

DIOCESE OF TUCSON

Department of Catholic Schools



DIOCESAN YOUTH SPORTS LEAGUE HANDBOOK

Revised July 2023

*Handbook revisions conducted by: Ryan Anderson, Diocesan Youth Sports Director; Angelina Schmidt,
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This Handbook has been approved by the Department of Catholic Schools for use in the Diocesan Youth Sports League,
Tucson.*

About this Handbook

This handbook reflects the mission, goals, expectations, policies and procedures of the Diocesan Youth Sports League and may not undergo further revision without the expressed consent of the Principals' Sports Committee and/or the administration of the Department of Catholic Schools. It is expected that all participants and those engaged in the Diocesan Youth Sports League will uphold the mission, goals, expectations, policies and procedures contained herein.

Mission Statement

The Diocesan Youth Sports League provides positive extracurricular sporting events that contribute to the development of the whole child by modeling and teaching Catholic principles and the ideals of good sportsmanship.

Diocesan Athletic Code of Conduct

As a participant and supporter of the Diocesan Youth Sports League, I will conduct myself in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook.

A Prayer to See God in Youth Sports

We pray for young athletes...

Who, through sports, develop important values such as loyalty, perseverance, friendship, and sharing.

We pray for coaches...

Who appreciate the gifts of all players and have respect for the game; who place players before winning and value sportsmanship.

We pray for parents...

Who love their children for who they are, not for how they perform.

We pray for officials...

Who inspire fair play and protect the integrity of the game and players.

O God, we pray for all who participate in games; may their hearts be open to see your presence in and through sports; may their minds remember the element of fun reflective of your Spirit; may their bodies reflect the gracefulness and wonder of your creation.

Let all who play the games be enriched by your presence in the gym, locker rooms, and on the fields.

Amen.

By Ed Hastings (National CYO sports; NFCYM)

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Behavioral Expectations

The general behavior of an athlete in school and elsewhere is a credit to her/his team, school, coaches, family, and her/himself. It is the expectation of the diocese that athletes will conduct themselves in a manner consistent with the values and teachings of our Catholic faith. When determining conduct, it is advisable for everyone involved to keep the following in mind:

Behavioral Expectations of Athletes:

- Treat ALL with respect
- Maintain sportsmanlike conduct
- Refrain from using profanity, disrespectful/harassing gestures at any time
- Encourage fellow teammates and all athletes during competition
- Follow the guidelines for Uniform Dress Code
- Follow all school rules and procedures

Behavioral Expectations of Athletic Directors & Coaches:

- Professional behavior is expected at all times
- Model respectful treatment of all, especially officials, athletes, parents, and other teams' coaches, players, and families
- Model sportsmanlike conduct at all times
- Refrain from using profanity, disrespectful/harassing gestures at any time
- Encourage all athletes (including those on the opposing team) during competition
- Follow the coach guidelines for the Diocesan SPIRIT program
- Follow all school rules and procedures as outlined in this handbook, the school handbook, faculty handbook, and Diocese of Tucson Handbook of Policies and Procedures

Behavioral Expectations of Parents & Spectators:

- Model respectful treatment of all, especially Athletic Directors, officials, athletes, and other teams' coaches, players, and families
- Model respectful treatment of property when visiting school campuses
- Model sportsmanlike conduct at all times at sporting events
- Refrain from using profanity, disrespectful/harassing gestures at any time
- Encourage your child athlete(s) and all athletes during competition
- Follow the parent guidelines included in the Diocesan SPIRIT program.
- Follow all school rules and procedures as outlined in this handbook, the school handbook and Diocese of Tucson Handbook of Policies and Procedures

Goals and Objectives

Athletes

In addition to abiding by the Diocesan Athletic Code of Conduct, student athletes will:

- A. Develop basic athletic skills required for the sport(s) in which they are engaged.
- B. Know and understand rules of the sport(s) in which they are engaged.
- C. Practice good sportsmanship at all times.
- D. Demonstrate team spirit and responsibility while fostering a humble appreciation for individual accomplishments.

Athletic Directors & Coaches

In addition to abiding by the Diocesan Athletic Code of Conduct, Athletic Directors and coaches will:

- A. Participate in the Diocesan SPIRIT program and abide by its philosophy and mission.
- B. Provide healthy, fair, and safe competition for athletes and teams.
- C. Uphold Diocesan safe environment and mandatory reporting policies and guidelines, as well as respective school and faculty handbook policies
- D. Train and educate parents and athletes on the Diocesan Handbook of Policies and Procedures, rules and policies of the sports league
- E. Display professional behavior and communication with the league director, fellow athletic directors, coaches, parents, students, game officials, and all fellow school personnel.

Parents & Spectators

Parents and spectators will:

- A. Participate in a parent-specific training (which will be held at each individual school seasonally/annually) to learn the rules and policies of the Diocesan handbook and Diocesan Youth Sports League. Parents must abide by its mission and code of conduct
- B. Support a healthy, fair, and safe competition for athletes and teams
- C. Demonstrate good sportsmanship at all times

Framework of the Diocesan Youth Sports League

Student athletes participate in three separate sport seasons: volleyball, basketball, and track & field. The league is divided into two levels of competition: junior varsity and varsity.

The structure and intent of the **junior varsity level** is primarily to teach fundamentals and skills, sportsmanship, and to prepare athletes for the varsity level program. The junior varsity program, beginning at the fourth grade (for some schools), is structured to offer students an opportunity to compete and play. Schools may field as many junior varsity teams as necessary to accommodate the number of students wishing to participate.

Please refer to “**General Rules**” for specific “**Age Allowances**” for the junior varsity level.

The structure and intent of the **varsity level program** is to prepare our athletes for the next level of competition, i.e., high school. The varsity program is offered primarily to 8th graders, with some underclassmen involved. This level includes more practice time, a greater number of opportunities for competition, experienced officials, and the use of indoor sport facilities as much as possible. Each school is allowed one varsity level team per sport and season. Any 8th grader who wants to join a team **MUST** be allowed to participate at the varsity level regardless of skill or experience. Underclassmen can play on the varsity team if deemed appropriate by the school’s Athletic Director in consultation with the Diocesan Youth Sports League Director and with approval from the principal.

External Sporting Events – Non-Diocesan

The Diocese of Tucson cannot support any sports competitions/events between schools outside of the Diocese Youth Sports League and with schools not affiliated with the Diocese of Tucson. If a school decides that it wants to compete outside of the Diocesan Youth Sports League, the following considerations must be made:

The principal and pastor, as a parish/school administration, **must be in agreement** with the decision to conduct sports outside of the Diocesan Youth Sports League, assuming all authority and responsibility to include:

- compliance training of all coaches specific to the sports program
- monitoring athletes, coaches and parents/spectators
- mediating any conflicts
- providing any necessary mandatory reporting.

If any such incidents should occur, these incidents would need to be handled solely by the participating school’s administration. In addition, schools would still be required to follow the Diocesan Youth Sports League Handbook as well as any current health mitigation protocols as outlined by the Pima County Health Department (PCHD) and the Centers for Disease Control (CDC).

Any and all decisions that are made regarding the Diocesan Youth Sports League must be communicated to the Diocesan Youth Sports League Committee. Sport competitions/events outside of the Diocesan Youth Sports League will not be endorsed or supported by the Diocese of Tucson.

Diocesan Youth Sports League Committee

Under the ultimate authority of the Superintendent, the Diocesan Youth Sports League Committee supports the Diocesan Youth Sports League. This committee is composed of principals whose schools participate in our elementary school sports program, the Diocesan Youth Sports Director and the Superintendent of Catholic Schools or designee. Principals can appoint a designee, such as an assistant principal or other school leader to attend the league meetings as long as that designee is consistent throughout the school year and updates their principals regarding each meeting agenda and issues discussed; **Athletic Directors may not be appointed as a designee.** As participants and supporters of the Diocesan Youth Sports League, the conduct of this committee will be consistent with the values and teachings of our Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook. The Diocesan Youth Sports League Committee meets four (4) times annually: August, November, February/March, April/May, and July. These meetings are mandatory for participation in the Diocesan Youth Sports League. Its role includes but is not limited to the following:

- Reviews the budget, calendar, schedules, and any changes in policy and procedures of the Diocesan Youth Sports League.
- Evaluates, and suggests possible changes, if necessary, of the previous sports seasons after input from the Diocesan Youth Sports Director.
- Advises the Diocesan Youth Sports Director on protocol and procedure concerning specific situations, diocesan policies and practices, and appropriate courses of action in the event of specific issues or concerns.
- Collaborates with the Superintendent or designee in the evaluation and employment of the Diocesan Youth Sports Director.
- Decisions made regarding changes in the operation of the Diocesan Youth Sports League will be by consensus agreement; however, should consensus not be reached a vote will be called with approval of the Department of Catholic Schools.

Voting members include the Principals of the following schools:

- Immaculate Heart Academy
- Our Mother of Sorrows Catholic School
- St. Ambrose Catholic School
- St. Cyril of Alexandria Catholic School
- St. Elizabeth Ann Seton Catholic School
- St. John the Evangelist Catholic School
- St. Joseph Catholic School
- Ss. Peter and Paul Catholic School
- Santa Cruz Catholic School

***Ex-officio* members include:**

- Superintendent of Catholic Schools or designee
- Diocesan Youth Sports Director

**Schools who do not participate in the Diocesan Youth Sports League for a given year will be considered Ex-officio members for that year.*

Any behaviors that are not aligned with this handbook and the Diocesan Handbook of Policies and Procedures will be taken into consideration for removal of school from the Diocesan Youth Sports League.

Discipline Process for Schools

1. **Verbal Warning** – The school administration will receive a verbal warning from the Diocesan Youth Sports Director. This verbal warning will be documented.
2. **Written Warning** – The school administration will receive a written warning from the Diocesan Youth Sports Director that cites the verbal warning.
3. **Mediation** – The school and parish administration will be called into mediation with the Diocesan Youth Sports Director and Superintendent or designee. Mediation will focus on corrective action.
4. **Request for Removal from Diocesan Youth Sports Program** – If no resolution results from this process, the school will be removed from the Diocesan Youth Sports League. Rejoining the league will require a meeting with the school and parish administration, Diocesan Youth Sports Director and the Superintendent or designee.

Principals' Responsibilities

As a participant and supporter of the Diocesan Youth Sports League, the principals will conduct themselves in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook. The principal may delegate some responsibilities to a designee such as an assistant principal or other leadership. This person may not be the athletic director.

Responsibilities include:

- Participation in the Diocesan Youth Sports League Committee meetings.
- Signing the official team roster and/or addendums distributed by the Diocesan Youth Sports Director.
- Providing the emergency treatment form specific to the hosting school that is to be in the possession of coaches for each athlete during competition.
- Paying the annual fee to the Department of Catholic Schools by December 31st of each school year. A 5% late fee will be added for payments that are made after December 31st
- Committing to participate in a sport by seasonal deadlines determined and announced by the Diocesan Youth Sports Director. If a school commits to a program but fails to field a team, or if a school's team becomes ineligible for more than one game per season, that team cannot re-enter for the remainder of that sports season. The school's sports fees will be non-refundable.
- Supervising and communicating regularly with the Athletic Director and ensuring that all coaches are being adequately supervised by the Athletic Director
- Communicating clearly and consistently with school families and shareholders regarding the Diocesan Youth Sports League and its policies.
- Following and enforcing the chain of communication/command when issues arise and supporting the Diocesan Youth Sports League Committee's decisions at all times.
- Implementing the Diocese of Tucson Youth Sports League policy for transporting athletes to and from after school sporting events (see policy and permission slip pg.)
- Enforcing Safe Environment and Mandatory Reporting policies without exception

Diocesan Youth Sports League Director Responsibilities

The Diocesan Youth Sports League Director is an individual who is responsible for the coordination and oversight of the Diocesan Youth Sports League at the elementary school level. This individual is directly responsible to the Superintendent (or designee) and participating diocesan elementary school principals who form the Diocesan Youth Sports League Committee. As a participant and supporter of the Diocesan Youth Sports League, they conduct themselves in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook.

Responsibilities include (but not limited to):

- Planning and conducting meetings with the Diocesan Youth Sports League Committee and school athletic directors for the purpose of reviewing sport seasons, calendaring of events, clarifying rules and procedures, and discussing needs for the current sports season.
- Informing principals and the Superintendent and/or designee of any issues of concern within the program including those regarding athletic directors, coaches, parents, and athletes. ****ADs and coaches are employees of the school, therefore any issues which may occur will be directed to the respective school principal by formal documentation who will then deal with it as a personnel issue.**
- Oversee all athletic directors and coaches as well as implement and enforce all rules, regulations, policies, and procedures of the Diocesan Youth Sports League.
- Creating all calendars, schedules, brackets, etc. prior to the sports season for regular season and tournament play.
- Securing a location for competitions and events that take place on the weekend such as basketball games/tournaments and track and field events.
- Advising the Diocesan Youth Sports League Committee on protocols and procedures in the day-to-day proceedings of the Sports League and any situations that may arise.
- Supervising and/or making provision for the supervision of all games and track meets held at high schools within our diocese.
- Interpreting all rules and regulations concerning any sport.
- Assigning all varsity officials for varsity basketball and varsity volleyball games.
- Paying and reconciling all officials for varsity basketball and volleyball games.
- Reconciling all accounts receivable and payable with the Department of Catholic School's Operations Manager.
- Submitting all invoices and receipts by the stated deadline. Any invoices and receipts that are not submitted by the deadline may not be paid.
- Compiling and distributing a list of contact persons/ADs for all schools.
- Submitting a proposed annual budget for review by the Diocesan Youth Sports League Committee and the Superintendent's Office.
- Communicating with the Superintendent's Office, Diocesan Youth Sports League Committee and school athletic directors and coaches consistently using all modes of communication as necessary prior to, during, and after each sports season.
- Purchasing supplies for the operation of the Diocesan Youth Sports League, including equipment, trophies, etc.
- Scheduling concession stand assignments for tournaments and track meets.
- Conducting any necessary training.

Professional conduct in person, phone call, text, email or otherwise is expected at all times.

Athletic Directors' Responsibilities

As supporters of the Diocesan Youth Sports League, athletic directors will conduct themselves in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook. The athletic director is the employee of the school and reports directly to the principal of the school in which he/she is employed. Each school shall name an athletic director for the schools after school sports program.

Responsibilities of this individual may include, but are not limited to the following:

- Enforcing the Diocesan Youth Sports League Handbook
- Collaborating with all Athletic Directors while remaining in alignment with the policies and procedures outlined in this handbook and the Diocesan Handbook of Policies and Procedures.
- Advertising for and training coaches for each of the various sports and teams, both varsity and junior varsity.
- Ensuring the completion of the compliance process for any coach and volunteer to include CMG Safe Environment Training, Mandatory Reporting and a background check.
- Training coaches on the rules for each particular sport with which they will be involved.
- Training coaches on the school's discipline policy, expectations of student and parent/spectator behavior/attitude and techniques for correcting any inappropriate behavior from either youth coaches, athletes and/or parents/spectators.
- Creating a format for eligibility requirements that includes maintaining student grade point average and behavioral expectations.
- Communicating to the principal and the Diocesan Youth Sports League Director those issues that arise regarding the operation of the sports program on and off the school site.
- Communicating regularly with the principal regarding business that is conducted on behalf of the school. Final decisions for the school as a participant of the Diocesan Youth Sports League must be made by the principal.
- Communicating clearly and consistently with parents/guardians, upholding all policies and decisions that are made for the Diocesan Youth Sports League.
- Communicating with other athletic directors and confirming scheduled games/matches.
- Communicating to the coaches on a regular basis any and all pertinent information concerning school and/or diocesan requirements, issues, etc. of the sports program.
- Committing to the schedule and only canceling games/matches when absolutely necessary.
- Submitting rosters for play by the deadline assigned by the Diocesan Youth Sports League Director.
- Attending all required meetings and trainings as scheduled by the Diocesan Youth Sports League.
- Ensuring that equipment for each sport is obtained, maintained, and ready for use.
- Ensuring that proper sports physicals and other school required documents are filed for each sports participant prior to practices/play.
- Correcting any inappropriate behavior from student athletes, parents and spectators during practices, games and/or tournaments.
- Training new parents and athletes on the Diocesan Youth Sports Handbook annually and requiring them to follow the program rules and policies in order to participate in the sports program.
- Supporting the sports program by helping to set-up and/or clean-up at events, run scoreboards and books, and supervise teams (including coaches) at games/matches/meets

and tournaments.

- Being present or having a representative present at all home events (including weekend games/matches and tournaments/meets) in a supervisory capacity.
- Enforcing playing time rules.
- Providing officials for JV games.
- Securing payment for Varsity officials prior to game time.
- Enforcing the diocesan/school policy for transporting athletes to and from after-school games/matches/meets.
- Logging all official payments (with signatures) on the official sign off forms
- Submit referee payment reimbursement forms to the Diocese of Tucson no later than May 15, 2024. Reimbursements will not be honored if they are not received on or before the due date.

NOTE:

Athletic Directors are present at games in a supervisory role to ensure proper behavior from their schools' coaches, athletes, parents and spectators. Athletic directors may not stop a game or match at any time unless it is for safety reasons. Athletic directors must hold themselves accountable to the same rules that are required of coaches and parents which include (but is not limited to):

- no sideline coaching
- no displaying disrespectful behavior towards officials
- refraining from making inappropriate comments

Should an athletic director call for a time-out on behalf of the coach, and the athletic director is not listed on the roster as Head Coach, then the team will receive a technical foul or a yellow card from the official. Athletic directors must also respect the chain-of-command within the league and understand that the Diocesan Youth Sports League Director is responsible for the league as a whole.

Professional conduct in person, phone call, text, email or otherwise is expected at all times.

Coaches' Responsibilities

As a participant and supporter of the Diocesan Youth Sports League, coaches will conduct themselves in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook.

Responsibilities include:

- Completing the required compliance process to include CMG Safe Environment Training and background check
- Attending the Diocesan SPIRIT Training, mandatory reporting training, and any other required training/meetings.
- Modeling and encouraging sportsmanlike behavior at all times
- Monitoring and supervising the conduct of the team at all times.
- Teaching athletes that the priority of learning basic skills and fundamentals of a sport takes priority over winning.
- Making ministry a part of their daily coaching to include beginning each game with prayer.
- Training and informing parents of their parental responsibilities and the policies outlined in the Diocesan Youth Sports League Handbook.
- Performing a uniform check and enforcing the uniform policy.
- Preparing home court facilities by 4pm game/match time.
- Supplying all necessary equipment for each practice/game/meet to include the Emergency Treatment form and a First Aid kit.
- Arriving at an away game/match with ample time to warm-up before the 4pm game/match time.
- Submitting game/match lineup to the opposing coach.
- Providing officials to include planning ahead and verifying payment for officials prior to game time.
- Following the playing time rule at every game/match and scrimmage.
- Facilitating track officiating that is required by each school.
- Informing athletic director of game/match results and other pertinent information pertaining to the game/match.
- Attending the entire tournament for specified sport.
- Enforcing playing time rules.

Coaches' Responsibilities at Indoor Facilities

Further responsibilities include:

- Informing everyone (athletic director, athletes, parents/spectators, principal) where to enter, how to behave, and what to expect.
- Working the score/clock table before or after the game, or as instructed by the Diocesan Youth Sports League Director.
- Helping to set-up prior to the first game, helping to tear down and clean up after the last game, and supervising athletes at all times.
- Following all rules given by each individual facility and communicating those rules clearly to all in attendance.

Professional conduct in person, phone call, text, email or otherwise is expected at all times.

Officials' Responsibilities

As a participant and supporter of the Diocesan Youth Sports League, officials will conduct themselves in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook.

Responsibilities include:

- Working directly for the Diocesan Youth Sports Director and Diocesan Youth Sports Program.
- Enforcing the uniform policy and all policies as outlined in the Diocesan Youth Sports League Handbook.
- Having a working knowledge of, following and enforcing the *NFHS Rule Book*, the Diocesan Youth Sports League Handbook and the Diocesan SPIRIT program policies and procedures.
- Enforcing policies as permitted by the Diocesan Youth Sports League committee such as the oversight to bench athletes, give a technical to coaches or ADs, and ask for the removal of spectators who are displaying inappropriate behavior that violate Diocesan policy such as (but not limited to):
 - Harassment of athletes, coaches, or officials.
 - Using foul language or gestures.
 - Are involved in physical altercations
 - Interfere with the game or match.

Additional Permissions, Expectations, and Responsibilities:

- Junior varsity officials must be at least 17 years old and have a basic knowledge and understanding of the sport they are officiating.
- The official(s) shall have full authority to see that each game/match is based upon good sportsmanship. If there is any conduct concerning players, spectators or coaches that is perceived as unsportsmanlike by the official(s), the official(s) will inform the coach, athletic director, and Diocesan Youth Sports Director.
- Junior varsity officials officiating junior varsity games are under the direct supervision of the athletic director or the designated supervisor while working the game/match. If any problems arise during games/matches that involve these officials, the athletic director and/or designated supervisor has the final authority for settling any disputes.
- **Volleyball:** For a player on the bench, coach, athletic director, or spectator becoming unruly or interfering with the orderly progress of the match, the official shall caution the offending team (yellow card) and suspend the match until such time as the match can proceed in an orderly manner. Failure to do so in a reasonable amount of time shall result in a loss of point (red Card) and possible forfeiture if issue persists. See *NFHS Rule Book*.
- **Basketball:** For a player on the bench, coach, athletic director, or spectator becoming unruly or interfering with the orderly progress of the game, the official shall caution the offending team and suspend the game until such time as the game can proceed in an orderly manner. Repeated offenses may result in a technical foul being assessed to the coach. See *NFHS Rule Book*.

Spectator Responsibilities

As a participant and supporter of the Diocesan Youth Sports League, spectators will conduct themselves in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook.

Responsibilities include:

- Cheering in a positive manner for one's own team and never attempting to discourage, distract, or embarrass the opposing team.
- Allowing the coach to coach her/his own team without interference. Sideline coaching is prohibited at all times.
- Respecting the coach in all ways at all times, especially when decisions are made.
Expected behaviors include:
 - Do not verbally or physically harass the coach.
 - Do not publicly second guess a coach's decision.
 - If you have issues with a coach, make an appointment after the game/match with the coach and the school's athletic director to discuss the issue.
- Recognizing the difficulty of an official's job and respecting the officials in all ways at all times. Expected behaviors include:
 - Displaying a good attitude towards the officials.
 - Do not verbally or physically harass the official.
 - Do not publicly second guess an official's decision.
 - If you have issues with an official, make an appointment after the game/match with the coach and the school's athletic director to discuss the issue.

Please note:

- The officials in the junior varsity programs are volunteers. They have the authorization to expel unruly fans from the facilities.
- The officials at the varsity level are normally members of the Arizona Interscholastic Association (AIA). They have authorization to expel unruly fans from facilities.
- Signs and excessive cheering cannot distract or interfere with the game and may not be disruptive to other spectators. Disruptive signs or cheering may result in being asked to dispose of the sign, cessation of cheering and/or dismissal from the game.
- Spectators that do not follow the sportsmanship policy may be asked to leave the facility.

Bullying/Harassment and Persistent Negative Behavior

Any behaviors that are not aligned with this handbook and the Diocesan Handbook of Policies and Procedures will be taken into consideration for removal from games and overall participation in the Diocesan Youth Sports League. Level of reprimand for bullying/harassment and persistent negative behavior will be decided upon by the school administration and Diocesan Youth Sports League Director. In cases where student safety is threatened, the local police department will be notified for immediate removal.

Parents' Responsibilities

As a participant and supporter of the Diocesan Youth Sports League, parents will conduct themselves in a manner consistent with the values and teachings of the Catholic faith and will follow the rules and procedures outlined in the Diocesan Youth Sports League Handbook.

Responsibilities include:

- Abiding by Spectator Responsibilities (see section on Spectator Responsibilities)
- Respecting the Diocesan Youth Sports Director, school athletic directors, coaches, and officials at all times.
- Respecting the decisions made by the officials, remembering that this is a teaching league and that winning is not the top priority- true sportsmanship outweighs winning. (Remember that the officials at the junior varsity level are **volunteers**.)
- Follow the chain-of-command for your school should you have any concerns or questions: coach → athletic director → principal (or the Diocesan Youth Sports League Director if at a tournament).
- Providing legal and appropriate uniforms for competition.
- Ensuring that your child is at every practice and game. Scheduling appointments for your child that will not conflict with practice or games/matches.
- Exhibiting flexibility during schedule changes due to weather, emergency situations, and availability of other schools.
- Arranging for athletes to arrive at the designated location and at the expected time as directed by the coach.
- Abiding by all school and diocesan policies regarding transportation for field trips (4.8.4 Off Campus Trips, pg. 60-61, Diocese of Tucson *Handbook of School Policies and Procedures 2023-2024*)
- Volunteering to help set up, tear down, and clean up.
- Volunteering to keep score, keep time, officiating junior varsity games/matches
- Modeling courtesy, respect and kindness to one another at all times.

Attending functions at Indoor Facilities:

- Volunteering to help set up, tear down and clean up.
- Parking in the facilities' **designated** parking areas only.
- **NO eating or drinking** food or beverages of any kind in the indoor facilities unless it has been approved by that facility.

Bullying/Harassment and Persistent Negative Behavior

Any behaviors that are not aligned with this handbook and the Diocesan Handbook of Policies and Procedures will be taken into consideration for removal from games and overall participation in the Diocesan Youth Sports League. Level of reprimand for bullying/harassment and persistent negative behavior will be decided upon by the school administration and Diocesan Youth Sports League Director. In cases where student safety is threatened, the local police department will be notified for immediate removal.

Sports League Policies and Procedures

Age Allowances

- Any student in the 8th grade and under who is not older than fifteen (15) years of age is eligible to participate.
- An athlete turning sixteen (16) may compete in the sport in which she/he has already begun competing. However, she/he is not eligible to begin competing in any future sport.
- If on September 1st an athlete, other than an 8th grader, is not yet fourteen (14), they are eligible to play basketball and/or volleyball at the JV level that year.
- If on September 1st an athlete, other than an 8th or 7th grader, is not yet thirteen (13), they are eligible to run JV track that year.

*****Any school that uses an ineligible player will forfeit that game/match/meet and all other games in which said player has participated.**

Diocesan Forms - Requirement to Participate

Students will provide the following information to the school office before they will be allowed to participate or compete in the sports program.

1. Birth certificate
2. Emergency treatment form
3. **Current physical examination and health information (physicals which are more than 12 months old at any time during the season are not acceptable)**
4. Signed parental permission forms for participation and field trips.
5. Sports participation fees
6. Proof of academic eligibility
7. Signed statement by both parent and student of "Athletic Code of Conduct."

Safe Environment Rules - Clearance and Transportation

Drivers

Signed and dated Diocese of Tucson *Field Trip-Parent Request Form* from the parents/guardian of each child using only the official Field Trip permission form. (*Diocesan Youth Sports League Permission Forms*)

Employees of the school are prohibited from transporting student athletes. Drivers may only transport student athletes AFTER they have been cleared as a volunteer. The Diocese of Tucson recommends the following policies pertaining to the transportation of minors enrolled in Catholic schools within the Diocese to school and school-sanctioned events.

1. **Personal Motor Vehicles** – Use of personal motor vehicles by school employees to transport minors to and from school and school-sanctioned events is prohibited. Use of personal vehicles by cleared volunteers to transport minors to and from school and school

sanctioned events is discouraged. The Diocese recommends the following checklist be followed if school volunteers will be transporting minors:

- a. Drivers may not be alone in a vehicle with a single minor who is not their own child.
 - b. Drivers must be at least 25 years old, have a clean driving record for the past three years, possess a valid Arizona driver license (A.R.S. 28-3001, et seq.), and have current and valid Arizona automobile insurance with limits of coverage as recommended by the Diocese.
 - c. Drivers must submit to the School/Parish a completed Annual Driver Information & Consent Form
 - d. Drivers shall not use 15-passenger vans or any vehicle with a chassis designed for 15- passengers to transport students
 - e. The school must keep on file a copy of the drivers' driver licenses and proof of current automobile insurance, and a current and completed Annual Driver Information & Consent Form.
2. The driver must carry liability insurance as required by state law. A copy of the current declaration of coverage must be maintained on file at the school.
 - a. Each occupant must have and use a seat belt.
 - b. Vehicles must be designed for eight (8) or fewer passengers.
 - c. No one may ride in the bed of a pick-up truck.
 - d. There should be two adults in each vehicle. If this is not possible, always avoid a situation in which one adult is driving with only one minor that is not his/her own child.

Transporting Students

The following procedural regulations must be followed in transporting student athletes to and from after-school sports events:

1. Only adults who are at least 25 years of age and who have been cleared via the volunteer compliance process are allowed to transport student athletes. Drivers must have on file at the school office the following:
 - o Completed Volunteer Application
 - o Certificate of Completion for the CMG Safe Environment Training
 - o Clearance Memo from the Human Resources Department
 - o A copy of their valid, unrestricted driver's license.
 - o A copy of their current declaration of insurance liability coverage
 - o Current background security clearance documentation.
2. Prior to each event, the school will give each driver a list of the athletes who will be transported to and from the event in his/her car.
3. Emergency forms for each student assigned to a driver will be given to the driver. Upon completion of the event and the return to school, the driver will return the emergency forms to a school representative.
4. Each driver is responsible for returning the same athletes who are on his/her list back to school after the sports event. The driver then gives the school representative the list of athletes who were transported in his/her car to verify all are accounted for.
5. A driver, coach, or school representative must never be alone with a student(s) while waiting for rides either before or after the sporting event. At least two adults must be present.
6. It is the parent/guardian responsibility to pick their child up from school after they have been returned from a sports event.

7. No one may pick up an athlete at the event location unless the athlete's parent or guardian has made a prior arrangement for this to occur, and the driver has been notified thereof by the school. Only a parent or guardian may pick up an athlete upon his or her return to school unless the athlete's parent or guardian has made a prior arrangement with the school.
8. Drivers may not transport athletes, even temporarily, to locations other than to the sports event and ultimately back to school.

Uniform Dress Code

All athletes are to be in legal uniform in order to compete. A player not conforming to this uniform policy shall not be allowed to participate in the game until the issue is resolved.

- All players on a team will wear **like-colored uniforms** (which include no trim of a different color) consisting of T-shirts and shorts (all which must be at an appropriate length).
- A **number** on the uniform shall identify each player. The number shall be at least four (4) inches high on top of the front of the shirt and at least six (6) inches high on the back of the shirt. *Numbers must be of solid color, to be quickly and easily legible for game/meet officials. Number color must also be clearly distinguishable from jersey color. Athletes on the same team may not have duplicate jersey numbers.*
- Socks: Schools may select either **solid white or black socks** for their teams to wear in competitions. All team members must wear the same color. Individuals must wear matching socks of equal length, no higher than the knee and no lower than the ankle. **Small brand logos (e.g. - Nike "swoosh") are permitted** in white, gray, or black color, but no additional design or color. Gray heel padding may *slightly* show.
- Knee pads are highly recommended for volleyball athletes. Knee pads must be either solid white or black only. Small logos (white, gray, or black) are permitted.
- Uniform shirts must be tucked-in for game play.
- Uniform shorts must be an appropriate length, may not be rolled up (to make shorter) or sagged below the hips for any reason.
- Uniform shorts must be of a solid color and may not include stripes, piping, or additional designs. **Schools are strongly urged to sell uniform shorts to team members as part of their sports uniform package to ensure shorts' issues do not take place.**
- Short sleeve undershirts may be white, black, gray, or the same color/shade as the jersey.
- Long-sleeve undershirts, sweatshirts, leggings, and/or sweatpants must be the same solid color throughout the team. Schools must declare to the DYSL their designated color choice at the start of each school year. These garments are optional for each athlete, but part of each school's sports uniform policy. These items must be worn underneath the uniform jersey and shorts.
- Long Sleeve undershirts and leggings may be worn during indoor games, underneath the uniform jersey and shorts. Schools must declare to the DYSL what single, solid color is permitted as part of their school's sport uniform.
- Sweatpants and sweatshirts may **not** be worn for indoor games.
- Logos on socks, shorts, undershirts, leggings, and sweatpants cannot exceed 1 ½ inches high by 1-½ inches wide or appear more than once on each item. Socks may have a small logo on each side.
- Compression shorts (solid, single color) cannot extend lower than the uniform shorts. All undergarments must be covered at all times.

- Any body adornment, such as body painting, or tattoos *must* be covered. Further, any excessive face make-up, including face paint and eye black, will not be permitted.
 - No type of jewelry will be permitted during games including stud earrings, necklaces, bracelets, anklets, etc. Covering up the jewelry with tape or band aids is not permitted.
 - Hair styles/cuts will not include any sprayed hair colors contrary to the natural color of the hair. Further, excessive hair gel/oil, excessively spiked hair, long/straggly unkempt hair, etc. may result in benching until the issue is fixed.
 - Hard hair clips and headbands will not be allowed during games; however, soft hair accessories are permitted as long as these items are *tied into the hair*.
 - Appropriate playing shoes are to be worn.
 - In Track & Field, spiked shoes with or without spikes are not allowed.
 - ***In case of cold weather only***, coaches are to use their best judgment and if necessary, allow the athlete to also wear sweats as a means to stay warm. The sweatpants may be black, dark gray, or close to the color of the uniform shorts.. *This does not excuse the athlete from being in legal uniform, nor does it apply to indoor games.* The jersey is to be worn outside of the sweatshirt to allow all parties to identify all players at all times.
- **Bike shorts, tights, turtlenecks, T-shirts are not appropriate attire for warmth.**

Eligibility to Play

The Principals and their staff will determine academic eligibility for their specific site and student athletes. This includes probationary involvement and disciplinary measures

General Game/Event Rules and Requirements

Prayer

It is intended that this prayer be prayed in unison by all teams prior to the start of the competition and be led by an individual (i.e., Coach or AD) of the HOME team.

Prayer Before Games

*Heavenly Father, Be with us
As we begin this competition.
We thank you for the gifts
Of our health and strength.
May we represent
Our parents, teachers, coaches, and You well.
May we enter this game with Spirit, good sportsmanship
And appreciation of each other and the game.
Amen.*

General Rules & Guidelines

Conduct

Sportsmanship is the “name of the game”. Therefore, should any flagrant display of temper, utterance of unacceptable language, etc. occur, the offender will be ejected from the game/match/meet/tournament. All players, coaches, parents, spectators, and athletes MUST follow the Diocesan Youth Sports Code of Conduct as well as policies set forth in the Diocesan SPIRIT program. If a player, coach or fan is ejected from a game/match they will serve a one-game/match suspension; a second violation earns the offender expulsion from the sport.

Mandatory Reporting

Anyone working directly with student athletes is considered a mandatory reporter. It is required that any suspicion of child abuse and/or neglect is reported immediately to 911 and the Department of Child Safety (1-800-SOS-CHILD). (3.7. Mandatory Reporting Process, pgs. 42-44, [Diocese of Tucson Handbook of Policies and Procedures, 2023-2024](#))

Playing Time Overview

For further detail, please see the section devoted to each sport.

- At the junior varsity level:
 - Playing time must be as close to equal as possible throughout both the season and tournament regardless of the size of the team.
- At the varsity level:
 - During the regular season, minimum playing time per athlete must be as close to 25% as possible. Basketball coaches must follow the first and second quarter substitution rule at every game during the season (found in the basketball section).

Changes/Cancellations

An AD (or coach, if granted authority by the AD) may promote any volleyball or basketball player from the junior varsity to varsity with permission from the schools' Athletic Director. The athlete will be allowed to participate in two (2) contests with the varsity; however, upon participating the third time, they will become ineligible to participate with the junior varsity for the remainder of the season. In track, a junior varsity team member may participate in any varsity event if she/he has participated on the junior varsity level on the same day, as long as she/he does not exceed the allowed number of events. Athletes are not allowed to participate in both the junior varsity and varsity level for the same event during a single-track meet.

Changes to the Varsity schedule will be only at the discretion of the Diocesan Youth Sports Director. Requests to move a varsity volleyball match must be made to the DYSL Director in a timely manner in order to reserve an official. Varsity basketball games may only be rescheduled by the League Director.

In the case of a school conflict, games/matches must be canceled by 4pm the day prior to the scheduled game/match in order to avoid a forfeit. Any volleyball match canceled after the 4pm deadline will result in a \$40 fine to the school who canceled (one official); basketball will result in a \$80 fine (two officials).

In the case of weather, games/matches must be canceled between 12pm-2pm in order to avoid a forfeit and a penalty of \$40. The ADs of both schools must discuss the situation with each other before a decision on the game is made. Ultimately, the decision to postpone a game due to weather rests with the host AD, who must make an informed decision. The host AD must notify the Diocesan Youth Sports League Director in order to cancel the official. However, if the weather becomes a concern after the deadline, then the schools must cancel immediately in order to avoid any penalty.

All Varsity Volleyball forfeits **MUST** be made by 4 p.m. the day prior to the scheduled game; Weekend Varsity Basketball and Varsity Volleyball cancellations **MUST** be made by **4pm Thursday** prior to the scheduled weekend game. *Schools who cancel after the set deadline will be **fin**ed \$40 per volleyball game (one official) and \$80 per basketball game (two officials).*

Schedules - Expectations and Rules

The starting time for all weekday varsity and junior varsity games/matches will be at 4:00 PM. A varsity game/match shall not start later than 4:15 PM. For junior varsity, where multiple teams are playing, the first game/match of the day will be at 4:00 PM and shall not start later than 4:15 PM. Varsity teams failing to field the required number of players, or not having facilities ready by 4:15 PM, will forfeit the game/match and be fined \$40 per offense. If the situation calls for it, schools can schedule games back-to-back (4:00 and 5:00). Varsity Volleyball must always start at 4:00.

All Varsity basketball and some Varsity volleyball games are held on the weekend and schools will rotate starting times. Varsity Basketball teams will play one or two games each weekend. Varsity Volleyball teams will play two games (back-to-back) when scheduled for a weekend. Teams should be prepared to start the game at the scheduled starting time. Teams who do not have the required number of players will be given a ten (5) minute grace period to field a full lineup. After that grace period, the game will begin if the team has four (for basketball) or five (for volleyball) players. Any fewer than that number after the grace period will result in a forfeit for that team and will result in a \$40 (volleyball) or \$80 (basketball) fine.

Gymnasiums will open (for weekend games) 30 minutes prior to the first scheduled game time, unless notified.

Equipment

The home team will provide an official game ball and official scorekeeper. Whenever a discrepancy occurs in the score, the home scorekeeper's score will be considered official and correct. The scorekeeper in junior varsity basketball **MUST** keep track of personal and team fouls. The scorekeeper must be an adult or supervised by an adult.

The Diocesan Youth Sports League Director will supply the equipment at weekend games but schools are required to supply an official scorekeeper and/or scoreboard operator.

The host school must provide the following equipment and supplies for games:

- Game ball
- Equipment
- Competent scorekeepers as per general rules
- Score book
- Score board
- Seating facilities for teams
- Water availability
- Officials' facility
- Uniforms for home athletes

Game Play

A "uniform check" will be performed at the beginning of each game/match by each school's coach. If a team member is not in proper uniform, the player will not be allowed to play until the issue is resolved. If several members are not in proper uniform, this may result in a forfeit of the game.

In order to begin a game/match, a team must have at least five (5) volleyball players and four (4) basketball players. If the team cannot supply the required number of players, a forfeit will occur.

If a player is present and in full uniform, that player is expected to play in accordance with DYSL playing time rules.

In the event of a suspension that requires attendance, that player should not be in full uniform to clearly indicate the situation to coaches, officials, and spectators.

If a player is punished for a lesser period of time, such as the first half or set, it must be communicated to the League Director, the score table, and the opposing coach(es) by that team's coach or AD. It will be verified with that school's AD.

Expectations & Conduct - Coach

If a coach chooses to not follow the rules of the handbook, the following actions shall occur:

- The League Director will address the AD at the game who is then expected to confront their coach and resolve the issue. If the AD is not immediately available, the League Director will address the coach directly.
- If the behavior continues or happens a second time, the coach will be removed from the game immediately and will serve a suspension through the following weekend.
 - If this suspension were to occur during a period of no games for that school (i.e. - Fall Break, season ends, etc), it will be applied to the next game week.
- If a third rule violation should happen, that coach will be removed from the game and will no longer be permitted to coach for the duration of the school year.

It makes no difference if the actions of the coach occur during a regular game or during a tournament. All rules and consequences shall still apply.

Only coaches who are listed on the official team roster which is submitted by the Athletic Director or Principal will be allowed to sit on the team bench during games/matches. In addition, only the head coach is allowed to approach the official or make any complaints regarding a questionable call.

Weekend Sports

- Scoretable duties:
 - Regular Season: Each school must provide a competent individual to run the clock/scoreboard or the scorebook for their school's game(s).
 - This task can be performed by an AD, assistant coach, JV coach, or a volunteer.
 - Tournament: Each school is tasked to provide an individual for the scoretable for the game(s) before and/or after their school's game. Schools will not run the table for their own games.
 - If an individual is not performing the duty in a suitable manner, the school's AD or designee will be asked to find a competent replacement quickly.
 - Training is available.
- Track & Field officials: Schools are responsible for providing the proper number of competent volunteer officials for the task that school is required to perform at Track & Field/Cross Country competitions.
- Coaches and ADs are responsible for ensuring that their student-athletes and families treat the facility with respect, follow the facility's rules, and display common courtesy for the events taking place. This includes, but is not limited to:
 - Staying clear of the courts when walking through the facility.
 - Not taping items (i.e. - posters) to the walls, floor, bleachers, etc.

- Not adding any markings to the facility in any way (i.e. - tape on the court).
- Throwing away garbage from their team's bench and from their area of the bleachers.
- Throwing away garbage, changing out garbage bags, and clearing their area at Track & Field/Cross Country competitions.
- Picking-up marking tape from Long Jump and High Jump competitions.
- Ensure their spectators are not sitting along sidelines at basketball games.
 - Includes not using chairs from home. Only chairs at the facility may be used in approved areas.
- Coaches or ADs must bring equipment, team scorebook, clipboard, balls for warm-ups, etc.

Concerns and Mediation

Rule interpretations may be protested only if it has a clear and direct effect on who wins or loses a game/match. Judgment calls by officials are not subject to protest.

- If a protest is made, it is made verbally to the official and opposing coach involved immediately.
- Thirdly, if the protest is not made verbally at the time of the incident, a late protest will not be allowed.
- All protests must be made in writing within five (5) days and mailed, faxed, or emailed to the Diocesan Youth Sports Director.
- The original copy is maintained by the Diocesan Youth Sports League Director, with copies of the protest provided to the coaches, AD's and Principals of the schools involved.
- Additional copies will be filed with the Diocesan Sports Committee and the Department of Catholic Schools (Asst. Superintendent), and the officials involved in the protest.
- If a hearing is needed, this will include the Diocesan Sports Committee, all coaches, AD's, and officials involved, and the Diocesan Youth Sports Director.
- Parent Concerns should be taken seriously, but parents must follow the league's chain of command.
 - For team-related issues, parents are encouraged to calmly discuss the concern with their child's coaching staff and Athletic Director.
 - Regarding game or league issues, parents must discuss the matter with their child's athletic director first.

The Diocesan Youth Sports Director has the authority to stop any contest in the event of unsportsmanlike behavior and/or if other criteria are not being met.

SPORTS RULES - Preface

Specific rules and formats for all sports may be added/removed or altered for use in this sport's season(s) on a trial basis before permanent implementation is considered. These trials will be detailed to schools prior to the seasons' opening games or Track & Field meet. Trials will also be noted in detail in the Coach's SPIRIT training sign-off form that must be reviewed and signed by each coach (and initialed by the school's AD) prior to his/her team's first game.

Volleyball

The official rules that govern the Diocesan Volleyball Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports League.

1. Volleyball is offered for grades 4 through 8. Male and Female divisions are separated by season.
2. Setting is allowed when receiving the serve.
3. No lines persons shall be used at any outdoor or regular contest. At weekend Varsity matches, two officials may be utilized for one match in the event of a forfeit on another court. During semifinal, third place, and championship matches at the Varsity tournament, two officials will be used (one up, one down.)
4. The home team will select its team bench. For all matches, there will be a coin toss to start the match. The coin toss should occur at least five (5) minutes before the match time. The visiting captain shall call the toss. The winner shall choose either to serve/receive or choose their side. The loser of the toss shall be given the remaining choice.
 - If there is a third set, the home captain shall call the coin toss. The winner shall choose to serve/receive playing area. The loser of the toss shall be given the remaining choice. ****Three sets are mandatory during both the junior varsity and varsity regular seasons. Rules may change for the tournament.**
 - In the event of a third set, the team will change sides when one team reaches half of the total points necessary (this applies only to outdoor games).
5. Regular season Varsity Volleyball matches are scheduled by the League Director. The Varsity regular season will feature games on school campus (weekdays) and on weekends (gymnasiums after Varsity Basketball). Regular season JV matches are scheduled by ADs at that season's official league meeting. Adjustments or changes to games can be discussed between individual schools if necessary.
6. **Only the head coach may stand during the match but is not allowed on the court.**
7. In the event that a player on the bench, coach, or spectator becomes unruly or interfering with the orderly progress of the game, the official shall caution the offending team (yellow card) and suspend the match until such time as the match can proceed in an orderly manner. Failure to do so in a reasonable amount of time shall result in the opposing team gaining an additional point. See NFHS Rulebook.
8. The match format is rally scoring. The matches will be best of three sets. Each set is played to 25 with the third and deciding set to 15, with a 2-point victory margin. Sets are not capped.
9. If a match is suspended due to rain or other unforeseen circumstances, the following guidelines will be used to determine if the match is official.
 - a. Two (2) sets must be completed.
 - b. If during the third set the match is suspended, the team that has scored at least eight points will be declared the winner and the match will count as a completed match. (2 - point victory margin is waived in this case).
 - c. If neither team has scored 8 points or if the set is tied at 8 points, revert back to sets 1 and 2, add all points, plus total points scored in the third set. The highest total points scored will be the winner.
10. Cheers must be quick and not excessive or meant to embarrass or demean the opposing team.

11. **PLAYING TIME:** Equal playing time for the season at the junior varsity level is mandatory. At the tournament, equal playing time for the whole day is required (can differ from match to match). The JV emphasis is development for all players. At the Varsity level, coaches are required to get all players an average of at least 15-20 points per game playing time throughout the season while considering standard substitution rules.

- a. Teams and athletes may not perform “consequences” during the game.
(Example: a team doing a push-up after letting a ball drop.)

12. Timeouts:

- Varsity: 2 timeouts per set.
- JV: 1 timeout per set.

13. JV Rules:

- **Advanced serving lines:** 4th & 5th graders may start serving from a set line marked ~6 feet closer to the net. After two successful serves, they must move to the ~3 foot line.
 - They are not permitted to return to the 6-foot line for the remainder of the match.
 - After two successful serves from the 3-foot line as well, that server must serve from behind the regulation baseline for the remainder of the match.
- **5-Serve Rule:** After a team wins five consecutive points on a server’s turn, the serving team will rotate, and continue serving with another team member.
 - The receiving team does not rotate.

Basketball

The official rules that govern the Diocesan Basketball Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports Program.

1. Basketball is offered at the Varsity and Junior Varsity level for grades 4 through 8. Male and female seasons are separated by Fall and Winter seasons, opposite volleyball.
2. Varsity Basketball Rules:
 - a. Varsity games are scheduled by the League Director for weekends at indoor gymnasiums. The Varsity schedule may only be adjusted by the League Director.
 - i. All Varsity games have four, 6-minute quarters. Teams are allowed three, full timeouts (60 seconds) and two, 30-second timeouts per game. Halftime will last three minutes. If tied after regulation, a 3-minute overtime period will begin with a jump ball. Each team will receive an additional *full* time-out; time-outs prior to the overtime period will rollover. Additional overtime periods will be played until a team wins the game. No additional timeouts will be granted if additional overtimes are needed to determine a winner.
 - ii. Game officials may stop the game to make sure necessary substitutions take place if necessary. Scorebook volunteers will raise their hands to indicate substitutions are required. Officials may stop the game at the earliest opportunity, not necessarily at the next dead ball.
 - b. Full court press is prohibited after a 15-point lead in any basketball game. It is also expected that the coach will discourage the running up of scores and encourage athletes to pass the ball around more, sub-starting players, etc. in order to keep the game competitive, yet fair. This rule applies to both junior varsity and varsity games.
 - i. If a team opens up a 30+ point lead in the second half, the game will switch to a running clock.
2. **1st/2nd Quarter Substitution Rule is used during all regular season games.**
 - a. Coaches must split their team in half before the start of the game. Half the players will rotate during the first quarter and the other half will sit out the entire first quarter. The players will all switch for the second quarter allowing every athlete to play most of a quarter as well as sit out for an entire quarter. **Exceptions: athletes may be substituted mid-quarter due to injuries or significant foul trouble.
 - b. If a team has less than 10 players...example using 8 players:
 - i. 5 players play the 1st quarter, three stay on the bench.
 - ii. Three bench players then play *entire* 2nd quarter.
 - iii. The 5 starters must be rotated equally in that 2nd quarter.
 - iv. Player participation will be tracked by the score table and referees. If the game reaches the 3:30 mark of the 2nd quarter without the requisite substitutions having been made, an official timeout will be called by the referees at the next dead ball to ensure these substitutions take place. Those players coming out must sit for a similar amount of time as those replacing them.

- v. The Referees and score table will inform coaches of substitutions that need to be made and enforce when an attempted substitution is not permitted according to this framework.
- vi. Substitutions that violate this framework (e.g. - 1st quarter substitutions) will not be permitted.
- vii. Continued efforts by a coach to violate this framework can result in a technical foul for delay of game.
- c. Second-half playing time is open to the coach's discretion within one rule and one principle:
 - i. Rule - Each athlete must sit for at least one minute of game time.
 - ii. Principle - Every effort should be made for each player to play at least one minute in the second half.
 - iii. *No athlete is allowed to play an entire half without a substitution if the number of athletes on the team allow for substitutions to be made. An exception occurs for volleyball teams with a total of six (6) players and basketball teams with a total of five (5) players.*

3. JV Basketball Rules:

- a. Regular season **junior varsity** contests will have two, 18-minute halves with a running clock, only stopped by timeouts. Each team is allowed two, full timeouts (60 seconds) for the game. Four minute halftime. An overtime period, beginning with a jump ball, will consist of one four-minute period with a running clock. The 2nd overtime period will be a "sudden-death" format with no clock in which the first team to score will be declared the winner.
- b. Tournament junior varsity games will have two, 15-minute halves with a running clock, only stopped by timeouts. Halftime will be three minutes. Overtime will feature one, 3-minute period with the running clock. The second overtime period will be "sudden-death" with no clock in which the first team to score winning the game.
- c. Junior varsity season games are scheduled by ADs at an official league meeting before the season begins. Adjustments or additions to the JV game schedule can be made between schools when necessary.
- d. Full-court press defense during any junior varsity game is *only* allowed during the final four minutes of the *second* half. If an offending team causes the opponent to lose control or possession while in the backcourt, play should be stopped, the ball returned to the offense, and the defensive team warned. Intentionally pressing or repeated accidental pressing will result in a technical foul for delay of game. If control is lost by the offensive team without an action/interference by the defense, it is considered a loose ball and fair for both teams to pursue.
- e. Tournament play
 - i. Any JV Boys game that does **not** feature teams with 7th graders will use a Size 6 basketball (28.5").
 - ii. JV Boys tournament games featuring teams with 7th graders will use the Size 7 (29.5") basketball. (Exceptions *may* be made for teams featuring 4th and/or 5th graders in addition to few 7th graders).
 - iii. For regular season JV games, teams can discuss which ball is used. It is ultimately the decision of the host school and needs to be communicated to the visiting coach.

- f. PLAYING TIME: Equal playing time. Coaches aim to ensure all team members receive equal playing time across the season.
 - i. For tournament playing time, coaches need to achieve equal playing for all team members for the entire day.
- 4. In the event that players on the bench, coaches, ADs, or spectators become unruly or interfere with the orderly progress of the game, ***the official shall caution the offending team and suspend the game until such time as the game can proceed in an orderly manner.*** Repeated offenses may result in a technical foul being assessed to the coach. See *NFHS Rulebook*.
- 5. *****NOTE: Only the head coach may stand during the game and that is only in the confines of a coaching box. If a coach receives a technical foul during the game, he must remain seated for the duration of the game (Seat Belt Rule).**
- 6. Language to intimidate, confuse, or harass the opponent is illegal. The penalty will be unsportsmanlike conduct that results in a technical foul. The offender will sit out the remainder of the game or be asked to leave the facility. This includes but is not limited to:
 - a. Comments directed at the player to get them to panic such as after they pick up the dribble, as they are about to cross mid-court, or as they attempt to throw the ball in-bounds.
 - b. Disconcerting comments made while a player is on the line to attempt a free throw.
- 8. A technical foul may also be given for the following reasons:
 - a. Use of inappropriate language
 - b. Display of disrespectful behavior towards officials
- 9. If a game is suspended due to rain or other unforeseen circumstances, the following guidelines will be used:
 - a. If the first half or less has been completed when the game is called, the game does not count.
 - b. If any of the second half is played when the game is called, then the score of the game stand as complete.
- 10. Cheers must be quick and not excessive or meant to embarrass or demean the opposing team.
- 11. For JV Basketball games, each school must supply one referee. A school may pay \$25 to an official or have a volunteer officiate the game.
 - a. If a school does not supply a referee, the host AD is within his/her right and should cancel the game.
 - b. Teams and athletes may not perform “consequences” during the game. (Example: doing a push-up after a turnover while on the court).

Varsity Tournaments

Varsity Tournaments

1. Varsity tournaments are held on weekends at an indoor facility. Each tournament takes two (2) days to complete.
2. Coaches are required to complete their assigned duties at all tournaments which includes keeping score at games/matches, supervising athletes, helping to set up/clean up, etc.
3. During the regular season, games/matches are played to determine a season champion. The team with the best record is the season winner and is the #1 seed for the tournament. Ties will be broken by head-to-head results of regular season competition. If both teams are still tied, point/set differential for the season will break the tie.
4. The format for the tournament will be double elimination for places, single elimination for the championship. The championship game/match will take place on a Sunday afternoon with volleyball first and basketball to follow.
5. **Varsity Tournament Rules & Playing Time**
 - a. Volleyball
 - i. Matches conclude if one team wins the first two sets.
 - ii. Playing Time – Teams with less than 12 players must play every player in each match of Day #1 for at least 10 points.
 - iii. Teams with 12+ players: Every player should play ~15-20 points on Day 1 of the tournament but are not required to play in each match.
 - iv. These decisions must be communicated with the team's families and the score table to be noted in the scorebook.
 - v. Two officials – one up, one down – for semifinal, third place, and championship matches.
 - vi. All other matches will feature one match official.
 - b. Basketball
 - i. Playing Time – 1st/2nd quarter rule is **not** in effect for the Varsity Basketball tournament.
 - ii. Every player must play at least 2 minutes in a game.
 - iii. Every player must sit for at least one minute in each half.
6. Parking at indoor facilities is in **designated parking areas** only.

Junior Varsity Tournaments

1. JV tournaments are held at an indoor facility and take two days to complete. **Volleyball will be held on Saturday and basketball will be held on Sunday.** JV Tournament takes place the week before Varsity tournaments.
2. Coaches and ADs are required to attend their team's entire tournament bracket. In addition to score table duties and ensuring control over their participants before, between, and after games, they may be asked to referee if necessary.
3. The number of volleyball matches or basketball games each team is scheduled to play is determined by the League Director with input from all participating ADs at a league meeting prior to the tournaments.
 - a. Teams are placed into appropriate divisions to ensure the most competitive games.
4. The Diocesan Youth Sports Director has the authority to shorten games/matches due to time constraints.
5. Parking at indoor facilities is in **designated parking areas** only.
6. There will be no formal champion or places awarded by the league for the junior varsity tournaments and no trophies or awards will be given.
 - a. Schools or coaches may give their team members awards on their own accord, but must do so at a separate time and place from the tournament.

BASKETBALL:

1. Tournament play will consist of two 15-minute halves with a running clock.
 - a. The Diocesan Youth Sports Director has the authority to shorten games/matches due to time constraints.
2. Clock will only stop for timeouts. Defensive restrictions are removed for the final 4 minutes of the *second* half and overtime (if needed). Each team will receive two, full (60 second) time-outs. Half-time will be three minutes. Pre-game warm-up will be at least three minutes.
3. Overtime procedure: If a game is tied at the end of regulation, there will be a 3-minute overtime with a running clock. If another overtime is needed, the second overtime will be "sudden-death" overtime. There will be no clock and the first team to score will be the winner.
4. Games will be officiated by two referees scheduled by the League Director.

VOLLEYBALL:

1. All three sets played.
2. Sets #1 & 2 played to 20 points, win by two points – no cap. Set #3 played to 10, win by two points – no cap.
3. Adjustments can be made depending on the progress of the tournament or overall schedule
4. There will be one time-out per set, per team. Time-outs do not roll over. Half-time will be two 1-2 minutes. Warm-up time will be three (3) minutes.

Track and Field

The official rules that govern the Diocesan Track and Field Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports Program.

1. The Track & Field season may offer the following meets in any given year:
 - a. **Normal Meets:** Normal Meets, which divide the schools into two halves at each meet, occur 2-4 times over a Track & Field season. Athletes compete individually in field events, races, and in team relay races. These meets provide an opportunity for the individual to compete in various events. Teams earn points from their halves of the meet that accrue toward the overall and divisional team awards for the season. Individual scores and times are counted toward potential Finals' qualification.
 - b. **Field Open:** The Field Open features only jumping and throwing events. This meet gives the athletes opportunities to compete in more field events than they can at normal meets. It also provides more opportunities to improve or excel in certain events. If this event is scheduled, results will count toward individual Finals' qualification, but not toward a team's points total. Unlimited entries may be entered by teams in each division of an event. Individual athletes may only be entered in two events. Depending on total entries, the number of attempts may be reduced to two at the discretion of the league director.
 - c. **Qualifying Meet:** If used, a Qualifying Meet is for running events only. Each individual is allowed two individual running events. S/he may also participate in one relay. The school is not limited as to how many athletes can be entered in any one event, unlike Normal Meets. Only the best performances at this meet qualify an athlete to participate in the individual running finals.
 - d. **Finals:** The Finals are only for those who qualify for each event: The top nine (9) performers in lane events and the top 16 in all other events both field and running. Medals are awarded for 1st through 3rd place, and ribbons are awarded for 4th through 6th place for all individual events. For relays, gold medals are awarded for 1st place with ribbons awarded for 2nd through 6th place. Points from this meet do not count toward season championships for either overall or divisional honors. Points do count toward the team that is the Finals' champion.
2. **Cross Country:** Cross Country takes place during the Track & Field season, but scores and results are independent from each other. Two to three Cross Country races will be held each year. These are conducted mid-week at a large park in Tucson (ideally, Reid Park).
 - a. The distance of the race will increase each time during the season. For a three-race season, the distances will approximately be 1 ¼ miles, 1 ½ miles, and 1 ¾ miles.
 - b. The entire track team can participate as a conditional exercise, but a maximum of **ten** can be registered toward the team's score.
 - c. The minimum for scoring is 4 males and 4 females with a maximum of five (5) males and five (5) females. A team's best four finishers in each division will be counted toward its team score.
 - d. All other runners are considered non-scoring.
 - i. The race is divided into four groups: Scoring Males, Scoring Females, Non-scoring Males, and Non-scoring Females. The Scoring Males will start first with each subsequent group starting two minutes after its preceding group.
 - ii. Scoring System: Runners are scored within their own division. (e.g. - if Scoring Girl A finishes 18th overall and Scoring Girl B finishes 30th, they are still scored as 1 & 2 respectively in their own division. This is the ranking score that is counted toward their team total.
 - e. Lowest total wins.

- f. If a team cannot field enough members for a given meet, it will receive a score one placing higher than the number of entrants in that division. For each entrant missing in that division, add one placing point. (i.e. - 30 scoring Girls compete in a given meet, but School H could only enter two girls. School H would receive two scores of 31 added to their total).
 - i. Team Awards are determined by points earned through all three Cross Country competitions.
 - g. Top 3 overall teams receive trophies.
 - h. Scoring members of the winning team receive Gold medals.
 - i. Scoring members of the top girls team and top boys team receive Blue 1st place ribbons.
 - i. Individual awards are determined solely by performance at the Final Cross Country meet of the season.
 - j. Top 3 from each division will receive medals.
 - k. 4th through 6th from each division will receive ribbons.
3. Track & Field awards team trophies for performance in all Normal meets (including Team Challenge) over the course of the season. Cup trophies will be awarded to the top three point earning teams in four separate divisions: JV Females, JV Males, Varsity Females, and Varsity Males. Tower trophies will be awarded to the overall top three teams. A separate trophy for Finals' champion will be awarded to the highest earning team at Finals. Points from Finals do not apply to the season-long point standings or awards.
4. All track officials are volunteers from each school. It takes approximately thirty (30) people to run a track meet. Each school is required to supply at least one person to be trained to be in charge of some activity at **ALL** track meets. If a volunteer cannot be found, a **COACH OR AD** will be required to take charge of an activity. It works out best when that person who is in charge works all meets and other people from that school assist in the assigned job. Schools will be given an opportunity to be trained on their job duty at the track season meeting. Schools will rotate track duties every three years.
5. All uniform rules apply to these outdoor events. All competitors are to wear their team uniform. Failure to comply means disqualification. Each player shall be identified by a number on the uniform, unique to other members of his/her team. Appropriate playing shoes shall be worn. **No track shoes with or without spikes will be allowed.** Participants will not be allowed to run in bare feet or socks only. Athletes may not wear hats or hard hair clips.
6. In case of cold weather, officials (DYSL director and meet referee) are to use their best judgment and, if necessary, allow athletes to also wear long sleeves and long pants as a means to stay warm and healthy. (See uniform rules for a detailed breakdown for cold weather allowances) The intent is to not cause additional expense to the families, but rather protection to the athletes. This does not excuse the athlete from being in legal uniform. The jersey must be clearly visible.
7. Starting blocks may be used.
8. The start time of the events will not be delayed for latecomers, which includes participants competing in other events. Make sure athletes report to the proper official and are sure of starting information.
9. Junior Varsity athletes consist of 4th (in some schools) through 6th graders, provided a player meets age eligibility. 7th and 8th graders must compete as Varsity participants.
10. In Normal Meets and the Finals, each individual may be entered into three individual events: two running events with one field event, or two field events with one running event. Athletes are permitted to participate in **one** relay race, and it does not count against that athlete's three event max. If video and entry sheets show an athlete has run in two relays in one meet, both relay squads will be disqualified.
11. Top Six are scored in each division of every event on a 10-8-6-4-2-1 scale.
12. Athletes will run the hurdles, 100, 200, and Varsity 400m, and all 4x100m relays in lanes. Athletes will run the 1600m, 800m, junior varsity 500m, and non-scoring 300m in a waterfall start.
13. Hurdles – seven (7) 30 " hurdles.

- a. 13 m (42'7") to the first hurdle.
 - b. 8.5 m (27'9") between hurdles.
 - c. 11 m (36'1") to the finish line.
 - d. 75 m (246'1") total
14. Field events: Every division allows up to **six entries per school**, *excluding two events*.
 - a. JV Discus & JV High Jump - **only four entries** per school.
15. Running events:
 - a. **Unlimited** entries for the 1600, 800, JV-500.
 - b. Max of **four** entries for the Varsity Hurdles, 100m, 200m, and JV NS-300.
16. Scoring parameters and entry designations
 - a. Field events - 3 athletes may score points for a team in each event.
 - b. This is limited to 2 athletes in JV Discus and JV High Jump.
 - c. Athletes do not need to be entered as "scoring" or "non-scoring."
17. Laned Races - 2 athletes may score points in laned races. Maximum of four total entries.
 - a. Laned "scorers" must be designated in the entries to create scoring & non-scoring heats.
 - i. If a "scorer" is scratched, a non-scorer's time can be used and scored in its place.
 - b. Unlaned waterfall races - Unlimited entries, but only 3 athletes can score points for a team in each event.
 - i. These athletes do not need to be designated in the entries.
 - ii. Example: JV Boys Discus features all three boys from School A finishing 1-2-3. This event only allows for 1st & 2nd place boys to tally points for their team. 3rd place points will instead be awarded to the 4th place boy, representing School B.

Field Events

- Long Jump
- Shot Put - (6 lbs. for all divisions, except Varsity Male - 8 lbs.)
 - **New for 2024: 5 lb shot put for JV Female division.**
- Discus – 1 kg disc for all athletes in Varsity divisions.
 - **New for 2024: Use 0.75 kg for JV divisions**
- High Jump - JV and Varsity run concurrently for each sex (unless Salpointe or other host site has two complete high jump set-ups).
 - Once JV has reached the Varsity starting height, Varsity athletes will complete their round at that height before JV begins at that same height.
 - JV Females will begin at 3'2". Varsity Females start at 3'6".
 - JV Males begin at 3'6", Varsity Males at 3'10"

Running

- JV Females → JV Males → Varsity Females → Varsity Males
- Medley Relay (200-200-400-400)
- 4 x 100 Relay
- Varsity 1600 m
- Varsity 75m Hurdles
- JV 500 meters
- Varsity 400 meters
- JV *Non-scoring* 300 meters
- 100 m
- Varsity 800 meters
- 200 m

Finals' Adjustment to the Running Order

The relays will be run at the **end** of the Finals meet rather than the beginning of the card.