT MECHANICS:

• **LONG JUMP** – Each competitor will have a total of **three (3)** attempts. The “flip” is not allowed. The distance from the take off board to the front edge of the long jump pit shall be 2 ft. marked with a strip a minimum of 8" wide. The distance may only be changed by the Meet Director.

• **SHOTPUT** – Each competitor will have a total of **four (4)** attempts. The “sling” or side arm technique is not allowed. No spikes are allowed in the shotput ring.

• **SOFTBALL THROW** – Each competitor will have a total of **three (3)** attempts. “Side arm” throws **are allowed**. Under-hand throws **are not allowed**.

• **HIGH JUMP** – Starting heights and subsequent raises:

GRADE	5/6	7	8
Boys	3'6"	3'8"	3'10"
Girls	3'2"	3'4"	3'6"

(First raise - 2" Other raises - 2" When 4 or fewer competitors remain - 1")

Competitors may only jump off one foot. All jumps in which the jumper jumps off of both of his/her feet shall be considered as missed attempts.

• **TETHERBALL TOSS** – Each competitor will have a total of **three (3)** attempts. A standard tetherball with a two foot long cord, knotted at the end will be used. Rules shall be similar to those for the hammer throw.

EQUIPMENT REGULATIONS:

• **SPIKES** – 1/4" or less pyramid spikes will be allowed in all grades if allowed on the track surface. Longer spikes or needle spikes are NEVER allowed.

• **RELAY BATON** – Length of the baton shall not exceed 12-1/2". The circumference of the baton shall not exceed 5".

• **STARTING BLOCKS** – Starting blocks may not be used in any events.

• **SHIRTS AND SHOES** – Shoes and shirts must be worn. Team uniforms are encouraged.

QUALIFYING MEETS – To participate in the Oakland Diocese Championship Meet, all participating parishes must qualify their participants through section qualifying meets. Each section will conduct a qualifying meet. PRESEASON PARENT MEETINGS

PRESEASON PARENT MEETINGS

Coaches and team parents are required to annually attend a Parent-Coach Meeting, sponsored by the team or the parish.

OBJECTIVES OF THE PARENT MEETING

- To familiarize parents with the purpose, goals and objectives of participation in CYO sports.
- To enable parents to support their child in a positive manner and without undue pressure on the child.
- To introduce parents to a positive coaching philosophy, team rules, game and practice procedures, and allocation of playing time. To emphasize the need to be good spectators.
- To organize assistance from parents, supporting the team in a variety of tasks.
- To provide an avenue for feedback and communication.
- To discuss safety concerns, inherent risks of the sport, concussion awareness, and medical considerations.

SUGGESTED PARENT MEETING OUTLINE

○ OPENING PRAYER

○ WELCOME AND INTRODUCTIONS (5 minutes)

Introduce coaches to the parents and the parents to each another.

○ **PHILOSOPHY OF THE CYO PROGRAM** (10 minutes) Ideas to Mention: CYO is a ministry of the Church, providing children an opportunity to meet and to play in a Christian environment. Children are treated by coaches and parents in a positive, encouraging manner, building self-esteem. Children are friends with their teammates and are encouraged to make friends with players from other teams, playing without belittling anyone. All should grow closer to God and to each other, building the team and the league as a Christian community.

○ **PHILOSOPHY OF THE COACHES** (10 minutes) *Ideas to Mention:* Coaching will be positive and noncritical. Attention will be given to all athletes regardless of talent. Each player will be treated with respect. Explain how playing time will be allocated among players. Discuss team goals for the season.

○ “NUTS AND BOLTS” ISSUES (10 minutes)

- Safety Issues – Permission Forms, first aid and safety procedures, concussion awareness, inherent risks of the sport discussed. "Transfer of Control" policy presented.
- Practice Schedule – schedule, procedure for changes, expected conduct, arrival and departure process.
- Uniforms – issue and return process, expected care.
- Game Schedules – when to arrive, transportation, game change notification procedure.
- Transportation policy.

○ CYO CODE OF CONDUCT (10 minutes)

The "CYO Code of Conduct" is discussed with expected behavior for coaches, players and spectators. Discuss game officials and the need to respect them at all times!

○ SPORT STRATEGY AND RULES (10 minutes)

Explain the strategy of the sport and rules that parents need to be aware of to positively practice good sportsmanship. Cover any rule changes from the previous year.

○ PROBLEM RESOLUTION PROCESS (10 minutes)

Discuss the procedure for resolution of concerns / problem situations. Discuss how decisions are made on the team.

○ ADDITIONAL ITEMS FROM PARENTS

○ CLOSING PRAYER

CYO PHILOSOPHY

CYO PRE-GAME PRAYER

Lord, thank you for bringing us together in your name.

We know you are with us now as you promised.

Please help the players to play well, the coaches to be positive and the officials to be fair. Keep us all safe from injury. Thank you for giving us the chance to teach our faith to others by our actions. Amen.

CYO POST-GAME PRAYER

Lord, thank you for the opportunity and challenge of this game. You call us to compete well, to finish the race and, most importantly, to grow in our Faith.

Help us to remember that we can do all things through you, who gives us strength. Amen.

POPE FRANCIS ON SPORTS

"Sports in the community can be a great missionary tool, where the church is close to every person to help them become better and to meet Jesus Christ."

"And you, boys and girls, who experience joy when you receive your jerseys, the sign of belonging to your team, you are called to behave like true athletes, worthy of the jerseys you wear."

GOALS OF THE CYO PROGRAM

The goals of the Oakland Diocese CYO Program are, in a Christian atmosphere of play, enabling children to:

- Maintain good health through physical fitness;
- Develop social skills and an appreciation of diversity;
- Develop healthy relationships with trained adult leaders who see their role as coaches and as youth ministers;
- Learn sports skills;
- Develop and practice good sportsmanship with teammates, other teams and sports officials;
- Grow in the qualities of courage, initiative, honesty, cooperation, self-confidence, and loyalty;
- Learn an appreciation of rules and to play respecting the rules;
- Play at their own level of ability and to be able to recognize and to accept that level;
- Work for legitimate goals, both individual and team;
- Accept winning with humility and defeat gracefully;
- Have an opportunity through sports to practice Christian values and virtues:
- Serve the community and each other;
- Become missionary disciples of Jesus Christ, spreading the Good News;
- Grow closer to God, the Church, and each other.

MISSION OF THE DIOCESE OF OAKLAND

**"To know Christ better
And make Him better known."**

