



CYO ATHLETICS
Handbook of Policies and Procedures
2022 Edition

**These rules are meant to be guidelines
that the Diocese of Greensburg follows for CYO Athletics programming.
The Diocese of Greensburg Administration reserves the right
to interpret and make changes to these rules at any time.**

**CYO Athletics
Diocese of Greensburg
Office of Catholic Schools
723 East Pittsburgh Street
Greensburg, PA 15601**

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SECTION 1 CYO PROGRAM INFORMATION

1.01 Objective

The goal of the CYO program is to teach youth about sports, competition and good sportsmanship consistent with the teachings of the Catholic Church while promoting an inclusive, developmentally-oriented youth sports culture. With proper supervision and guidance, this program can teach our youth a sense of values, fair play, and instill discipline and confidence. The following rules and guidelines outline the structure and functions that will guide the planning and implementation of the diocesan athletic program. May everything we do in the CYO Athletics program bring honor and glory to God.

1.02 Operational Structure

All CYO athletic programs of the Diocese of Greensburg shall be under the Office of Catholic Schools, supervised by the Superintendent of Catholic schools. The Superintendent will appoint a CYO Coordinator to oversee all aspects of the CYO athletic program. The CYO Coordinator may appoint individuals who will be responsible for assisting the coordinator with specific sports, tournaments, or athletic sections. The CYO Coordinator, in consultation with the Office of Catholic Schools, shall have the authority to rule on all matters not covered in this handbook, including modifying consequences when such action is deemed to be in the best interest of the program.

1.03 School/Parish Athletic Directors (AD) and Points of Contacts (POC)

- a. All CYO programs must appoint an Athletic Director or Point of Contact to oversee CYO-related matters. This individual will be the official school/parish recipient of all CYO Athletics information and will be responsible for promulgating this information within their school or parish.
- b. Responsibilities of the AD/Point of Contact include but are not limited to:
 - a. Ensuring that all required paperwork for teams has been completed and submitted by the designated deadlines including coaches clearances and paperwork.
 - b. Ensuring that all student-athletes have completed and submitted the required eligibility paperwork by the designated deadlines.
 - c. Recruiting qualified coaches and ensuring that coaches complete all state and diocesan requirements, including the *Play Like a Champion Today* coaches clinic.
 - d. Organizing and coordinating the local athletic program and support functions such as equipment acquisition, practice facilities, etc.
 - e. Ensuring the facilitation of a parent meeting for each CYO sport prior to the start of the season.
 - f. Providing overall guidance and leadership to school/parish volunteer coaches.
 - g. Ensuring the facilitation of a coaches meeting for each CYO sport prior to the start of the season to discuss CYO rules and regulations and local expectations for coach volunteers.
 - h. Attending, when available, diocesan CYO Advisory Council meetings.
 - i. Handling all local grievances and serving as the liaison between coaches/parents/etc. and the Office of Catholic Schools.
 - j. Advising athletes and parents in preseason meetings that jewelry, including necklaces, chains, bracelets and earrings, may not be worn during basketball games.

1.04 Diocesan CYO Advisory Council

The CYO Advisory Council is a consultative body made up of representatives from each participating school/parish in the Diocese of Greensburg. The Council's primary function is to advise the Office of Catholic Schools on policy-related items and, in general, provide feedback and recommendations about CYO sports-related matters.

SECTION 2 DEFINITION OF TERMS

- **CONSOLIDATION:** An approved cooperative operation of an athletic team between two or more parishes and/or schools.
- **CONTINUOUS RUNNING CLOCK:** Occurs when the point differential between two teams is at 25. When that point differential is reached, the clock will continue to run without stoppage except in circumstances as dictated by the NFHS Rules Book.
- **GAME:** Any contest between two teams where a score is kept and the teams are in uniform.
- **MATCH:** In volleyball, a match is a competition between two teams that consists of three games. The first team to win two games wins the match.
- **NFHS:** The National Federation of State High School Associations. This organization provides the playing rules for the various interscholastic sports played in the USA. The CYO Athletics program adheres to these rules unless specified in this Handbook.
- **PENNSYLVANIA MANDATED REPORTER TRAINING:** all coaches are considered mandated reporters of suspected child abuse and are required to participate in a free online training course. This is a diocesan-approved Mandated and Permissive Reporting Training course.
- **PIAA:** The Pennsylvania Interscholastic Athletic Association is the governing body of interscholastic sports in Pennsylvania.
- **PLAYING UP IN A DIVISION:** Occurs when a participant plays in two divisions of the CYO program.
- **PROTECTING GOD’S CHILDREN:** The diocesan-approved training workshop on child sexual abuse.
- **RALLY SCORING:** System used in volleyball whereby a team does not have to be serving to win a point.
- **ROSTER:** The official recorded list of all participants of a given team. Only a person listed on a roster may participate with that team.
- **RULES:** The laws that govern sports competition.

SECTION 3 INFORMATION AND REQUIREMENTS FOR COACHES

3.01 General Requirements

All CYO teams must have a diocesan approved coach that is at least 21 years of age except in the instance of the high school division where a coach must be at least 25 years of age. A coach must be present with the team at all games/matches and practices and is responsible for the team’s conduct. Only individuals listed as a coach on the official roster may sit on the bench with the team during play. Current diocesan employees/volunteers who possess the necessary State and Federal Clearances may fill in for coaches in unexpected circumstances.

Prior to coaching, either in practice or at games/matches, a coach must be approved by the Office of Catholic Schools. In order to be approved, the coach is required to fulfill all state/federal requirements as well as diocesan-specific requirements. The documents, once submitted to the school/parish, will be forwarded to the Office of Catholic Schools for approval. New coaches must present completed clearances that are dated within 5 years of the start date of the specific sport in which she/he is coaching. Coaches must renew state and federal clearances every five years.

Clearances must be submitted to the school or parish program coordinator prior to coaching. Copies must also be on file with the Office of Catholic Schools. No person may serve as a coach without submitting all clearances. Failure to submit all required documents will result in the individual not being permitted to coach.

3.02 State and Federal Clearances and Requirements for CYO Coaches

- a. **Pennsylvania Criminal History Record Check** (free for volunteers)
 - a. The quickest and easiest way to obtain this clearance is to go online: [PA Criminal History Record Check](#)
 - b. The alternative method for obtaining this clearance is to complete and mail the PA State Criminal History Request Form. [A copy can be found in Appendix A.](#)
- b. **Child Abuse History Clearance** (free for volunteers)
 - a. Visit the following website to obtain the clearance. An online account must be created: [Child Abuse History Clearance](#)
 - b. The alternative method for obtaining this clearance is to complete and mail the form. [A copy of the form can be found in Appendix A.](#)
- c. **FBI Fingerprint Clearance**
 - a. All CYO coaches must obtain an FBI Fingerprint Clearance. Information on how to complete this requirement can be found here: [FBI Fingerprint Clearance](#)
 - i. Applicants must register before going to the fingerprint site. Registration is available online at [Identogo Registration](#)
 - ii. CYO Volunteers applying for the FBI fingerprint clearance must use the following code: 1KG6Y3.
 - iii. Retain your "UE ID" number and submit this to your school/parish.

3.03 Diocesan and PIAA Requirements for CYO Coaches

- a. **Play Like a Champion Today Coaches Clinic**
 - a. A list of upcoming trainings can be found here: [CYO Workshops](#)
 - b. New coaches have one year to complete the training.
- b. **Virtus Training (Protecting God's Children)**
 - a. This training can be completed online or in person. An online account must be created.
 - b. Register by visiting: [Virtus Online](#)
 - c. A 5 year recertification is required for all CYO Volunteers and can be satisfied by completing one of the following online trainings:
 - i. [VIRTUS Protecting God's Children Re-Certification for Adults](#)
 - ii. [Keeping the Promise Alive](#)
- c. View the **Mandated and Permissive Reporter Online Training** and print the certificate. An online account must be created here: [Mandated and Permissive Reporter Online Training](#)
- d. Submit a signed **ACT 24** form.
 - a. [This form can be found in Appendix A or download here: ACT 24](#)
- e. Read the **Code of Pastoral Conduct** and submit a signed Acknowledgement form ([found in Appendix A](#)).
 - a. The Code can also be found here: [Code of Pastoral Conduct](#)
- f. Read and sign the **Sudden Cardiac Arrest Information Acknowledgment Form** ([found in Appendix A](#)).
 - a. This form can also be found here: [Sudden Cardiac Arrest Information Acknowledgment](#)
- g. Complete the online **Concussion Training** program at: www.nfhslearn.com
- h. Read and sign the **Code of Conduct for Coaches** ([found in Appendix A](#)). Download the form here: [Code of Conduct for Coaches](#)

3.04 Student Coaches

- a. Student coaches are permitted to assist the approved coach with prior approval of the CYO Coordinator.
- b. Student coaches must always be accompanied by an approved adult coach at games/matches and practices. Students under the age of 18 do not need to obtain clearances.

3.05 Code of Conduct for Coaches

The goal of the CYO program is to teach youth about sports, competition and good sportsmanship consistent with the teachings of the Catholic Church while promoting an inclusive, developmentally-oriented youth sports culture. Coaches must be constantly aware of the tremendous influence they have on their players and should use this opportunity to always set a positive Christian example. The Code of Conduct for Coaches serves as a behavioral guideline for all coaches to follow. Appropriate consequences will follow violations of this code of conduct. Key elements of the code are below. [The signature form can be found in Appendix A](#) and can be downloaded here: [Code of Conduct for Coaches](#)

Coaches agree to:

- Begin each practice and athletic event with group prayer.
- Uphold the honor and dignity of her/his position.
- Set an example of the highest professional and moral conduct in contact with athletes, coaches, pastors, referees, athletic directors, school and diocesan administrators, parents, the community, **tournament staff** and WPIAL/PIAA officials.
- Focus on player development and embrace the sport as a means of fostering children’s physical, social, moral, and spiritual development.
- Not use alcohol or tobacco products when in a coaching or supervising role.
- Know and teach the rules of the sport. Both the letter and the spirit of the rules of the game must be maintained.
- Use her/his influence to encourage good sportsmanship and team spirit.
- Respect and work in concert with contest officials. Coaches should avoid conduct that may be taken as criticism of the officials. Coaches must abide by all officials’ decisions.
- Meet and greet opposing coaches before and after the game, setting a cordial and positive tone for the athletic event.
- Never exert pressure on school or parish staff to give student athletes special consideration.
- Be prepared for practice, work to keep communication open among players, parents, school, parish, and diocesan administration, and remain unbiased in order to treat all players fairly.
- Abide by and enforce all school/parish and diocesan policies.
- Report injuries promptly to school/parish point of contact and exercise great care in dealing with injuries.
- Work to help all athletes improve their playing ability and sportsmanship.

3.06 Accident Procedures

- a. Any time an athlete is injured during a school-related or parish-related athletic event, the injury must be reported to the school or parish point of contact.

SECTION 4 TEAM AND PARTICIPANT ELIGIBILITY

4.01 Team Eligibility Requirements

All teams participating in the CYO athletic program must be sponsored by one of the following:

- a. A Catholic school in the Diocese of Greensburg.
- b. A Catholic parish in the Diocese of Greensburg.
- c. A diocesan approved consolidation of parishes in the Diocese of Greensburg.
- d. A diocesan approved consolidation of schools in the Diocese of Greensburg.
- e. A diocesan approved consolidation of parish(es) and school(s) in the Diocese of Greensburg.

4.02 Approved Consolidations

- a. Any parish or school that cannot field a team may request consolidation with other parishes or schools for the purpose of forming a single team, provided the request is made by the pastor or principal to the diocesan Office of Catholic Schools. All requests are subject to the approval of that office.

4.03 Participant Eligibility Requirements

- a. All participants must be a registered and an active member of a Catholic parish or be enrolled in a Catholic school in the Diocese of Greensburg.
- b. All athletes not attending a Catholic School in the Diocese of Greensburg must be enrolled in and regularly attending (registered and participating) the parish religious education program (as determined by the participant's pastor) for the entire school year.
- c. Athletes that are members of a parish or school that does not sponsor a team and is not part of an approved consolidation are eligible to play for another parish or school if the parish or school accepts the student to play on its team.
- d. All athletes must meet the age, grade and other requirements of the particular CYO athletic program in which she/he plays. A list of required forms can be found in [Section 5](#).
- e. Players must submit all required documents to the school/parish before being permitted to participate in CYO Athletics. Forms must be retained by the school/parish.
- f. Failure to participate in these obligations shall result in ineligibility of the program and/or individual participants until such time as the obligations are met.

4.04 CYO League Structure

- a. **Junior JV Division (basketball, girls volleyball and soccer)**
 - a. Athletes in grades 3 and 4 who meet the eligibility requirements are eligible to participate in the CYO Junior JV division.
 - b. The emphasis in this division is on the overall development of the athlete's physical capacities, fundamental movement skills and the ABC's of athleticism (agility, balance and coordination) and focuses on helping the athlete develop a love of the game. Equal playing time for all rostered players is mandatory in the Junior JV division and competition for this division is limited to in-season games. Junior JV Division teams are not eligible to participate in the Diocesan Championship Tournament.
- b. **Junior Varsity Division (basketball, girls volleyball and soccer)**
 - a. Athletes in grades 5 and 6 who have met the diocesan eligibility requirements are eligible to participate in the Junior Varsity division.
- c. **Varsity Division (basketball, girls volleyball and soccer)**
 - a. Athletes in grades 7 and 8, who have not reached their 15th birthday as of September 1 of the current season, and who otherwise meet the diocesan eligibility requirements are eligible to participate in the CYO Varsity division.
- d. **High School Division (boys basketball)**
 - a. Athletes in grades 9-12, who have not reached their 19th birthday as of September 1 of the current season, and who otherwise meet the diocesan eligibility requirements are eligible to participate in the CYO High School division.
- e. **Girls Cheerleading**
 - a. Athletes in grades K through 8 of the current season, who meet the eligibility requirements, are eligible to participate in cheerleading.
- f. **Cross Country**
 - a. Athletes in grades K through 8 of the current season, who meet the eligibility requirements, are eligible to participate in cross country.

4.05 Individual Participants Playing Up in a Division and Double Rostering

- a. When JV teams are low in numbers, Junior JV athletes in grade 4 are permitted to “roster up” to the Junior Varsity division, with parent/guardian permission.
- b. When Varsity teams are low in numbers, Junior Varsity athletes in grades 5 and/or 6 are permitted to “roster up” to the Varsity division, with parent/guardian permission.
- c. Athletes in grades 7 or 8 are not eligible to participate in the Junior Varsity division.
- d. An athlete may not appear on two rosters within the same CYO division (double rostering) at any time (they cannot play on two JV teams of the same sport or cannot play on two varsity teams of the same sport).
 - a. Any participant found to be in violation shall be declared ineligible for participation in the CYO program. All games in which the athlete participated shall be declared a forfeit.

4.06 Team Participation in Other Leagues

- a. Teams participating in the CYO athletic program may participate in other organized leagues, provided that the participation in other leagues does not interfere with the CYO program or does not cause the team to exceed the maximum number of games a team is permitted to play during the same season.

4.07 Participation with Non-CYO Teams

- a. A participant in a CYO athletic program may participate as a member of another organized team for that sport during the CYO season; however, no athlete may be listed on a WPIAL or PIAA roster for the CYO sport in which she/he is participating. Participation on other teams must not interfere with the CYO team’s league competition and level of play. The CYO team must be the primary team of participation.
- b. Any participant found to be in violation shall be declared ineligible for participation in the CYO program. All games in which the athlete participated shall be declared a forfeit.

4.08 Change of Teams

- a. An athlete may not change teams during the season unless approval is given by the Office of Catholic Schools and will only be approved for extraordinary circumstances.
- b. When a player’s school or parish organizes a team, the athlete must play for this program unless the athlete has completed at least one full season with another program and is entering the eighth grade. The athlete may choose to remain with the former program, or may participate in the newly established program.
- c. At any time, due to unusual circumstances, an athlete may request the Office of Catholic Schools to review the situation.

SECTION 5

PLAYER INFORMATION, REGISTRATION AND INSURANCE INFORMATION

5.01 Player Registration

In order to participate in any CYO athletic program, all athletes must complete and submit all required forms prior to the start of the season including:

- a. **Consent Form**-The medical portion of this form will require that each participant undergo a physical examination to determine medical eligibility to participate in the CYO athletic program. An authorized medical examiner must certify on this Consent Form as to the athlete’s fitness to participate in the particular sport(s) involved. The Consent Form may be completed no earlier than June 1st and, regardless of when completed during the school year, remains effective only until the next May 31st. The form can be [found in Appendix B](#). Download the form here: [Consent Form](#)

- b. **Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form:** [This form can be found in Appendix B.](#) Download form here: [Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet](#)
- c. **Understanding of Risk of Concussion and Traumatic Brain Injury Form:** [This form can be found in Appendix B.](#) Download form here: [Understanding of Risk of Concussion and Traumatic Brain Injury Form](#)
- d. **Code of Conduct for Players:** [This form can be found in Appendix B.](#) Download the form here: [Code of Conduct for Players](#)

5.02 Code of Conduct for Players

The Code of Conduct for Players serves as a behavioral guideline for all players to follow. Appropriate consequences will follow violations of this code of conduct. Key elements of the player code are below. [The complete signature form can be found in Appendix B.](#)

As an individual:

- I will develop my skills to the best of my ability and give my best effort in practice and competition.
- I will compete within the spirit and the letter of the rules of my sport, showing good sportsmanship and respect for the game officials.
- I will respect the dignity of every human being, and will not be abusive or disrespectful of another individual.

As a member of the team:

- I will place team goals ahead of personal goals.
- I will be a positive influence on the relationships on the team.
- I will follow the team rules established by the coach.
- I will conduct myself in ways that are consistent with the teachings of the Catholic Church.

5.03 Insurance

Every participant in the CYO Athletics program must be insured under the policy of insurance made available through the Diocese of Greensburg.

SECTION 6 INFORMATION FOR PARENTS/GUARDIANS AND SPECTATORS

6.01 Code of Conduct for Parents/Guardians

All parents/guardians of student athletes must receive and sign a copy of the Code of Conduct for Parents/Guardians. This document should be given to all parents at the beginning of season meeting. Any parent/guardian not in attendance must receive a copy and submit the signed Code of Conduct to the school/parish prior to the start of the sports season. The code of conduct serves as a behavioral guideline for all parents/guardians to follow. Appropriate consequences will follow violations of this code of conduct.

A parent/guardian who has children participating in multiple sports may sign the form once, covering all sports for that particular school year. Key elements of the code of conduct are below. [The complete signature form can be found in Appendix C and can be downloaded here: Code of Conduct for Parents/Guardians](#)

Parent(s)/Guardian(s) agree(s):

- To remember that the players are children and they are playing for their enjoyment.
- To conduct her/himself in ways that are consistent with the teachings of the Catholic Church.
- To remain seated in the spectator area during the games and to not coach her/his child or other players during games and practices unless as one of the official coaches of the team.
- To refrain from confronting coaches at games; rather, speak to the coach at an agreed upon time and place.
- To refrain from confronting the players at any time.
- To be a positive role model and encourage good sportsmanship by showing respect and courtesy, and demonstrating positive support for all players, coaches, officials, tournament staff, and spectators at every sporting event.
- To refrain from making derogatory comments about/or to players, coaches, parents of the opposing team, or officials.
- To learn the rules of the game and the policies of the program.
- To refrain from using alcohol, tobacco and other drugs at all sporting events.
- To praise children for competing fairly and trying their best.

6.02 Supervision and Removal of Spectators

The home team has the right to remove disruptive spectators and is responsible for doing so in the event the behavior is inconsistent with the CYO program's philosophy, mission statement, goals, objectives, and code of conduct. The Office of Catholic Schools also has the right to remove any parent or spectator at any time based upon their disruptive behavior during a CYO event or activity.

- a. A spectator removed from the athletic facility for unsportsmanlike conduct shall not be granted admission to the team's next athletic contest.
- b. A second removal shall result in the spectator not being granted admission to a team's athletic contest without first meeting with the school's/program's Athletic Director/Point of Contact
- c. Any subsequent removals shall result in additional meetings with the program's Athletic Director/Point of Contact/Principal and an appointed representative from the Office of Catholic Schools.
- d. The CYO Coordinator shall determine the date upon which the spectator will be permitted to attend a team's athletic contest or whether the suspension shall be permanent.

SECTION 7 CONSEQUENTIAL GUIDELINES

7.01 General Consequences

The following consequences shall apply to all participants including players, coaches, parents/guardians, and spectators. Violation of the Code of Conduct may result in one or more of the following consequences:

- a. Game Forfeiture
- b. Reprimand
- c. Probation
- d. Suspension (temporary or permanent)

7.02 Consequences for Removal from a Contest (Student-Athlete and Coach)

- a. Any participant removed from a contest shall be suspended for the next athletic contest.
- b. Any participant removed from a contest for the second time shall receive a multiple game or permanent suspension.

7.03 Suspensions

- a. In all cases, when a suspension occurs near the end of the season as to prevent the participant from serving the full duration of the penalty, the remainder of that penalty shall carry over into the next year.
- b. The game in which a person is removed shall not count as fulfilling any portion of the suspension's duration.
- c. In all cases, a letter shall be sent to the principal/pastor/athletic director of the team's sponsoring school/parish.
- d. Any participant who receives multiple non-removal related suspensions is subject to additional consequences.

7.04 Technical Fouls or Unsportsmanlike Conduct Consequences

- a. Game officials shall report to the commissioner of officials any technical foul or unsportsmanlike conduct penalty assessed against a player, coach, staff member, trainer or other team member.
- b. Removal of a player, coach or other team member for multiple technical fouls or unsportsmanlike conduct consequences shall occur in accordance with the current PIAA and NFHS playing rules and are subject to the consequences set forth above.
- c. A participant who accumulates three technical fouls or unsportsmanlike conduct consequences in a single season shall be suspended for one game or have greater consequences dependent on the incidents.

7.05 Physical Abuse of a Game Official

- a. Assault on a sports official is a misdemeanor of the first degree punishable by a period of incarceration of up to five years and/or a fine of up to \$10,000 and is subject to the consequences above.

SECTION 8 PROTESTS AND APPEALS

8.01 Willful Humiliation

- a. A coach who feels that she/he or the team has been humiliated or degraded as a result of unsportsmanlike behavior or coaching practices, may file a formal protest. Likewise, if a student feels that she/he or the team has been humiliated by any coach, the student may file a formal protest. If the evidence proves to be in favor of the protest, the offending coach will be placed on probation for one year. A second incident will result in the removal of the offending coach from the program. In any case, the outcome of the game will stand as played. The Office of Catholic Schools may enact greater consequences.

8.02 Diocesan Protest

- a. The Office of Catholic Schools shall hear all protests and appeals provided for under these rules. The decision of the Office of Catholic Schools shall be final.

SECTION 9 GENERAL RULES FOR ALL PROGRAMS

9.01 Circle of Prayer

- a. Every practice, game or event of the CYO Athletics program will begin with a prayer by the players, cheerleaders, and coaches for the teams at mid-court/field. Following the game or event, all participants shall exchange a handshake of sportsmanship. A post-game prayer is also encouraged.

9.02 Pre-Event Statement

- a. In order to set the tone for friendly competition and good sportsmanship, a pre-sport event statement has been developed. It shall be the responsibility of the home team to designate a parent to read the following statement before each contest in CYO Athletics: A copy of this pre-event statement can be found in [Appendix C](#) Download the form here: [Pre-Event Statement](#)

“Champions are those that maximize their potential. We need to create the environment in which champions are made. We will respect and support coaches and officials by remaining in the designated spectator areas. We will remember that youth participate for their enjoyment, not ours. We will remember our role as a fan and applaud good effort by all competitors. We will encourage the athletes to improve their skills, be good teammates, and play by the spirit of CYO Athletics.”

9.03 Spiritual Director

- a. A parish pastor is seen as the Spiritual Director for parish teams.
- b. Any pastor on a Catholic school’s board may serve as a Catholic school’s Spiritual Director.

9.04 Spectators in Playing Area

- a. Spectators are prohibited from being on the court/field during play, before and between events and during time-outs and halftime.
- b. It is the responsibility of the home team to enforce this rule.

9.05 Game Rules

- a. The current rules of the NFHS Rules Books and the PIAA for the various sports shall govern all play unless otherwise noted in these rules. All schools/programs will receive updated copies annually of the Rules Book for all sports in which they participate.
- b. CYO-specific rules for each sport will be included in this handbook.
- c. Existing PIAA game rules shall also be in effect, unless otherwise stated.

9.06 Official Practice Dates

No practice, team workouts, or open gyms are permitted prior to the official starting date. Violation may result in one or more of the consequences outlined above.

- a. Girls Junior Varsity and Varsity Basketball: August 1
- b. Cross Country: August 1
- c. Boys Junior Varsity and Varsity Basketball: November 1
- d. Cheerleading: August 1
- e. Boys High School Basketball: November 1
- f. Girls Volleyball: February 1
- g. Soccer: March 1

9.07 Rosters

All teams must complete and submit a CYO Athletics Official Roster for each sport, signed by the principal/pastor prior to the start of the season. [Copies of all rosters can be found in Appendix D](#) and can be downloaded by clicking on the sport below:

- a. [Cross Country](#)

- b. [Girls Basketball](#)
- c. [Boys Basketball](#)
- d. [Cheerleading](#)
- e. [Volleyball](#)
- f. [Soccer](#)

9.08 Assignment of Game Officials and Minor Officials

- a. The home team shall make arrangements to provide the official scorer and timekeeper.
- b. The home team is the official book for all events, however both teams must keep a book at all events.
- c. Score keepers for both teams must sit together and compare books during the game to ensure accuracy.
- d. Scorers are not permitted to use cell phones or other devices at any time during the game.
- e. A coach from both teams must sign both score books at the end of the game.
- f. All JV and Varsity teams must complete a Season Record Sheet detailing wins and losses for each contest. [Forms can be found in Appendix D.](#) and can be downloaded here:
 - a. [Girls Basketball Season Record Sheet](#)
 - b. [Boys Basketball Season Record Sheet](#)
 - c. [Girls Volleyball Season Record Sheet](#)
 - d. [Soccer Season Record Sheet](#)
- g. Approved PIAA officials must be used at all basketball games.
- h. The CYO coordinator is responsible for the assignment of officials for all basketball games.
- i. If referees do not show up for a basketball game, the game may still be played as long as both teams agree to provide a volunteer referee to assist.
 - a. If both coaches do not agree, the game may still be played as a scrimmage but **will** not count as a win or loss for either team.
- j. Coaches from both teams must meet with the referees prior to the game to go over CYO-specific rules, discuss sportsmanship, and set the proper tone for the athletic contest.
- k. PIAA officials are not required for volleyball matches or soccer matches; however the home team must provide volunteer or paid referees and line judges (if applicable).
- l. Teams have the right to request that certain officials not officiate their games by making a written request to the CYO coordinator, including the reason for the request. After consideration and consultation, the CYO coordinator will decide the matter.

9.09 Starting Times and Forfeits

- a. Games are to start at the scheduled time. If one team fails to present itself for play after 15 minutes have elapsed past the scheduled starting time, the absent team shall forfeit the contest. Please see special rules for volleyball.
- b. Should both teams fail to present themselves for play after 15 minutes have elapsed past the scheduled start, both teams shall be charged with a loss in the official team standings.
- c. A team shall forfeit any contest in which it fails to play or resume play when instructed to do so by a game official.

9.10 Cancelled or Postponed Games/Matches

- a. Games/matches may not be changed unless prior approval has been given by the CYO coordinator or her/his designee, except in circumstances related to poor weather conditions or emergency situations in which cancellations must occur at the last minute. Last minute changes must follow the protocol outlined in 9.11.
- b. Requests for reschedules must be submitted to the CYO Coordinator or her/his designee prior to any communication with the opposing team's coach(es), AD or Principal about the possible cancellation. Each request will be reviewed. If approved, changes will be communicated to both teams by the CYO

coordinator or her/his designee, who will also contact the referees (for basketball) with the changes. If denied, the requesting team may play the game or forfeit.

- c. After approval has been granted, the team seeking the change is responsible for rescheduling the game/match. The rescheduled game must be played before the end of the regular playing season. A suitable reschedule date must be found within one week of the cancellation. Refer to Section 9.12. Games/matches changed without prior approval will result in forfeits for both teams.

9.11 Weather-Related and Emergency (Last Minute) Cancellations

- a. Cancellations due to weather or other last minute emergencies must be made no later than 1:30 PM for weekday games/matches and at least 2.5 hours prior to the start time for weekend games/matches.
- b. Games may be cancelled due to weather by the home team or visiting team. The cancelling team must contact the opposing team and CYO coordinator or her/his designee within the time frame set above. A phone call to the opposing coach must be made. An email message/text message may also be sent to ensure the message has been received.
- c. It is the responsibility of the home team to alert the referee assignor of these last-minute cancellations. Phone calls must be made to ensure the message is received. An email message/text message may also be sent to ensure the message has been received.
 - a. When cancelling with the referee assignor, the following information must be reported: team name, coach's name, name of school/program and the location of the game being cancelled.
- d. For games being cancelled at Greensburg Central Catholic Junior-Senior High School, the high school Athletic Director must be notified as well. Necessary contact information will be provided to all programs at the beginning of the season.
- e. If a school is closed due to weather, all CYO activities are cancelled. If the visiting team's school is closed due to weather and the home team's school is not, the corresponding CYO game is cancelled. The visiting team must alert the home team of their closure and the need to cancel.
 - a. It is the home team's responsibility to contact the CYO coordinator, her/his designee, and the referee assignor to alert all parties of this weather-related cancellation.

9.12 Rescheduling Games/Matches

Coaches are expected to and must work diligently to reschedule any game/match that had to be cancelled. Guidelines for rescheduling these games/matches include the following:

- a. The coaches for both teams must work collaboratively to reschedule the game/match as soon as practical. It is expected that the normal case will be to find an available date to reschedule the game/match.
- b. A suitable reschedule date must be found within one week of the cancellation.
- c. If both coaches agree that there is no date available to reschedule the game/match prior to the end of the season, or that one school cannot reschedule the game/match due to conditions beyond the control of the individual coach or school, the game will be considered a "no contest".
- d. If the judgment of one of the coaches is that a valid effort has not been made to reschedule the cancelled game/match, the athletic directors or athletic program points of contact for the two schools/programs shall jointly review the matter and make a determination as whether the game should be considered a no contest or whether a game forfeiture should occur. If the athletic directors/points of contact disagree, then they must provide a written assessment of the situation to the Office of Catholic Schools with each school providing their assessment for their position, for a final decision by the Office of Catholic Schools.

SECTION 10
GRADE SCHOOL GIRLS AND BOYS JUNIOR JV AND JUNIOR VARSITY BASKETBALL

10.01 Eligibility

- a. Students must meet all eligibility requirements listed in [Section 4](#).
- b. The number of athletes listed on a team roster shall be unlimited, however no more than 20 players may dress for a single contest.
- c. Female basketball players are permitted to play on the boys basketball team only when her school/program is unable to field a team during that school year. If a girls basketball team is available to the student, she is not permitted to play on the boys basketball team.

10.02 Rules for Regular Season Competition

- a. Playing Time for Junior JV:
 - a. Equal Playing Time: In each game, coaches must play all players on the team an equal amount of time. It is recommended that coaches rotate players through all positions in order to help each player develop her/his overall basketball skills.
- b. Playing Time for JV:
 - a. Guaranteed Playing Time: In each game, coaches must play all players on the team a minimum of 6 minutes. It is recommended that coaches rotate players through all positions in order to help each player develop her/his overall basketball skills. It is also recommended that all players sit out for a portion of the game to ensure all children have the opportunity to play. These same playing time rules carry over into tournament.
- c. All teams must use the following ball sizes for their particular division:
 - a. Boys Junior JV teams (grades 3 and 4): Intermediate (28.5)
 - b. Girls Jr. JV and JV teams (grades 5 and 6): Intermediate (28.5)
 - c. Boys JV teams (grades 5 and 6): Regulation (29.5)
 - d. All co-ed teams: Intermediate (28.5)
- d. All games shall be played in accordance with the rules of The National Federation of State High School Associations Basketball Rules Book and the PIAA unless otherwise specified in this Handbook or the rules herein outlined.
- e. Quarters shall be six minutes in length.
- f. Full-court pressing or pressure defense is limited to the 4th quarter and any overtime period.
- g. No back court pressure until the 4th quarter.
- h. Both teams may press the entire 4th quarter. Exception applies to teams with a 10+ point lead. They may not press until the lead drops to 9 points or less.
- i. A team leading by 10 points or more may not play full court pressure defense at any time in the 4th quarter or overtime.
- j. Teams must drop back behind the mid-court line during any inbound play in the back court.
- k. There is no back court pressure following a steal or defensive rebound. The team on offense shall be free to advance the ball to the mid-court line unless the game is in the 4th quarter or overtime when the rules permit full court pressing.
- l. *If a team gets a 16 point lead, the coach is **strongly encouraged** to remove as many of the players who started as possible (all 5 if 5 or more are on the bench) until the lead drops below 16; should the starters be allowed to go back in, it is strongly encouraged that they all come back out if the margin of 16 points is reached.
- m. ***CYO 25 Point Mercy Rule:** If one team realizes a 25 point lead on their opponent, the clock will remain running with exception of a time out and during foul shots. This can occur in any quarter. If the margin falls below 25, follow the normal rules for stopping the clock.
***For the previous two points, coaches are reminded of the Code of Conduct for Coaches section referring**

to good sportsmanship consistent with the teachings of the Catholic Church. Full court pressure and half court traps in these cases are discouraged and the coach should hold their team within the area of the “Key” to play defense in order to reflect the interpretation intended by the authors of the diocesan CYO rules.

- n. One coach may stand to coach the team, with all other coaches remaining seated.
- o. There will be 1 minute between the end of the game and the overtime period (and all succeeding overtime periods).
- p. 3 minutes will be provided for overtime (and all succeeding overtime periods until a winner has been decided).
- q. All rules continue to apply. Second half fouls continue forward through overtimes. This means that 1 and 1's and double bonuses will apply to extra periods.
- r. 1 additional full time out will be provided for each overtime period. Unused time outs from regulation game carry forward.

10.03 Twenty-Five Game Rule

- a. The maximum number of games that any team can play shall be 25.
- b. Regular season, outside tournaments, and exhibition games shall count toward the 25 game total.
- c. Each outside tournament shall count as one game, regardless of the number of games played at each tournament.
- d. Diocesan CYO championship tournament games are exempt from this count.
- e. PENALTY: Exceeding the 25 game limit may cause a team to be ineligible to compete in the diocesan tournament.

10.04 Diocesan Junior Varsity Basketball Championship Tournaments

- a. The Office of Catholic Schools shall direct the diocesan playoff system.
- b. All JV teams must submit a Season Record Sheet detailing dates, scores, and opponents immediately following their last game of the regular season. [A copy of this form can be found in Appendix D](#) and can be downloaded here: [JV Season Record Sheet](#)
- c. A single elimination tournament structure will be followed.
- d. Seeding will be based on winning percentages.
- e. Ties will be handled in the following manner:
 - a. Two Team Tie:
 - Results of head-to-head competition during the regular season.
 - Each team's record vs. the team occupying the highest position in the final regular season standings.
 - Coin toss conducted by the Coordinator or designee.
 - b. Multiple Team Tie:
 - Results of head-to-head competition during the regular season.
 - If the remaining teams are still tied, then each tied team's record shall be compared to the team occupying the highest position in the final regular season standings.
 - Coin toss conducted by the Coordinator or designee.
- f. Only teams in compliance with diocesan rules and regulations shall be eligible to participate.
- g. Official rosters will be checked against the players being rostered to ensure consistency. If a player is not on the official roster, they will not be permitted to play.
- h. Coaches must report directly to the scorer's table prior to each game to provide the team roster.
- i. At the close of each game, teams must clear the bench immediately.

10.05 Rules for JV Championship Tournaments

- a. Playing Time
 - a. Guaranteed Playing Time: In each game, coaches must play all players on the team a minimum of 6 minutes. It is recommended that coaches rotate players through all positions in order to help each player develop her/his overall basketball skills.
- b. Quarters will be 6 minutes in length.
- c. There will be 3 minutes warm up time between games (once team takes the bench).
- d. There will be 3 minutes between each half.
- e. There will be 1 minute between each quarter.
- f. There will be 5 timeouts (3 full timeouts of 1 minute and two 30 second timeouts) per game.
- g. *No back court pressure until the 4th quarter. In the case of overtime, a team may use back court pressure for the entire overtime. Both teams may press the entire 4th quarter. Exemption applies to teams with a 10+ point lead. These may not press until the lead drops to 9 or less.
- h. *If a team gets a 16 point lead, the coach is **strongly encouraged** to remove as many of the players who started as possible (all 5 if 5 or more are on the bench) until the lead drops below 16; should the starters be allowed to go back in, it is strongly encouraged that they all come back out if the margin of 16 points is reached.
- i. ***CYO 25 point mercy rule:** If one team realizes a 25 point lead, the clock will remain running with exception of a time out and during foul shots. This can occur in any quarter. If the margin falls below 25, follow the normal rules for stopping the clock.
*** For the previous two points, coaches are reminded of the Coaches Code of Conduct section referring to good sportsmanship consistent with the teachings of the Catholic Church. Full court pressure and half court traps in these cases are discouraged and the coach should hold their team within the area of the "Key" to play defense in order to reflect the interpretation intended by the authors of the diocesan CYO rules.**
- j. There will be 1 minute between the end of the game and the overtime period (and all succeeding overtime periods).
- k. 3 minutes will be provided for overtime (and all succeeding overtime periods).
- l. All rules continue to apply. Second half fouls continue forward through overtimes. This means that 1 and 1's and double bonus will apply to extra periods.
- m. 1 additional full time out will be provided for each overtime period. Unused time outs from regulation game carry forward.
- n. One coach may stand to coach the team, with all other coaches remaining seated.

SECTION 11

GRADE SCHOOL GIRLS AND BOYS VARSITY BASKETBALL

11.01 Eligibility

- a. Students must meet all eligibility requirements listed [in Section 4.](#)
- b. The number of athletes listed on a team roster shall be unlimited, however no more than 20 players may dress for a single contest.

11.02 Rules for Regular Season Competition

- a. Playing Time:
 - a. Guaranteed Playing Time: In each game, coaches must play all players on the team a minimum of 3 minutes. It is recommended that coaches rotate players through all positions in order to help each player develop her/his overall basketball skills. It is also recommended that all players sit out for a portion of the game to ensure all children have the opportunity to play. These same playing time rules carry over into tournaments.

- b. All teams must use the following ball sizes:
 - a. Boys Varsity (grades 7 and 8): Regulation (29.5)
 - b. Girls Varsity (grades 7 and 8): Intermediate (28.5)
- c. All games shall be played in accordance with the playing rules of the National Federation of High School Associations Basketball Rules Book and the PIAA unless otherwise noted in this Handbook.
- d. Quarters shall be six (6) minutes in length.
- e. One coach may stand to coach the team, with all other coaches remaining seated.
- f. *CYO 25 point mercy rule: If one team realizes a 25 point lead on their opponent, the clock will remain running with exception of timeouts and during foul shots. This can occur in any quarter. If the margin falls below 25, follow the normal rules for stopping the clock.
*** For the previous two points, coaches are reminded of the Code of Conduct for Coaches section referring to good sportsmanship consistent with the teachings of the Catholic Church. Full court pressure and half court traps in these cases are discouraged and the coach should hold their team within the area of the "Key" to play defense in order to reflect the interpretation intended by the authors of the diocesan CYO rules.**
- g. There will be 1 minute between the end of the game and the overtime period (and all succeeding overtime periods).
- h. 3 minutes will be provided for overtime (and all succeeding overtime periods until a winner has been decided).
- i. All rules continue to apply. Second half fouls continue forward through overtimes. This means that 1 and 1's and double bonuses will apply to extra periods.
- j. 1 additional full time out will be provided for each overtime period. Unused time outs from regulation game carry forward.

11.03 Thirty Game Rule

- a. To be eligible to compete in the state tournament, a team may play a maximum of thirty (30) games, in accordance with rules adopted by the Pennsylvania CYO Athletic Coordinators.
- b. Regular season, outside tournaments and exhibition games shall count toward the 30 game total.
- c. Each outside tournament shall count as one game, regardless of the number of games played at each tournament.
- d. Diocesan and state tournament games shall not count against the 30 game limit.
- e. PENALTY: Exceeding the 30 game limit may cause a team to be ineligible to compete in the diocesan or state tournament.

11.04 Diocesan Varsity Championship Tournament

- a. The Office of Catholic Schools shall direct the diocesan playoff system.
- b. All Varsity teams must submit a Season Record Sheet detailing dates, scores, and opponents immediately following their last game of the regular season. [A copy of this form can be found in Appendix D](#) and can be downloaded here: [Season Record Sheet](#)
- c. A single elimination tournament structure will be followed.
- d. Seeding will be based on winning percentages.
- e. Ties will be handled in the following manner:
 - a. Two Team Tie:
 - Results of head-to-head competition during the regular season.
 - Each team's record vs. the team occupying the highest position in the final regular season standings.
 - Coin toss conducted by the Coordinator or designee.
 - b. Multiple Team Tie:
 - Results of head-to-head competition during the regular season.

- If the remaining teams are still tied, then each tied team's record shall be compared to the team occupying the highest position in the final regular-season standings
 - Coin toss conducted by the Coordinator or designee.
- f. Only teams in compliance with diocesan rules and regulations shall be eligible to participate.
- g. Official rosters will be checked against the players being rostered to ensure consistency. If a player is not on the official roster, they will not be permitted to play.
- h. Coaches must report directly to the scorer's table prior to each game to provide the team roster.
- i. At the close of each game, teams must clear the bench immediately.

11.05 Rules for Varsity Tournaments

- a. Playing Time
 - a. Guaranteed Playing Time: In each tournament game, coaches must play all players on the team a minimum of 3 minutes. It is recommended that coaches rotate players through all positions in order to help each player develop her/his overall basketball skills.
- b. There will be 3 minutes warm up time between games (once team takes the bench).
- c. There will be 3 minutes between each half and 1 minute between each quarter.
- d. Quarters will be 6 minutes in length.
- e. There will be 5 timeouts (3 full timeouts of 1 minute and two 30 second timeouts) per game.
- f. *CYO 25 point mercy rule: If one team realizes a 25 point lead, the clock will remain running with exception of a time out and during foul shots. This can occur in any quarter. If the margin falls below 25, follow the normal rules for stopping the clock.
*** For the previous point, coaches are reminded of the Coaches Code of Conduct section referring to good sportsmanship consistent with the teachings of the Catholic Church. Full court pressure and half court traps in these cases are discouraged and the coach should hold their team within the area of the "Key" to play defense in order to reflect the interpretation intended by the authors of the diocesan CYO rules.**
- g. One coach may stand to coach the team, with all other coaches remaining seated.
- h. There will be 1 minute between the end of the game and the overtime period (and all succeeding overtime periods).
- i. 3 minutes will be provided for overtime (and all succeeding overtime periods).
- j. All rules continue to apply. Second half fouls continue forward through overtimes. This means that 1 and 1's and double bonus will apply to extra periods.
- k. 1 additional full time out will be provided for each overtime period. Unused time outs from regulation game carry forward.

11.06 Pennsylvania State CYO Grade School Championship Tournament

- a. The winner of the diocesan Varsity tournament may be invited by the CYO Coordinator to represent the Diocese of Greensburg at the Pennsylvania State CYO Grade School Basketball Tournament.
- b. If the CYO coordinator determines that a team is ineligible to represent the diocese due to a violation of these rules, the CYO coordinator has the right to appoint another participating team as the diocesan representative to the state tournament.
- c. Any team traveling to the state tournament must abide by all state tournament policies including attendance at Mass and all other mandatory events.
- d. **PENALTY:** failure to abide by tournament policies may result in disqualification from future tournaments and/or reimbursement to host diocese for any expenses incurred.

SECTION 12
BOYS HIGH SCHOOL CYO BASKETBALL

12.01 Eligibility

- a. Athletes in grades 9 through 12 must be members in good standing within their parish and actively involved in the ministerial life of the church, subject to the approval of the program's spiritual moderator or be enrolled in a Catholic high school within the Diocese of Greensburg.
- b. An athlete may not have reached his 19th birthday prior to September 1 of the current year.
- c. A player who is or was rostered on a freshman, Junior Varsity, or Varsity high school team after January 1 of the current year is not eligible to participate.
- d. The number of athletes listed on a team roster shall be unlimited; however, no more than 20 players may dress for a single contest.

12.02 Rules for Competition

- a. All games shall be played in accordance with the playing rules of the PIAA.
- b. Quarters shall be eight (8) minutes in length.

12.03 Diocesan Championship Tournament

- a. The Office of Catholic Schools will appoint a High School CYO Basketball Coordinator who will direct the diocesan playoff system.
- b. Only teams in compliance with all diocesan rules and regulations shall be eligible for diocesan playoff competition.

12.04 Thirty Game Rule

- a. To be eligible to compete in the state tournament, a team may play a maximum of thirty (30) games, in accordance with rules adopted by the Pennsylvania CYO Athletic Coordinators.
- b. Regular season, outside tournaments and exhibition games shall count toward the 30 game total.
- c. Each outside tournament shall count as one game, regardless of the number of games played at each tournament.
- d. Diocesan and state tournament games shall not count against the 30 game limit.
- e. **PENALTY:** Exceeding the 30 game limit may cause a team to be ineligible to complete in the diocesan or state tournament.

12.05 Pennsylvania State High School Championship Tournament

- a. The winner of the diocesan playoff tournament (or regular season champion if the CYO coordinator elects not to hold a diocesan playoff) shall represent the Diocese of Greensburg at the Pennsylvania State CYO High School Basketball Tournament.
- b. If the CYO coordinator determines that a team is ineligible to represent the diocese due to a violation of these rules, the CYO coordinator has the right to appoint another participating team as the diocesan representative to the state tournament.
- c. Any team traveling to the state tournament must abide by all state tournament policies including attendance at Mass and all other mandatory events.
- d. **PENALTY:** failure to abide by tournament policies may result in disqualification from future tournaments and/or reimbursement to host diocese for any expenses incurred as a result of the offending team breaking the tournament policies.

SECTION 13 CHEERLEADING

13.01 Eligibility

- a. Girls in 8th grade and below who otherwise meet the eligibility requirements are eligible to participate in cheerleading.
- b. The number of cheerleaders on a squad can be unlimited.

13.02 Participation and Stunting

- a. Cheerleaders wishing to stunt must attend a cheer stunt camp/clinic or must be enrolled in a cheerleading or gymnastics program that teaches proper safety in stunting, jumping and tumbling prior to the start of the season. All cheerleaders who complete the required program must also complete a Consent and Acknowledgement Agreement that is signed by the athlete, her parent/guardian, the stunting clinic/program coach, and her CYO Cheerleading coach. Any cheerleader not attending the required program is not permitted to stunt. The Official CYO Cheerleading Roster must identify those cheerleaders who are cleared to stunt. [A copy of the Acknowledgment form can be found in Appendix D.](#) Download the form here: [Informed Consent and Acknowledgement Agreement](#)
- b. All cheerleading squads may perform on the gym floor for basketball games during full time outs (60 second), between quarters and during intermission.
- c. Cheerleaders shall be present at all games to which they are assigned and initiate positive crowd involvement with cheers and chants.
- d. Squads should stay in their assigned places throughout the game.
- e. As representatives of their school/parish, good grooming habits and proper behavior are required.
- f. Cheerleaders should arrive in a sufficient amount of time before the event begins.
- g. Cheerleaders shall not perform cheers, chants, or dances that are negative, show poor sportsmanship, objectionable or suggestive language or movements, or actions that will illicit inappropriate reactions from spectators. No actions should be directed toward the opposing team in an effort to agitate.
- h. All music chosen for routines must be carefully selected and be appropriate. The principal or pastor will be the final arbiter if choice of music is questioned.

13.03 Rules and Duties

- a. Prior to the start of a contest, a plan between the home and visiting squads should be devised whereby all groups have the opportunity to cheer/perform during non-injury time outs and intermissions. Floor time and field time is to be shared.
- b. On-floor cheers during basketball time-outs shall be limited to 45 seconds.
- c. A squad shall have at least three minutes at halftime to perform a routine unless halftime is shared with another squad. If two squads are performing, each squad will have at least 2 minutes to perform a routine.
- d. Hello and welcome cheers may be performed at the conclusion of the group prayer.
- e. Cheerleaders should enter the playing area as a group. No cheerleader or coach shall walk across the floor or field in front of coaches and players on the bench unless it is during a time out.
- f. Cheerleaders should know the game rules and official's signals to the extent of understanding when, and what types of cheers are appropriate. Squads should always cheer in a positive manner.

13.04 When to Cheer

- a. As the squad's team takes the floor or field.
- b. When the squad's team makes a good play.
- c. As encouragement for the team to score.
- d. As encouragement for the team to defend its goal.

- e. When a player from the squad's team is substituted for (when appropriate).
- f. When an opponent who has played well leaves the game.
- g. As encouragement when an injured player leaves the playing surface.
- h. At no time shall a cheerleader strike or pound on the bleachers.

13.05 When Not To Cheer

- a. When a player is attempting a free throw.
- b. When a player makes a mistake or a team is being penalized.
- c. When a player is injured (if the injury is of such a severe nature as to cause a prolonged stoppage in play, cheerleaders are to cease cheering and stand, kneel or sit quietly until play resumes).

13.06 Supervision

- a. To ensure safety of the squad, a certified coach or moderator must be present at all events and practices. No squad will be permitted to cheer unless such supervisor is present and seated with the squad.
- b. Coaches should consult with the home team to determine placement of the squad during game action.
- c. All cheerleaders should receive proper training before attempting any skills, jumps, gymnastics, or tumbling.
- d. Coaches must recognize the entire squad's particular ability level and limit the squad's activities accordingly.
- e. The coach should be thoroughly acquainted with the rules of the program and is responsible for the interpretation of these rules to participants and parents. The spirit and letter of the rules should be regarded as mutual agreements. The coach shall not attempt to gain advantage by circumvention of the spirit or letter of these rules.

13.07 Safety

- a. Pom poms are permitted on the gym floor. Supervisors must observe and ensure that any pom pom pieces are picked up off the gym floor immediately.
- b. Cheerleaders should be aware of action occurring during the game and be prepared to move as play advances. They should also be aware of movements of game officials and not interfere with their game responsibilities.
- c. Cheerleading squads should be placed under the direction of a qualified and knowledgeable coach.
- d. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for all participants.

13.08 Appearance

- a. Apparel should be conducive to safe practices and performances. Jewelry of any kind is not permitted at any time during practice or performances. **EXCEPTION:** Medical alert bracelets and necklaces may be worn provided they are secured to the body with tape. Bandages may be used to cover newly pierced ears only.
- b. Violation of safety rules may result in individual participant or entire squad's suspension from the participation in the season.
- c. A cheerleader must be in good health and meticulous in dress and appearance.
- d. Hair should be neat and clean. Ribbons and bows in the hair are permitted.
- e. Uniform, socks and shoes should be neat and clean.
- f. Wear a smile always and be peppy and spirited.
- g. Make-up is limited to clear lip gloss, light cover-up and light blush.

13.09 Prohibited Actions for Cheerleaders Not Cleared to Stunt

- a. All mounts and certain gymnastics are prohibited. The following specific gymnastics are prohibited:
 - a. Knee drops, seat drops, thigh drops, front drops, and split drops dropping forcefully to the floor from an airborne position.
 - b. Pony-sits, splits held by two others.
 - c. Standing on backs, stomach, knees, shoulders or any part of the body of another person.
 - d. Flips from another person.
 - e. Spotted or assisted aerial flips including toe and leg pitch flips.
 - f. Climbing or climbing over, under, or through a stunt, individual prop in.
 - g. Tumbling skills that exceed one rotation.
 - h. No body pressure should be applied by one cheerleader to another (body balancing is permissible at floor level such as for novelty stunts, solid salute, Double L and A stand).
 - i. Nothing having a base or a mounter.

13.10 Permitted Actions for Non-Stunting Cheerleaders

- a. Cartwheels
- b. Handstands
- c. Front and back walkovers
- d. Round offs
- e. Back handsprings
- f. Forward or backward rolls
- g. Heel stretches
- h. Splits
- i. All gymnastics originating at ground level

13.11 Permitted Actions and General Rules Cheerleaders Cleared to Stunt

The following rules are for cheerleaders who have completed the required cheer stunt camp (or its equivalent) and are skill tested and signed off by a qualified cheer/stunt/gymnastics coach, her CYO Cheerleading coach and her parent/guardian by use of the [Informed Consent and Acknowledgement Agreement](#). Copies of these guidelines should be distributed to all squad members and any administrators involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including coaches, assistants, squad members, parents, and administrators.

The below safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult coach.

Cheerleading jumps, gymnastics and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines will help minimize the risks involved in this sport, the American Association of Cheerleading Coaches and Administrators and the CYO Athletics program of the Diocese of Greensburg make no warranties or representations, either expressed or implied, that the below guidelines will prevent injuries to individual participants.

a. General Rules for Cheerleaders Eligible for Stunting

These rules are to be in effect for all practices, games, competitions and other performances.

- a. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (use of appropriate mats, away from excessive noise and distractions).

- b. Coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until adequately prepared.
 - c. All cheerleaders must receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
 - d. Professional training in proper spotting techniques is mandatory for all squads.
 - e. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
 - f. An appropriate warm-up routine should precede all cheerleading activities.
 - g. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
 - h. Programs should qualify cheerleaders according to generally accepted teaching progressions.
 - i. Appropriate spotting should be used until all performers demonstrate proficiency of the skill.
 - j. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids or tosses.
 - k. Squad members must wear athletic shoes (no gymnastic slippers).
 - l. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
- b. Partner Stunts**
- a. Partner stunts (free-standing or as part of a pyramid) higher than shoulder stand level must have a separate, continuous spotter for each person over shoulder stand level.
 - b. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface. Bases may not:
 - Hold any objects in a hand that is supporting the top person.
 - Assume a backbend, handstand or headstand position.
 - c. A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
 - d. In stunts requiring a spotter, a spotter:
 - Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
 - Must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts, this is behind or beside the top person.
 - e. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
 - f. Spotters may not have their hands behind their back.
 - g. Spotters may not support under the heel or sole of the top person's foot in a single based extended stunt. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
 - h. Spotters may not hold any objects in their hands.
 - i. In all Quick Tosses and Partner Tosses, the following rules apply:
 - No one can apply force under the foot. If force is applied under the foot and there is a release, the rules in the "Tosses" section apply.

- If landing on the ground, a catcher must control the top person back to the ground and the top person must land with at least one foot on the ground.
 - If landing in a cradle, one additional catcher is required.
 - The top person cannot travel over or under another person.
 - The top person cannot be caught in a single base horizontal position.
- j. The total number of twists in a dismount from a stunt cannot be greater than 1 1/4 rotations.
- k. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
- l. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.
- m. In all dismounts to catchers who are not the original bases, the following conditions must be met:
- The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
 - The new catchers must remain close to the original bases.
 - The new catchers must be in place and not involved in any other skill when the release is initiated.
 - The top person may not perform any skill (twist, toe touch, etc.) following the release.
- n. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
- o. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
- p. Helicopters are allowed provided all of the following conditions are met:
- The top person makes no more than a 180 degree rotation (half-turn).
 - Four bases must be in position during the entire release.
 - There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
 - The bases are not allowed to change positions during the release.
 - The top person must begin and end in a face up position.
 - The top person cannot perform a twisting skill.
- q. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.
- In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
 - In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
- r. A free standing tick-tock that begins at shoulder level is permitted.
- s. Single-base low-to-high tick tocks are allowed in addition to multi-base.
- t. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
- u. A top person in an inverted position on the performing surface can be released to a loading position below shoulder height.
- v. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
- The top person must have both hands in continuous contact with a post or with both bases' hands, or
 - When transitioning to the split without continuous hand-to-hand contact:
 - a. There are a total of four bases that support the top person.
 - b. At least three of the bases must support under the legs of the top person. The fourth base may support under the legs or make contact with the hands of the top person.
 - c. The top person must have both hands in contact with bases during the split portion of the transition.

- w. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
 - x. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single-Based Flatback, etc.)
 - y. A top person may be moved from a vertical position to a horizontal position (straight body or cradle) provided all the following conditions are met:
 - The top person maintains contact with at least one original base or spotter.
 - At least two catchers and/or bases catch the upper body of the top person.
 - The catchers must be to the side or front of the person(s) moving the top person.
 - When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.
 - When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three catchers are required.
 - z. A single-base may not be the only primary support for two extended top persons. EXCEPTION: Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three people for each top person being cradled.
 - aa. Dismounts to the performing surface from shoulder height or above must have assisted landings. If the dismount involves a skill (e.g. toe touch, twist, etc.) the assistance must be from two bases or a base and spotter. This assistance must be sufficient to slow the momentum of the top person.
 - bb. A swinging stunt is legal provided all the following conditions are met:
 - A downward movement is only allowed from below shoulder height.
 - The top person is face up.
 - The top person begins from the performing surface or a stunt that is below shoulder height.
 - A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
 - cc. The "mission impossible" position is not allowed in a stunt. The specific wording is that a top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
 - dd. Single-based split catches are prohibited.
 - ee. Tension drops are prohibited.
- c. Inversions**
- a. Unless allowed under the rules in this section, a top person must not be in an inverted position.
 - b. Suspended rolls are allowed provided:
 - Two people on the performing surface control the top person with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface.
 - A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two-person cradle, loading position or the performing surface.
 - A single base/post suspended roll that ends on the performing surface requires a spotter.
 - If caught in a cradle, load or stunt, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated.
 - The feet/ankles of the top person are released.
 - c. Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:
 - The top person does not begin in an extended inverted position.
 - Braced inversions that release must follow the Release Pyramid Transition rule
NOTE: Braced inversions that do not release are treated just like any other non-released braced stunt and must follow the Pyramid rules.
 - d. Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:
 - e. The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface.

- f. The top person does not begin in an extended inverted position.
- g. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side.
- h. The bracers are in double base preps with a spotter.
- i. The top person is between or in front of the bracers.
- j. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she begins to descend and is no longer inverted.
- k. The top person ends in a non-inverted position.
- l. The top person does not perform more than one and one quarter ($1\frac{1}{4}$) flipping rotations and no more than one half ($\frac{1}{2}$) twist.
- m. The bases/catchers remain stationary except as necessary for safety adjustments.
- n. In all other inversions:
 - An inverted top person is allowed to pass through an extended position, but must not pause or stop while extended.
 - In inversions where the base of support begins and remains below prep level:
 - a. At least one base or spotter must be in a position to protect the head/neck of the top person.
 - b. The base or spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
EXCEPTION: A top person in an inverted position on the performing surface may be released to a loading position below shoulder height.
 - In inversions where the base of support begins at or passes through prep level:
 - a. At least two people on the performing surface must be in a position to protect the head/neck of the top person.
 - b. The bases/spotters must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
 - c. EXCEPTION: In a foldover stunt, the top person may initiate the inversion without upper body contact.
 - d. The top person must not go directly to an inverted position on the performance surface from a prep or higher.
 - Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed provided the top person begins in a static or "pump and go" position (i.e., handstand) and does not perform any skill (e.g., toe touches, twists, etc.).
 - There must be four bases for any lift performed above the waist of the base.
 - Foldover stunts, such as Pancakes or Waterfalls, to begin from a static extended position.
 - An inverted top person must not hold objects (poms, signs, etc.) in her hands.
EXCEPTION: During a transition from an inverted position on the performing surface to a non-inverted stunt, a top person can hold objects.
 - EXCEPTION: Top persons in inversions that begin on the ground and go to a non-inverted position can hold props such as a sign.

d. Pyramids

- a. In addition to these specific pyramid rules, all persons and stunts involved in a pyramid must follow all rules from the Partner Stunt and Inversion sections.
- b. Pyramids are limited to two persons high, meaning the top person in a pyramid must receive primary support from a base or be temporarily connected to a bracer who is on a base.

- c. A bracer may not support a majority of a top person's weight.
 - d. In braced pyramids, at least one bracer of each pair must be at shoulder height or below.
EXCEPTION: Extensions (double- or single-based) may brace other extensions.
 - e. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
 - f. If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
 - g. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
 - h. In a Released Pyramid Transition the following rules apply:
 - The skills before and after the release must be legal, including the required spotters.
 - The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - The top person and each bracer must have a separate spotter. EXCEPTION: Bracers in shoulder sits and thigh stands do not require a spotter.
 - The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. shoulders of the bracer).
 - The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be in continuous motion and cannot be supported so that they pause during the transition.
 - The top person must be caught by original bases.
- e. **Tosses**
- a. The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, and toe pitch tosses.
 - b. In all tosses:
 - No more than four tossers are allowed.
 - Must be caught in a cradle.
 - The cradle must include at least three of the original tossers.
 - One of the catchers must be at the head and shoulders.
 - The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.)
 - The top person may not hold any objects (poms, signs, etc.) during the toss.
 - The top person cannot travel over or under another person.
 - The total number of twists cannot be greater than one and one quarter rotations.
 - EXCEPTION: Switch Liberties (also called Giddy Up or Tick Up) are allowed.
- f. **Tumbling and Jumps**
- a. Dive rolls are prohibited.
 - b. Flips greater than three rotations and twists greater than one rotation are prohibited.
 - c. A forward three-quarter flip to the seat or knees is prohibited.
 - d. Tumbling or rebounding over or under a stunt, person or prop is illegal.
 - e. EXCEPTION: Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed. Back handsprings and tucks with poms are prohibited.)
 - f. A flip that lands in a partner stunt or cradle is prohibited. (Example: A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.)
 - g. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
 - h. Knee drops are prohibited without first bearing weight on the hands.
 - i. Drops to a prone position (i.e. pushup) on the performing surface are illegal.
 - j. A participant may land in a pushup position from the handstand phase of a back handspring.

g. **Specific Surface Restrictions**

- a. The following skills are only allowed on a mat, grass or rubberized track surface:
- Basket tosses, elevator/sponge tosses and other similar multi-base tosses.
 - Partner stunts in which the base uses only one arm to support the top person.
 - Twisting tumbling skills (Arabians, full twisting layouts, etc.). EXCEPTION: Cartwheels, round offs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

h. **Glossary**

- **Base:** A person who is in direct contact with the performing surface and is supporting another person's weight.
- **Basket Toss:** A stunt in which a top person is tossed by bases whose hands are interlocked.
- **Bracer:** A top person who stabilizes and/or assists another top person.
- **Braced Flip/Roll:** A pyramid in which the top person performs a hip-over-head rotation while in contact with bracers.
- **Cradle:** A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face-up open-pike position.
- **Cupie/Awesome:** A stunt in which both feet of the top person are in one hand of a base.
- **Dive Roll:** A forward roll where the feet leave the ground before the hands reach the ground.
- **Downward Inversion:** A stunt or pyramid in which an inverted top person's center of gravity moves toward the performing surface.
- **Drop:** Landing on the performance surface from an airborne position.
- **Elevator/Sponge Toss:** A stunt in which the top person loads into an elevator/sponge loading position and is then tossed into the air.
- **Extended Stunt:** A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.
- **Flatback:** A stunt in which a top person is held face up or face down, in a horizontal position, with their hips and shoulders in alignment.
- **Foldover Stunt:** An inverted stunt in which the top person bends at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the base(s) (e.g., yo-yo, pancake, etc.)
- **Hanging Pyramid:** A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.
- **Helicopter:** A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.
- **Inverted:** A body position where the shoulders are below the waist.
- **Loading Position:** Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.
- **Log Roll:** A top person in a horizontal position or cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.
- **Pyramid:** Connected partner stunts.
- **Post:** A person on the performing surface who may assist a top person during a stunt or transition.
- **Prep:** A stunt in which one or more bases hold a standing top person at approximately shoulder height.
- **Prep Level:** When a top person's base of support is at approximately shoulder height.
- **Prop:** Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)

- **Quick Toss/Partner Toss:** A toss technique where the top person begins the toss with **at least one foot** on the ground. The base(s) can apply an upward force on any part of the body other than under the foot. Quick Toss is the common term when multiple bases are used.
- **Released Pyramid Transition:** A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.
- **Release Stunt:** A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.
- **Spotter:** A person who is responsible for assisting/catching the top person in a partner stunt/pyramid.
- **Stunt/Partner Stunt:** One or more persons supporting one or more top persons off of the ground.
- **Switch Liberty:** A stunt in which the top person begins with one foot on the performing surface, is released from the bases, and then lands in a stunt on the other foot.
- **Suspended Roll:** A stunt in which one or more upright bases or posts hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.
- **Tension Drop:** A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.
- **Tick-Tock:** A stunt that is held in a static position on one leg, the base(s) takes a downward dip and releases the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.
- **Top Person:** A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.
- **Toss:** A stunt in which the base(s) begin underneath the top person's foot/feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotters, posts or bracers. Note: This term applies when at least one base is under one or both feet of the top person. For other types of tosses, see "Quick Toss/Partner Toss".
- **Tumbling:** Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

SECTION 14 GIRLS VOLLEYBALL

14.01 Eligibility

- Students must meet all eligibility requirements listed in [Section 4](#).
- The number of athletes listed on a team roster shall be unlimited, however no more than 18 players may dress for a single contest.

14.02 Rules for Competition

- All games, including the diocesan championship tournament shall be governed by the National Federation of State High School Associations Volleyball Rules Book unless otherwise noted in these rules.
- All teams must use a Line Up Sheet.
 - A sample Lineup Sheet can be found in [Appendix D and can be downloaded here: Lineup Sheet](#)
- Each team shall be given five (5) minutes for warm-up before the start of the match.
- Each match will consist of three (3) 25-point rally score games.
- There shall be no scoring cap.
- Teams must win by two points to capture a game.
- The total number of matches won will determine seeding for the diocesan tournament.
- The serving line for the JV teams will be moved in six (6) feet from the baseline.
- The serving line for the Junior JV teams will be moved in ten (10) feet from the baseline.
- All** players serving overhand must be behind the baseline.

- k. Overhand serving is permitted with all balls (lite and regulation).

14.03 Ball Usage

- a. Junior JV: Volley lite ball must be used
- b. JV: Volley lite ball must be used
- c. Varsity: Regulation ball must be used. For all scheduled CYO Varsity games, teams must use the white Tachikara SV-5W Gold Indoor Competition Ball that was provided to all Varsity teams by the Office of Catholic Schools. Future replacement balls are the responsibility of each individual program.

14.04 Participation

- a. A maximum of 18 players must play the equivalent of one full game.
- b. A team must have six players to begin play.
 - a. Any team failing to have enough players to begin shall receive a 15 minute grace period.
 - b. After the expiration of the first 15 minute grace period, a team unable to fulfill the requirements shall forfeit the first game of the match and a second grace period of five minutes will be allowed.
 - c. After the expiration of the 5 minute grace period, a team unable to provide enough players shall forfeit the second game of the match and an additional 5 minute grace period shall be allowed.
 - d. Any team unable to provide enough players after 25 minutes have elapsed from the scheduled start time shall forfeit the match.
- c. Junior JV coaches may freely rotate players however, JV and Varsity must follow the like player exchange rule as outlined in the NFHS Rules Book.
- d. Teams will be given a five minute warm up period before each match.
- e. It is recommended that all players sit out for a portion of the game to ensure all children have an equal opportunity to play. These same playing time rules carry over into tournament.

14.05 Responsibilities of the Home Team

- a. Provide a regulation game ball for all matches that meets the competition standards.
- b. Provide a volunteer or paid referee and 2 line judges.
 - a. If no line judges are available from the home team, the visiting team can provide line judges. The game cannot be played without line judges. Referees approve all line judges. Line judges are not permitted to coach.
- c. Verify that the scores have been recorded.

14.06 Diocesan JV and Varsity Championship Tournament Rules

All games shall be governed by the National Federation of State High School Associations Volleyball Rules Book. Only teams in compliance with diocesan rules and regulations shall be eligible to participate in the tournament. Official rosters will be checked against the players being rostered to ensure consistency. If a player is not on the official roster, they are not permitted to play.

- a. Tournament competition shall be single elimination.
- b. All JV and Varsity teams must submit a Season Record Sheet detailing dates, scores, and opponents immediately following their last game of the regular season. [A copy of this form can be found in Appendix D](#) and can be downloaded here: [Season Record Sheet](#)
- c. The total number of matches won will determine seeding for the diocesan tournament.
- d. Seeding will be based on winning percentages. Ties will be handled in the following manner:
 - a. Two-Team Tie:
 - Results of head-to-head competition during the regular season.
 - Each team's record vs. the team occupying the highest position in the final regular season standings.

- Coin toss conducted by the Coordinator or designee.
- b. Multiple Team Tie:
 - Results of head-to-head competition during the regular season.
 - If the remaining teams are still tied, then each tied team's record shall be compared to the team occupying the highest position in the final regular-season standings
 - Coin toss conducted by the Coordinator or designee
- e. For teams with 12 or fewer players, all players must play the equivalent of 1 full game.
- f. For tournament matches that go to a third game, those with teams of more than 12, should have every child play the equivalent of one full game.
- g. The first team to win two games wins the match.
- h. 25-point Rally scoring shall be used for the first 2 games of each match. If there is a third game in a match, the third game will be to 15 points and will be rally scoring.
- i. All games must be won by 2 points and therefore, there is no scoring cap.
- j. A team must have six players to begin play.
- k. A team without 6 players at the start of the match will forfeit the first game after 5 minutes have passed. The team will have an additional 5 minutes to have 6 players. If, at the end of the additional 5 minutes, the team does not have 6 players, the team forfeits the match.
- l. Teams must arrive at the gym at least 30 minutes prior to their scheduled start time.
- m. There will be a 7 minute warm up period between matches. The 7 minute warm up will be comprised as follows:
 - a. Each team will have 4 minutes to warm up.
 - b. Teams will have 3 minutes of joint serving time.
- n. Prior to each match, and after the 7 minute warm up period, prayer will be co-led by both teams.
- o. Coaches must bring their starting lineup to the scorer's table immediately following the end of the match preceding theirs.
- p. Coaches can only substitute a player for the same player throughout a game. Substitute combinations can change for the next game.
- q. Serving line:
 - a. The serving line for the JV teams will be moved in six (6) feet from the baseline.
 - b. All players serving overhand must be behind the baseline.
- r. Overhand serving is permitted with all balls (lite and regulation)
- s. The home team is the higher seed.

SECTION 15 SOCCER

15.01 Eligibility

- a. Students must meet all eligibility requirements [listed in Section 4.](#)

15.02 General Rules for All Soccer Divisions

- a. Times of matches are as follows:
 - a. Jr. JV match times are two 20 minutes halves with a 5 minute halftime.
 - b. JV division match times are two 25 minute halves with a 5 minute halftime.
 - c. Varsity division match times are two 30 minute halves with a 7 minute half time.
- b. The clock only stops for goals, red cards, yellow cards or an injury.
- c. There must be 6 players on the field including a goalie.
 - a. It is recommended that coaches rotate players through all positions in order to help each player develop her/his overall skills. It is also recommended that all players sit out for a portion of the

game to ensure all children have the opportunity to play (if numbers allow). These same playing time rules carry over into tournament.

- d. All divisions must use the #4 soccer ball.
- e. Playing field
 - a. All CYO soccer games will be played at Greensburg Central Catholic Junior-Senior High School or Geibel Catholic Junior-Senior High School.
 - b. If additional fields are needed, all prospective fields must be approved by the CYO Athletics Coordinator.
 - i. Field requests will be reviewed upon the submission of the Start of Season Report

The below table delineates field recommendations:

Field Recommendations			
CYO Soccer Division	Field Size	Goal Size	Goal Box
Junior JV (3 rd and 4 th grade)	Between 20x25 yards & 30x35 yards	6x12 feet	6x12 yards
JV (5 th and 6 th grade)	Between 30x50 yards a& 40x60 yards	6x18 feet	5x15 yards
Varsity (7 th and 8 th grade)	Between 30x50 yards and 40x60 yards	6x18 feet or 7x21 feet	5x15 yards

- f. Referees
 - a. At least 2 referees are required for matches. Referees can be volunteers, but must be knowledgeable about the sport and able to carry out the necessary duties.
 - b. The referee will keep official score.
 - c. All referees must use an official's whistle.
- g. Uniforms
 - a. All teams must provide some type of uniform for the players. T-shirts are acceptable as long as they are numbered.
 - b. Team members are to wear the same colored socks.
- h. Forfeiture
 - a. When a team cannot supply 5 players 15 minutes after the official start time, the match becomes a forfeit; however both teams should make an effort to play the match.
- i. Determining standings
 - a. A win counts as 2 points and a tie counts as 1 point.

15.03 Safety

- a. Slide tackling is not allowed in any division.
 - a. Infringement will result in an automatic yellow card and automatic direct kick.
- b. Heading is not allowed in any division.
 - b. Infringement will result in an automatic dead ball indirect.
- c. Shin guards are required.
- d. Fighting will not be tolerated.
- e. Parents must respect the officials and coaches at all matches and refrain from becoming involved in the match, either verbally or physically, either by entering the field or approaching the teams.
- f. No adult except the coaches are to be on the field at any time.
- g. The following items are not permitted:
 - a. Metal cleats
 - b. Toe cleats
 - c. Jewelry
 - d. Hoodies
 - e. Hard headbands
- h. All coaches must ensure that players' cleats are in compliances.
- i. Substitutions can be unlimited but can only occur when the ball is out of play and must be facilitated by the referees.

15.04 Additional Playing Rules for Junior JV Division (3-4 grade)

- a. It is recommended that coaches rotate players through all positions in order to help each player develop her/his overall skills. It is also recommended that all players sit out for a portion of the game to ensure all children have the opportunity to play (if numbers allow).
- b. When the ball goes out of play, play is resumed through one of the following ways:
 - a. Over the sidelines with a throw-in; over the goal line with a goal kick if attacking team last touched the ball; or corner kick if defending team last played ball-in the corner from where the goal line and sideline meet.
 - b. After a goal is scored, there is a mid-field kick off.
- b. Upon a throw-in foul, the player gets one re-throw.
- c. All players must be rotated through all positions throughout the course of the season.
- d. Scoring-goals cannot be scored directly from the following:
 - a. A goal kick
 - b. A throw in
 - c. A kick off
 - d. An indirect free kick
- e. All penalties result in a dead ball at the site of the penalty except for penalties that occur in the box, which result in a dead ball outside of the box.
- f. All opposing players must be at least 8 yards from the ball on free kicks, corner kicks, and goal kicks.
- g. If a foul throw is committed, the coach explains the correct method and lets the offender re-take the throw.
- h. Dead balls
 - a. On all dead balls, the ball must make 1 full forward revolution before it is in play.
- i. On goal kicks, the ball must clear the penalty box before any player touches the ball.
- j. All corners are direct.
- k. There will be no off sides.

15.05 Diocesan JV and Varsity Championship Tournament Rules

All tournament games shall be governed by the National Federation of State High School Associations Soccer Rules Book unless otherwise noted in the Soccer rules above. Only teams in compliance with diocesan rules and regulations shall be eligible to participate in the tournament.

- a. Tournament competition shall be single elimination.
- b. All JV and Varsity teams must submit a Season Record Sheet detailing dates, scores, and opponents immediately following their last game of the regular season. [A copy of this form can be found in Appendix D](#) and can be downloaded here: [Season Record Sheet](#)
- c. Ties will be handled in the following manner:
 - a. Two-Team Tie:
 - Results of head-to-head competition during the regular season.
 - Each team's record vs. the team occupying the highest position in the final regular season standings.
 - Coin toss conducted by the Coordinator or designee.
 - b. Multiple Team Tie:
 - Results of head-to-head competition during the regular season.
 - If the remaining teams are still tied, then each tied team's record shall be compared to the team occupying the highest position in the final regular-season standings
 - Coin toss conducted by the Coordinator or designee

SECTION 16
CROSS COUNTRY

16.01 Eligibility and Organization

- a. Students must meet all eligibility requirements listed in [Section 4](#).
- b. The cross country program is open to both boys and girls and is broken down into three divisions:
 - a. Grades K-2
 - b. Grades 3-6
 - c. Grades 7-8
 - If needed to form full teams in the 7-8 division, 5th and 6th graders are permitted to run in the 7-8 race, however, each runner is only permitted to run in one race during each meet.
- c. Changes to weekly rosters are permitted (rostering up) for Meet 1 and Meet 2, however, rosters must be set by Meet 3.
- d. Boys and girls teams are preferred, but teams can also be co-ed, if needed, to form a full team.
- e. There must be at least 5 runners to be scored as a team.
- f. There are no limits to how many runners can run for a team.
- g. The diocese will be divided into three sections of competition:
 - a. North, Central, and South.
- h. Sponsor Runners
 - a. The CYO Cross Country Program of the Diocese of Greensburg recognizes that there may be circumstances that necessitate a cross country participant be accompanied by a Sponsor Runner during a Cross Country meet. This need may be necessitated by age or other need as determined by the child's parent/guardian. If a sponsor runner is needed, a permission form must be completed and returned to the child's school/coach with an explanation of the need for a Sponsor Runner. If multiple sponsors will be running with your child during different meets, a separate permission form must be completed for each sponsor.
 - Sponsor Runners must be high school age or older.
 - All sponsors must run behind the runners as to not interfere with the other children running in the current race
 - Sponsors will not begin the race with the runners; rather, the meet host will determine an appropriate "pick up" location for the sponsor to begin running with the child
 - Coaches must alert host teams of all Sponsor Runners participating in order to address their participation during the walk through and to alert volunteer spotters of the participation.

16.02 Meets

- a. Meets will be held in each section, typically on Sundays, in September and October:
 - a. Meets will begin at 2:00 PM and teams will be assigned.
 - b. All teams will be invited to participate in all meets.
 - c. Each participating school/program will be assigned to one of the sections above and will be responsible for co-hosting at least one meet during the season. As host, the schools/programs will be responsible for the management and oversight of that particular meet.
 - d. All host teams must provide an adequate number of volunteers to assist in meet management.
 - e. All coaches must assist in meet management for their assigned site.
- b. Each meet will begin with group prayer led by hosting teams and coaches.
- c. Each meet will follow the same schedule of races:
 - a. 1st group of runners: K-2
 - Organizers will adjust the operation of the meet to accommodate the K-2 runners by modifying the course and start time for the K-2 group of runners
 - b. 2nd group of runners: and 3-6

- c. 3rd group of runners: 7-8
- d. Each runner will receive a bib with an assigned number that will be their number for the entire season
 - a. Participants must bring bibs with them to each meet
- e. All host schools/programs must have a “sweeper” walk the course at the end of each race to ensure no runners are left on the course.
- f. Coaches must bring a first aid kit to every meet and keep a list of each runner’s medical issues, including allergies and asthma diagnoses. This information can be obtained through the school’s Principal or the program’s Athletic Director.
- g. Official practice may begin on August 1st.
- h. All schools/programs are encouraged to offer summer run clubs to help runners prepare for upcoming season.

16.03 Disqualification

- a. A runner is disqualified who:
 - a. False starts
 - b. Interferes with another runner
 - c. Exhibits unsportsmanlike conduct
 - d. Receives any assistance from any other person
 - e. Receives assistance from another runner to complete the race
 - Both runners will be disqualified unless a runner is injured or becomes ill and an appropriate health care professional is not available, only the injured/ill runner is disqualified.

16.04 Uniforms

- a. Teams must have the same t-shirt with the same color and school/parish name on the chest.
- b. It is recommended but not required that the runner’s last name be printed on the back of the shirt.
- c. All runners must run in shorts; color does not matter.
- d. Shoes can be running flats or spikes if the course allows.
- e. On days of bad weather, the coaches from competing teams can agree to wear gloves, hats, and/or sweats.

16.05 Things you might need to host a meet

- a. 3 stop watches
- b. Score sheets
- c. Clipboards
- d. Field paint spray
- e. Funnel and chute poles 4' to 6' high
- f. Cones
- g. 300 feet of rope or string flags
- h. Tongue depressors numbered 1 to 50
- i. First-aid Kit
- j. Loud noise maker
- k. A bullhorn can be useful in making announcements to group
- l. Approximately 20 volunteers to assist

16.06 The Course

- a. The length of the course for K-2 runners must be 1 mile.
- b. The length of the course for 3-6 runners must be 1.5 miles.
- c. The length of the course for 7-8 runners must be 1.5 miles.
- d. The course must be clearly marked with painted arrows and cones.
- e. At its narrowest place, the course cannot be less than 3 feet wide.
- f. The course must have no ground obstructions that can cause injury or tripping.

- g. All coaches and runners must walk the course prior to the race.
- h. At the finish of the race, there should be at least 100 yards straight away ending in a funnel with a 15' wide mouth finish line that tapers into a 30" wide chute that is at least 30' long. The chute should direct runners directly to the scorer's table.

16.07 Scoring

- a. To be scored as a team, at least 5 team members must finish the race.
- b. Up to 7 runners from a team who finish the race will retain their order of finish for scoring.
- c. Teams that are tied and have more than 5 runners will be broken by the finish of the best 6th runner.
- d. For teams that are tied with only 5 runners, the tie is broken by adding the places of the first 4 runners.
- e. Individual scores must be tallied by gender, with recognition given to the top 7 males and top 7 females in each division for each race.
- f. PLACE: First (1) Second (2) Third (3) Fourth (4) Fifth (5) Sixth (6) Seventh (7)
- g. For each meet, except the championship meet, placement ribbons will be awarded for First through Seventh place for males and females.
- h. Finish line workers must record the place, school/parish, time, and the runners' names as they pass through the finish line in a timely manner.
- i. Runners' times must be announced immediately following the race, as timely as possible.

16.08 Championship

- a. Championship meets must follow the above mentioned rules and guidelines, unless otherwise noted in this section.
- b. There will be one diocesan championship meet that will occur on the last Sunday of the cross country schedule.
- c. The location of the championship meet will either rotate through the designated meet sites annually, or will be a neutral site, depending in availability of alternate sites.
- d. A runner must participate in at least two meets during the regular season to be eligible to participate in the championship.
 - a. Exceptions will be granted to those with medical issues/reasons.
- e. Awards will be presented immediately following the championship meet.
- f. Team trophies will be awarded to 1st, 2nd and 3rd place teams in all divisions.
- g. 1st place through 7th place medals will be awarded to the top 7 male and top 7 female runners in each division.

16.09 Lighting and Inclement Weather

- a. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been suspended, a period of at least 30 minutes after the last thunder heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- b. Coaches assume authority for competitions when they arrive on the field. When the coaches recognize inclement weather, they are duty bound to suspend the game.
- c. Temperature, humidity, heavy precipitation and wind chill can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches.

- d. The course must be clearly marked with painted arrows and cones.
- e. At its narrowest place, the course cannot be less than 3 feet wide.
- f. The course must have no ground obstructions that can cause injury or tripping.
- g. The starting line must be a 2" wide, straight line long enough to hold all runners.
- h. All coaches and runners must walk the course prior to the race.
- i. At the finish of the race, there should be at least 150 yards straight away ending in a funnel with a 15' wide mouth finish line that tapers into a 30" wide chute that is at least 30' long. The chute should direct runners directly to the scorer's table.

16.07 Scoring

- a. To be scored as a team, at least 5 team members must finish the race.
- b. Up to 7 runners from a team who finish the race will retain their order of finish for scoring.
- c. Teams that are tied and have more than 5 runners will be broken by the finish of the best 6th runner.
- d. For teams that are tied with only 5 runners, the tie is broken by adding the places of the first 4 runners.
- e. The score of a forfeited race is 15-50.
- f. Individual scores must be tallied by gender, with recognition given to the top 7 males and top 7 females in each division for each race.
- g. PLACE: First (1) Second (2) Third (3) Fourth (4) Fifth (5) Sixth (6) Seventh (7)
- h. For each meet, except the championship meet, placement ribbons will be awarded for First through Seventh place for males and females.
- i. Finish line workers must record the place, school/parish, time, and the runners' names as they pass through the finish line in a timely manner.
- j. Runners' times must be announced immediately following the race, as timely as possible.

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- c. Temperature, humidity, heavy precipitation and wind chill can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches.

SECTION 17
WAIVERS AND SANCTION

The Office of Catholic Schools may waive any of its rules and regulations for the CYO athletic program if it determines such a waiver to be in the best interest of developing the CYO program, or if it determines such a waiver to be in the best interest of an individual participant, taking into consideration sportsmanship, fair play, and Christian development.

Any violation of these rules and regulations will be subject to the appropriate disciplinary action as determined by the Coordinator and/or the Superintendent of Catholic Schools.

Appendix A

Coaching Requirements

1. Checklist of Requirements for Coaches
2. Pennsylvania Request for Criminal Record Check
3. PA Child Abuse History Certification
4. ACT 24 Arrest/Conviction Report and Certification Form
5. Acknowledgement of Receipt of the Code of Pastoral Conduct
6. Sudden Cardiac Arrest Education and Information Form
7. Code of Conduct for Coaches Signature Form

Checklist of Requirements for Coaches

The following items must be completed and submitted to the school/parish and the Office of Catholic Schools before a coach is permitted to coach any CYO team. Please refer to this checklist as you submit the necessary information. Additional instructions can be found in this Handbook and at <https://www.dioceseofgreensburg.org/schools/Pages/cyo.aspx>.

1. Pennsylvania Request for Criminal Record Check (*update required every 5 years*)
2. PA Child Abuse History Certification (*update required every 5 years*)
3. FBI Fingerprint Check (*update required every 5 years*)
4. Mandated Reporter Training
5. Virtus (Protecting God's Children)
 - *Recertification required every 5 years*
6. Signed ACT 24 Arrest/Conviction Report and Certification Form
7. Signed Acknowledgement of Receipt of the Code of Pastoral Conduct
8. Signed Sudden Cardiac Arrest Education and Information Form
9. Concussion Training Certificate of Completion
10. Signed Code of Conduct for Coaches
11. Play Like a Champion Today Coaches Clinic Certificate (*New coaches must attend clinic within one year of coaching appointment*)

PENNSYLVANIA STATE POLICE
REQUEST FOR CRIMINAL RECORD CHECK
VOLUNTEER ONLY

1-888-QUERYPA (1-888-783-7972)

This form is to be completed in ink by the requester - (information will be mailed to the requester only). If this form is not legible or not properly completed, it will be returned unprocessed to the requester. A response may take four weeks or longer.

TRY OUR WEBSITE FOR A QUICKER RESPONSE
<https://epatch.state.pa.us>

REQUESTER NAME	
ADDRESS	
CITY/STATE/ ZIP CODE	
TELEPHONE NO. (AREA CODE)	

FOR CENTRAL REPOSITORY USE ONLY CONTROL NUMBER
AFTER COMPLETION MAIL TO: PENNSYLVANIA STATE POLICE CENTRAL REPOSITORY - RCP 1800 ELMERTON AVENUE HARRISBURG, PA 17110-9758

SUBJECT OF RECORD CHECK				
(FIRST)	(MIDDLE)	(LAST)		
MAIDEN NAME AND/OR ALIASES	SOCIAL SECURITY NUMBER	DATE OF BIRTH (MMDDIYYYY)	SEX	RACE
VOLUNTEER'S AGENCY/ORGANIZATION (MANDATORY)		TELEPHONE NUMBER		
The Pennsylvania State Police response will be based on the comparison of the data provided by the requester against the information contained in the files of the Pennsylvania State Police Central Repository only,				
By signing this form, I verify that I am submitting this request for criminal history record information in connection with my status as an unpaid volunteer. I understand that the \$8 fee is being waived because of my status as an unpaid volunteer.				
REQUESTER SIGNATURE ('Signature required for processing')		DATE		
WARNING: 18 Pa.C.S. 4904(b) UNDER PENALTY OF LAW- MISIDENTIFICATION OR FALSE STATEMENTS OF IDENTITY TO OBTAIN CRIMINAL HISTORY INFORMATION OF ANOTHER IS PUNISHABLE AS AUTHORIZED BY LAW.				

PENNSYLVANIA CHILD ABUSE HISTORY CERTIFICATION

PREVIOUS NAMES USED SINCE 1975 (Include maiden name, nickname and aliases.)			
First	Middle	Last	Suffix
1.			
2.			
3.			
4.			
5.			

PREVIOUS ADDRESSES SINCE 1975 (Please list all addresses since 1975, partial address acceptable; attach additional pages if necessary.)
1
2
3
4
5
6
7
8
9
10

HOUSEHOLD MEMBERS (Please list everyone who lived with you at any time since 1975 to present. Please include parent, guardian or the person(s) who raised you; attach additional pages as necessary.)			
Name (first, Middle, Last)	Relationship	Present Aae	Gender
1.	<input checked="" type="checkbox"/> Parent <input type="checkbox"/> Guardian <input checked="" type="checkbox"/> person(s) who raised you		
2.	<input checked="" type="checkbox"/> Parent <input type="checkbox"/> Guardian <input checked="" type="checkbox"/> person(s) who raised you		
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

I affirm that the above information is accurate and complete to the best of my knowledge and belief and submitted as true and correct under penalty of law (Section 4904 of the Pennsylvania Crimes Code). If I selected volunteer, I understand that I can only use the certificate for volunteer purposes.

APPLICANT'S SIGNATURE

DATE

CHILDLINE USE ONLY		
DATE RECEIVED BY CHILDLINE	SUFFICIENT PAYMENT INFORMATION RECEIVED <input type="checkbox"/> YES <input type="checkbox"/> No <input type="checkbox"/> VALID PAYMENT AUTHORIZATION CODE <input checked="" type="checkbox"/> WAIVED (supervisor initials)	CERTIFICATION ID#

INSTRUCTIONS TO COMPLETE THE PENNSYLVANIA CHILD ABUSE HISTORY CERTIFICATION APPLICATION:

General:

Type or print clearly and neatly in ink only.

If obtaining this certification for non-volunteer purposes or if, as a volunteer having direct volunteer contact with children, you have obtained a certification free of charge within the previous 57 months, enclose an \$8.00 money order or check for each application. No cash will be accepted. Personal, agency, or business checks are acceptable. Certifications for the purpose of "volunteer having direct volunteer contact with children" may be obtained free of charge once every 57 months. If no payment is enclosed for a non-volunteer purpose, you must provide a payment authorization code, otherwise your application will be rejected and returned to you.

DO NOT SEND POSTAGE PAID RETURN ENVELOPES for us to return your results. Results are issued through an automated system generated mailing process.

Certification results will be mailed to you within 14 days from the date the certification application is received at the Childline and Abuse Registry.

Failure to comply with the instructions will cause considerable delay in processing the results of an applicant's child abuse history certification application.

Purpose of Certification - Do not check more than one box:

Check the **foster parent** box if applying for purposes of providing foster care.

Check the **prospective adoptive parent** box if applying for the purpose of adoption.

- Check the **employee of child care services** box if applying for the purpose of child care services in the following:

Child day care centers; group day care homes; family day care homes; boarding homes for children; juvenile detention center services or programs for delinquent or dependent children; mental health services for children; services for children with intellectual disabilities; early intervention services for children; drug and alcohol services for children; and day care services or other programs that are offered by a school.

Check the **school employee governed by the Public School Code** box if you are a school employee who is required to obtain background checks pursuant to Section 111 of the Public School Code and will continue to be required to obtain background checks prior to employment in accordance with that section and on the periodic basis required by Act 153.

Check the **school employee not governed by the Public School Code** box if you are a school employee not governed by Section 111 of the Public School Code, but covered by Act 153 (pertaining to school employees in institutions of higher education).

Definition of school employee: A school employee is defined as an individual who is employed by a school or who provides a program, activity or service sponsored by a school. The term does not apply to administrative or other support personnel unless they have direct contact with children.

Definition of school: A facility providing elementary, secondary or postsecondary educational services. The term includes the following:

- (1) Any school of a school district.
- (2) An area vocational-technical school.
- (3) A joint school.
- (4) An intermediate unit.
- (5) A charter school or regional charter school.
- (6) A cyber charter school.
- (7) A private school licensed under the act of January 28, 1988 (P.L.24, No. 11), known as the Private Academic Schools Act.
- (8) A private school accredited by an accrediting association approved by the state Board of Education.
- (9) A non-public school.
- (10) An institution of higher education.
- (11) A private school licensed under the act of December 15, 1986 (P.L. 1585, No. 174), known as the Private Licensed Schools Act.
- (12) The Hiram G. Andrews Center.
- (13) A private residential rehabilitative institution as defined in section 914.1-A(c) of the Public School Code of 1949.

- Check the **self-employed provider of child-care services in a family child-care home** if providing child care services in one's home (other than the child's own home) at any one time to four, five, or six children who are not relatives of the caregiver.

Check the **individual 14 years of age or older who is applying for or holding a paid position as an employee** box if the employment is with a **program, activity, or service, as a person responsible for the child's welfare or having direct contact with children:**

Applying as an employee who is responsible for the child's welfare or having direct contact (providing care, supervision, guidance, or control to children or having routine interaction with children) in any of the following in which children participate and which is sponsored by a school or public or private organization:

- A youth camp or program;
- A recreational camp or program;
- A sports or athletic program;
- A community or social outreach program;
- An enrichment or educational program; and
- A troop, club, or similar organization

Check the **individual seeking to provide child care services under contract with a child care facility or program** box if you are providing child care services as part of a contract or grant funded program.

Check the box for **individual 18 years or older who resides in the home of a foster parent for at least 30 days in a calendar year** if you are an adult household member in this setting and require certification.

Check the box for **individual 18 years or older who resides in the home of a certified or licensed child-care provider for at least 30 days in a calendar year** if you are an adult household member in this setting and require certification.

- Check the box for **individual 18 years or older, excluding individuals receiving services, who resides in a family living home, community home for individuals with an intellectual disability, or host home for children for at least 30 days in a calendar year** if you are an adult household member in this setting and require certification.
- Check the box for **individual 18 years or older who resides in the home of a prospective adoptive parent for at least 30 days in a calendar year** if you are an adult household member in this setting and require certification.
- Check the **volunteer having direct volunteer contact with children** box if applying for the purpose of volunteering as an adult for an unpaid position as a volunteer with a child-care service, a school, or a program, activity or service as a person responsible for the child's welfare or having direct volunteer contact with children. In addition, check the box of one of the organizations listed, i.e. Big Brother/Big Sister, domestic violence shelter, rape crisis center. If you are **NOT** applying for a volunteer in one of the organizations listed, please check the **other** box and write the name of the organization in the space provided.
- Check the **PA Department of Human Services employment & training program participant** box if you are applying for the purpose of participating in a PA Department of Human Services employment and training program through a county assistance office (CAO) or the Office of Income Maintenance (OIM). The signature **AND** phone number of the CAO or OIM representative is required. If there is no signature and no phone number, your application will be rejected and returned to you.
- If you were provided a "**PAYMENT AUTHORIZATION CODE**" by an organization, please provide the **agency/organization name** in the space provided and the **payment authorization code** in the space provided.
- Please check the **CONSENT/RELEASE OF INFORMATION** box if you included a payment code in the space above and attached the completed Consent/Release of Information Authorization form to your Pennsylvania Child Abuse History Certification application when you mail it to our office. The Consent/Release of Information Authorization form allows the department to send your results to a third party. If the Consent/Release of Information Authorization form is **NOT** attached to the certification application, the results **WILL** be mailed to the applicant's home address and not to the third party.

Applicant Demographic Information:

- Name - Include the applicant's full legal name. Initials are not acceptable for a first name. If your full legal name is an initial, please provide supporting documentation along with your certification application.
- Social Security number - Include the applicant's social security number. A social security number is voluntary; **HOWEVER, PLEASE NOTE THAT APPLICATIONS THAT DO NOT INCLUDE SOCIAL SECURITY NUMBERS MAY TAKE LONGER TO BE PROCESSED.**
- Gender - Please check one box.
- Date of birth - Fill in the applicant's date of birth (Example: 01/22/1990).
- Age - Fill in the applicant's current age.

Address:

- The address listed must be the applicant's current home address. This is also where the results of the certification will be mailed, unless otherwise noted. If the **different mailing address** box is checked and a mailing address is provided in the "different" mailing address column, the results will be mailed to the "mailing" address and not the "home" address. **Note:** If the consent/release of information box is checked and an "other" address is provided, the results will be mailed to the "other" address.

Contact Information:

- Please provide your home, work or mobile telephone number. Fill in the number where the applicant can be reached in the event that there are questions about the information on the application.
- Please provide an email address. By providing an email address, you are consenting to ChildLine contacting you by email in the event that you cannot be reached by phone. **NO CONFIDENTIAL INFORMATION WILL EVER BE SHARED OR PROVIDED IN AN EMAIL FROM OUR OFFICE.**

Previous Names Used Since 1975:

- The applicant must list any and all full legal names that they have ever had since 1975. This includes maiden names, nicknames, aliases and also known as (aka) names.

Previous Addresses Since 1975:

- List all addresses where the applicant has resided since 1975. The applicant can attach an additional sheet of paper with all of the addresses listed if necessary. If the applicant cannot remember the exact mailing addresses since 1975, filling in as much information as possible about the location is acceptable.

Household Members:

- Include anyone that the applicant lived with since 1975 (parents, guardians, siblings, children, spouse (ex), paramour, friends, etc.). In addition, include the household member's relationship to the applicant, their age (to the best of your knowledge) and their gender. If the applicant was under the age of 18 in 1975, this section **MUST** include the applicant's PARENT(S) or GUARDIAN(S). If this section is left blank, the application will be rejected and returned to the applicant.

Signature:

- Applications **MUST** be signed and dated. Applications that are not signed and dated will be rejected and returned to the applicant.

CHILDLINE USE ONLY:

- Please DO NOT WRITE in this section. This is for CHILDLINE staff only.

Additional Information:

Applicants can visit <https://www.compass.state.pa.us/CWIS> for more information about submitting the child abuse certification online or to register for a business/organization account.

ARREST/CONVICTION REPORT AND CERTIFICATION FORM
(under Act 24 of 2011 and Act 82 of 2012)

Section 1 Personal Information

Full Legal Name: _____

Date of Birth/.....

Any former names
by which you have
been identified _____

Section 2 Report of Arrest or Conviction

By checking this box, I report that I have been arrested for or convicted of an offense or offenses enumerated under 24 P.S. §§1-11 l(e) or (f.1) ("Reportable Offense(s)"). See Instructions on Page 3 of this Form for a list of Reportable Offenses. If you have none to report, proceed to Section 3 of this form.

Details of Arrests or Convictions

For each arrest for or conviction of any Reportable Offense, specify in the space below (or on additional attachments if necessary) the offense for which you have been arrested or convicted, the date and location of arrest and/or conviction, docket number, and the applicable court.

Section 3 No Arrest or Conviction

By checking this box, I state that I have not been arrested for or convicted of any Reportable Offense.

Section 4 Certification

By signing this form, I certify under penalty of law that the statements made in this form are true, correct and complete. I understand that false statements herein, including, without limitation, any failure to accurately report any arrest or conviction for a Reportable Offense, shall subject me to criminal prosecution under 18 Pa.C.S. §4904, relating to unsworn falsification to authorities.

Signature

Date

INSTRUCTIONS

This standardized form (PDE-6004) has been developed by the Pennsylvania Department of Education, pursuant to 24 P.S. §1-111(j), to be used by current and prospective employees of public and private schools, intermediate units and area vocational-technical schools for the written reporting by current and prospective employees of any arrest or conviction for an offense enumerated under 24 P.S. §§1-111(e) and (f).

As required by subsection (j)(2) of 24 P.S. §1-111, this form shall be completed and submitted by all current and prospective employees of a public or private school, intermediate unit or area vocational-technical school. In addition, as required by subsection (j)(4) of 24 P.S. §1-111, this form shall be utilized by current and prospective employees to provide written notice within seventy-two (72) hours after an arrest or conviction for an offense enumerated under 24 P.S. §§1-111(e) or (f).

Exemption: Any current employee who completed a PDE-6004 on or before December 27, 2011, in compliance with 24 P.S. §§1-111(j)(1) and (2) on that date, and who has not been arrested for or convicted of an offense enumerated under 24 P.S. §§1-111(e) and (f) shall not be required to complete an additional form.

In accordance with 24 P.S. §1-111, employees completing this form are required to submit the form to the administrator or other person responsible for employment decisions in a school entity.

If you have questions regarding to whom the form should be sent, please contact your supervisor or the school entity administration office.

PROVIDE ALL INFORMATION REQUIRED BY THIS FORM LEGIBLY IN INK.

LIST OF REPORTABLE OFFENSES

- **A reportable offense enumerated under 24 P.S. §1-III(e) consists of any of the following:**

- (I) An offense under one or more of the following provisions of Title 18 of the Pennsylvania Consolidated Statutes:
- | | |
|---|---|
| <ul style="list-style-type: none"> ▪ Chapter 25 (relating to criminal homicide) Section 2702 (relating to aggravated assault) Section 2709.1 (relating to stalking) Section 2901 (relating to kidnapping) Section 2902 (relating to unlawful restraint) ▪ Section 2910 (relating to luring a child into a motor vehicle or structure) ▪ Section 3121 (relating to rape) Section 3122.1 (relating to statutory sexual assault) Section 3123 (relating to involuntary deviate sexual intercourse) Section 3124.1 (relating to sexual assault) ▪ Section 3124.2 (relating to institutional sexual assault) Section 3125 (relating to aggravated indecent assault) ▪ Section 3126 (relating to indecent assault) Section 3127 (relating to indecent exposure) Section 3129 (relating to sexual intercourse with animal) Section 4302 (relating to incest) ▪ Section 4303 (relating to concealing death of child) | <ul style="list-style-type: none"> Section 4304 (relating to endangering welfare of children) Section 4305 (relating to dealing in infant children) A felony offense under section 5902(b) (relating to prostitution and related offenses) Section 5903(c) or (d) (relating to obscene and other sexual materials and performances) Section 6301(a)(1) (relating to corruption of minors) Section 6312 (relating to sexual abuse of children) Section 6318 (relating to unlawful contact with minor) Section 6319 (relating to solicitation of minors to traffic drugs) Section 6320 (relating to sexual exploitation of children) |
|---|---|
- (2) An offense designated as a felony under the act of April 14, 1972 (P.L. 233, No. 64), known as "The Controlled Substance, Drug, Device and Cosmetic Act."
- (3) An offense SIMILAR IN NATURE to those crimes listed above in clauses (1) and (2) under the laws or former laws of:
- the United States; or
 - one of its territories or possessions; or
 - another state; or
 - the District of Columbia; or
 - the Commonwealth of Puerto Rico; or
 - a foreign nation; or
 - under a former law of this Commonwealth.

- **A reportable offense enumerated under 24 P.S. §1-III(f.1) consists of any of the following:**

- (1) An offense graded as a felony offense of the first, second or third degree, other than one of the offenses enumerated under 24 P.S. §1-111(e), if less than (10) ten years has elapsed from the date of expiration of the sentence for the offense.
- (2) An offense graded as a misdemeanor of the first degree, other than one of the offenses enumerated under 24 P.S. §1-111(e), if less than (5) five years has elapsed from the date of expiration of the sentence for the offense.
- (3) An offense under 75 Pa.CS. § 3802(a), (b), (c) or (d) (relating to driving under influence of alcohol or controlled substance) graded as a misdemeanor of the first degree under 75 Pa.CS. § 3803 (relating to grading), if the person has been previously convicted of such an offense and less than (3) three years has elapsed from the date of expiration of the sentence for the most recent offense.

Diocese of Greensburg
Acknowledgement of Receipt of the Code of Pastoral Conduct
(Parish/School/Administrator Copy)

In accord with my role as Church personnel, and in witness to the Gospel of Jesus Christ, I will conduct myself with integrity, acting in a manner that is consistent with the discipline and teachings of the Catholic Church. I will guide my behavior by civil and canon law, by the policies of the Diocese of Greensburg and by the Code of Pastoral Conduct by...

1. Respecting the rights of each person and advancing his or her welfare during the course of counseling, advising or spiritual direction.
2. Holding in the strictest confidence information disclosed during the course of counseling, advising or spiritual direction.
3. Maintaining an open and trustworthy relationship when working with youth, free from inappropriate behavior that would put them at risk.
4. Honoring the trust placed in Church personnel by not exploiting others for sexual gain or intimacy.
5. Providing a professional work environment that is free from physical, psychological, written or verbal intimidation or harassment.
6. Maintaining confidentiality in creating, storing, accessing, transferring and disposing of Church records.
7. Avoiding situations that might present a conflict of interest.
8. Reporting to proper authorities my own ethical or professional misconduct and the misconduct of others.
9. Treating Church personnel justly in the day-to-day operations of work and ministry.
10. Being responsible for my own spiritual, physical, mental, and emotional health.

I HAVE CAREFULLY READ, UNDERSTAND, AND HEREBY COMMIT TO CONDUCTING MYSELF IN ACCORD WITH THE DIOCESAN CODE OF PASTORAL CONDUCT.

(PRINT Name)

(Signature of Pastor/Principal/Administrator)

(Signature)

(Date)

(Date)

(Position)

Name of Parish/School/Diocesan Office

Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness;
- lightheadedness;
- shortness of breath;
- difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);
- fatigue (extreme tiredness);
- weakness;
- nausea;
- vomiting; and
- chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

What is the best way to treat Sudden Cardiac Arrest?

- Early Recognition of SCA
- Early 9-1-1 access
- Early CPR
- Early Defibrillation
- Early Advance Care

Act 59 - the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student athletes safe while practicing or playing. The Act requires:

- Any student athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

D I acknowledge that I have reviewed and understand the symptoms and warning signs of SCA

SIGNATURE

DATE



Code of Conduct for Coaches

Coach agree to:

- Uphold the honor and dignity of her/his position.
- Set an example of the highest professional and moral conduct in contact with athletes, coaches, pastors, referees, athletic directors, school and diocesan administrators, parents, the community, tournament staff, and WPIAL/PIAA officials.
- Focus on player development and embrace the sport as a means of fostering children’s physical, social, moral, and spiritual development.
- Not use alcohol or tobacco products when in a coaching or supervising role.
- Know and teach the rules of the sport. Both the letter and the spirit of the rules of the game must be maintained.
- Use her/his influence to encourage good sportsmanship and team spirit.
- Respect and work in concert with contest officials. Coaches should avoid conduct that may be taken as criticism of the officials. Coaches must abide by all officials’ decisions.
- Meet and greet opposing coaches before and after the game, setting a cordial and positive tone for the athletic event.
- Never exert pressure on school/parish staff to give student athletes special consideration.
- Be prepared for practice, work to keep communication open between players, parents, school, parish and diocesan administration, and remain unbiased in order to treat all players fairly.
- Begin each athletic event with group prayer.
- Abide by and enforce all school/parish and diocesan policies.
- Report injuries promptly to school/parish point of contact and exercise great care in dealing with injuries.
- Work to help all athletes improve their playing ability and sportsmanship.

As a coach for the CYO Athletics Program in the Diocese of Greensburg, I certify that I have received a copy of the CYO Handbook (either hard copy or via electronic copy) and agree to adhere to the rules and the Code of Conduct for Coaches.

Coach Signature

Coach Name (Printed)

Date

Name of School or Parish

Appendix B

Participant Requirements

1. Consent Form
2. Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs information Sheet and Acknowledgement of Receipt and Review Form
3. Understanding of Risk of Concussion and Traumatic Brain Injury Form
4. Code of Conduct for Players

DIOCESE OF GREENSBURG
CYO CONSENT FORM
(Revised, September 2017)

PARENT SECTION

ATHLETE'S NAME _____ BIRTH DATE (MM/DD/YY) _____

SPORT _____ SCHOOL/PARISH _____

ADDRESS _____ City _____ ZIP _____ EMAIL _____

GRADE _____ AGE _____ HOME PHONE _____ CELL _____

PARISH REGISTRATION _____ CITY _____

Does your child have asthma: Y N Does your child have allergies: Y N If yes, please list: _____

Please list any other medical issues: _____

PARENT CONSENT:

My daughter/son has my permission to participate in competitive sports in the Diocese of Greensburg CYO Programs. I do hereby release and forever discharge the above mentioned team, and/or parish/school/athletic association or their successors from any/all actions or suits in law or equity which I might hereafter have by reasons of injuries sustained by my child participating in sports or in transit to or from participation in sports. I also understand that it is my responsibility to determine my child's physical and mental readiness to participate in the Diocese of Greensburg Athletic Program for this season. By signing this form we agree to abide by the Handbook of Policies, Rules and Regulations of the Diocese of Greensburg, which has been distributed to each program.

PRINT NAME OF PARENT/GUARDIAN _____ DATE _____

SIGNATURE OF PARENT/GUARDIAN _____

PHYSICIAN SECTION

An authorized medical examiner must certify on this Consent Form as to the athlete's fitness to participate in the particular sport(s) involved. A Consent Form may be completed no earlier than June 1st; and, regardless of when completed during the school year, remains effective only until the next May 31st.

I certify that I find, to a reasonable degree of medical certainty that the athlete is physically able to participate in the athletic program named above.

Signature of Licensed Physician _____ Date _____

Address of Physician _____ Phone _____

(Parent and Physician): Are there any physical or other restrictive limitation which the team, league, and diocese should be aware of which might restrict the athlete's participation in the program? Yes No

If yes, specify: _____

ADMINISTRATIVE SECTION

PRINCIPAL'S SIGNATURE (if attending Catholic school): _____

PASTOR/PAROCHIAL VICAR SIGNATURE: _____

(if parishioner, pastor must validate participation in CCD program.)

INCOMPLETE FORMS WILL BE RETURNED TO THE PARENT/GUARDIAN. THE ATHLETE WILL BE INELIGIBLE UNTIL THE FORM IS RECEIVED COMPLETED.

Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

Act 59 - the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may a/so hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

Removal from play/return to play

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date

Understanding of Risk of Concussion and Traumatic Brain Injury

What is a concussion? A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Bothered by light or noise

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.**

Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.

- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:

The right equipment for the sport, position, or activity; Worn correctly and the correct size and fit; and used every time the student Practices and/or competes.

- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature _____ Date ____/____/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date ____/____/____



Code of Conduct for Players

As an individual:

- I will develop my skills to the best of my ability and give my best effort in practice and competition.
- I will compete within the spirit and the letter of the rules of my sport, showing good sportsmanship and respect for the game officials.
- I will respect the dignity of every human being, and will not be abusive or dehumanizing of another individual

As a member of the team:

- I will place team goals ahead of personal goals
- I will be a positive influence on the relationships on the team
- I will follow the team rules established by the coach
- I will conduct myself in ways that are consistent with the teachings of the Catholic Church.

Player Signature

Player Name (Printed)

Date

School or Parish Name

Appendix C

Parents, Guardians and Spectators

1. Code of Conduct for Parents/Guardians
2. Pre-Sporting Event Statement



Code of Conduct for Parents/Guardians

Parent/guardian agrees:

- To remember that the players are children and they are playing for their enjoyment.
- To conduct her/himself in ways that are consistent with the teachings of the Catholic Church.
- To remain seated in the spectator area during the games and to not coach her/his child or other players during games and practices unless as one of the official coaches of the team.
- To refrain from confronting coaches at games; rather, speak to the coach at an agreed upon time and place.
- To refrain from confronting the players at any time.
- To be a positive role model and encourage good sportsmanship by showing respect and courtesy, and demonstrating positive support for all players, coaches, officials, tournament staff, and spectators at every sporting event.
- To refrain from making derogatory comments about/or to players, coaches, parents of the opposing team, or officials.
- To learn the rules of the game and the policies of the program.
- To refrain from using alcohol, tobacco and other drugs at all sporting events.
- To praise children for competing fairly and trying her/his best.

As the parent/guardian of a child participating in the CYO Athletics Program in the Diocese of Greensburg, I certify that I have received a copy of the CYO Handbook (either hard copy or via electronic copy) and agree to adhere to the Code of Conduct for Parents/Guardians.

Parent/Guardian Signature

Parent/Guardian Name (Printed)

Date

School or Parish Name



Diocese of Greensburg

Pre-Sporting Event Statement

In order to set the tone for friendly competition and good sportsmanship, a pre-sport event statement has been developed. It shall be the responsibility of the home team to designate a parent to read the following statement before each contest in CYO Athletics:

“Champions are those that maximize their potential. We need to create the environment in which Champions are made. We will respect and support coaches and officials by remaining in the designated spectator areas. We will remember that youth participate for their enjoyment, not ours. We will remember our role as a fan and applaud good effort by all competitors. We will encourage the athletes to improve their skills, be good teammates, and play by the spirit of CYO Athletics.”

Appendix D

Sports Forms

1. Cross Country Roster
2. K-2 Division Sponsor Runner Permission
3. Girls Basketball Roster
4. Boys Basketball Roster
5. CYO Basketball Season Record Sheet
6. Cheerleading Roster
7. CYO Cheerleading Informed Consent and Acknowledgement Agreement
8. Volleyball Roster
9. CYO Volleyball Lineup Sheet
10. CYO Volleyball Season Record Sheet
11. Soccer Roster
12. CYO Soccer Season Record Sheet

Diocese of Greensburg
CYO Athletics Official Cross Country Roster
(Revised September, 2018)

School/Parish:					School Year:	Person Completing Roster:							
Team Name:					Division (check one):								
	Last Name	First Name	Address	City	Zip	Parish	School	Grade	Age	Birthdate	Rostered up?	Gender	
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													

Head Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone(Alt.):
Email:		Email:	
Assistant Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone (Alt.):
Email:		Email:	

By signing below, I certify that this roster is accurate and all participants listed have submitted the completed parent/guardian, medical, code of conduct, and principal/pastor approval forms/sign-offs, and they are in the possession of the school/parish.

Principal or Pastor Signature _____



**CYO CROSS COUNTRY
K-2 Division Sponsor Runner Permission**

To be eligible to participate in the K-2 division of the CYO Cross Country Program of the Diocese of Greensburg, your child must run with a parent/guardian, or a sponsor runner who is appointed by you. If a sponsor is chosen to run with your child, this permission form must be completed and returned to your child's school/coach. If multiple sponsors will be running with your child during different meets, a separate permission form must be completed for each sponsor.

If you would like your child to participate in the CYO Cross Country program with a sponsor runner, please complete, sign and return the following statement of consent.

I hereby consent to have my child, _____, be accompanied by

_____ during the CYO Cross Country program meets.
(first and last name of sponsor)

Further, I verify that the above named sponsor is at least of high school age and has agreed to be my child's sponsor for the CYO Cross Country program.

_____ day of _____, 20_____.

Print Parent's Name

Parent/Guardian Signature

***This form must be returned prior to the cross country meet in which the sponsor will be running with the child.**

Diocese of Greensburg
CYO Athletics Official Girls Basketball Roster
(Revised September, 2018)

School/Parish:					School Year:		Person Completing Roster:				
Team Name:					Division (check one): <input type="checkbox"/> JR. JV <input type="checkbox"/> JV <input type="checkbox"/> Varsity						
	Last Name	First Name	Address	City	Zip	Parish	School	Grade	Age	Birthdate	Rostered up?
1											
2											
3											
4											
5											
6											
7											
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20											

Head Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone(Alt.):
Email:		Email:	
Assistant Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone (Alt.):
Email:		Email:	

By signing below, I certify that this roster is accurate and all participants listed have submitted the completed parent/guardian, medical, code of conduct, and principal/pastor approval forms/sign-offs, and they are in the possession of the school or parish.

Principal or Pastor Signature _____

Diocese of Greensburg
CYO Athletics Official Boys Basketball Roster
(Revised September, 2018)

School/Parish:					School Year:		Person Completing Roster:				
Team Name:					Division (check one): <input type="checkbox"/> JR. JV <input type="checkbox"/> JV <input type="checkbox"/> Varsity						
	Last Name	First Name	Address	City	Zip	Parish	School	Grade	Age	Birthdate	Rostered up?
1											
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20											

Head Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone(Alt.):
Email:		Email:	
Assistant Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone (Alt.):
Email:		Email:	

By signing below, I certify that this roster is accurate and all participants listed have submitted the completed parent/guardian, medical, code of conduct, and principal/pastor approval forms/sign-offs, and they are in the possession of the school or parish.

Principal or Pastor Signature _____

**Diocese of Greensburg
CYO Basketball
Season Record Sheet**

School/Parish: _____ Division (circle one): JV Varsity Team Name: _____ Person Completing Report: _____	Today's Date: _____ Season Record: _____
--	---

<u>Date</u>	<u>Opponent</u>	<u>Final Score</u>	<u>W or L</u>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

Diocese of Greensburg
 CYO Athletics Official Cheerleading Roster
 (Revised September, 2018)

School/Parish:					School Year:		Person Completing Roster:				
Team Name:											
	Last Name	First Name	Address	City	Zip	Parish	School	Grade	Age	Birthdate	Cleared to Stunt?
1											
2											
3											
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17											
18											
19											
20											

Head Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone(Alt.):
Email:		Email:	
Assistant Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone (Alt.):
Email:		Email:	

By signing below, I certify that this roster is accurate and all participants listed have submitted the completed parent/guardian, medical, code of conduct, and principal/pastor approval forms/sign-offs, and they are in the possession of the school or parish.

Principal or Pastor Signature _____

**Diocese of Greensburg
CYO Cheerleading
Informed Consent and Acknowledgement Agreement**

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such, carries with it a higher than ordinary risk of injury. Serious, catastrophic injury, paralysis or even death could occur, particularly if a participant were to land on her head, neck or back. In order to reduce the potential risk of physical harm, all cheerleaders wishing to stunt must attend a cheer stunt camp or must be enrolled in a cheerleading or gymnastics program that teaches proper safety in stunting, jumping and tumbling prior to the start of the season.

All cheerleaders must also complete this Agreement, which must be signed by the athlete, her parent/guardian, the stunting camp/program coach, and her CYO Cheerleading coach.* Attendance at a stunting camp/clinic does not guarantee that the athlete will be performing any particular stunt. It is the responsibility of the CYO Cheerleading coach to evaluate each athlete's particular ability level and limit the squad's activities accordingly.

Student/Parent Section

We accept and understand that the sport of cheerleading involves certain inherent risks, dangers, and hazards that may cause serious personal injury, including death, severe paralysis or brain injury. We accept and understand that the above-described injuries and other injuries may occur as a result of participating in this sport. We accept and understand that certain activities such as tumbling and stunting carry with them a greater inherent risk of injury. We have reviewed all of these risks and we understand them. Further, we understand that stunting is not required to be able to participate in the CYO Cheerleading program in the Diocese of Greensburg.

Student Signature

Date

Parent/Guardian Signature

Date

Cheer Camp/Program Coach Section

I certify that the above named student attended or is currently attending a program that taught/teaches proper safety in stunting, jumping and tumbling and that she has learned the skills needed to safely stunt in the CYO Athletics Cheerleading program. Each child's skill level will vary, and her ability must be assessed by her cheer coach and her assigned stunts must be within her ability.

Clinic/Program Coach Signature

Date

Cheer Program/Facility Name

Cheer Program/Facility Address, and Phone Number

CYO Cheerleading Coach Section

I certify that I will assess the ability level of each individual athlete as well as the squad's talents as a whole and will only allow the squad to perform activities that are within their collective abilities.

CYO Coach Signature

Date

Name of School/Parish

Diocese of Greensburg
CYO Athletics Official Girls Volleyball Roster
(Revised September, 2018)

School/Parish:					School Year:		Person Completing Roster:				
Team Name:					Division (check one): <input type="checkbox"/> JR. JV <input type="checkbox"/> JV <input type="checkbox"/> Varsity						
	Last Name	First Name	Address	City	Zip	Parish	School	Grade	Age	Birthdate	Rostered up?
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20											

Head Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone(Alt.):
Email:		Email:	
Assistant Coach:		Assistant Coach:	
Phone:	Phone(Alt.):	Phone:	Phone (Alt.):
Email:		Email:	

By signing below, we certify that this roster is accurate and all participants listed have submitted the completed parent/guardian, medical, code of conduct, and principal/pastor approval forms/sign-offs, and they are in the possession of the school or parish.

School Principal or Parish Pastor Signature _____

TEAM LINEUP SHEET

Lineup:

1. Check if your team will serve or receive.
2. List numbers of the starting lineup - in proper serving order to start the game - on the appropriate game lineup sheet.
3. Mark the floor captain with a "c."
4. Designate the uniform number (from the team roster) of the libero player for each game in the space provided.

Note: The lineup must be submitted to the scorer two minutes prior to the end of timed, prematch warm-up.

Team: <u>Wheatland</u>	Game: <u>...1</u>
Libero: <u>5</u>	CHECK ONE: <input checked="" type="checkbox"/> Serve <input type="checkbox"/> Receive
I	<u>4</u>
II	<u>6</u>
<u>m</u>	<u>7C</u>
IV	<u>11</u>
V	<u>12</u>
VI	<u>9</u>

Team: <u>Douglas</u>	Game: <u>...1</u>
Libero: <u>15</u>	CHECK ONE: <input checked="" type="checkbox"/> Serve <input type="checkbox"/> Receive
I	<u>3</u>
II	<u>4</u>
III	<u>2</u>
IV	<u>5</u>
V	<u>11</u>
VI	<u>8</u>

TEAM ROSTER

Roster:

1. Write in your team's name and check "home" or "visitor."
2. Write each player's number and name (last name, then first name) in the space provided on the roster.
3. The libero with two numbers shall be listed with non-libero number followed by libero number {e.g., **14/L15**}

Note: The team roster is to be turned in to the scorer 10 minutes prior to the end of timed, prematch warm-up.

TEAM <u>D o u g l a s</u> _____, --	
Check one: Home <input checked="" type="checkbox"/> Visitor <input type="checkbox"/>	
Player Number	Player Name Last/first
<u>5</u>	<u>Smith, Jamie</u>
<u>5</u>	<u>Davie5, Jennifer</u>
<u>6</u>	<u>Ro55, Vic:kie</u>
<u>1</u>	<u>Jones, Kim</u>
<u>14/L15</u>	<u>McDonald, Li5a</u>

**Diocese of Greensburg
CYO Girls Volleyball
Season Record Sheet**

Team Name: _____ School/Parish: _____ Person Completing Report: _____	Today's Date: _____ Division (circle one) JV <input type="checkbox"/> Varsity <input type="checkbox"/> Season Record: _____
---	--

<u>Date</u>	<u>Opponent</u>	<u>Games Won</u>	<u>Games Lost</u>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			

Diocese of Greensburg
CYO Athletics Official Soccer Roster
(Revised September, 2018)

School/Parish:					School Year:		Person Completing Roster:				
Team Name:					Division (check one): <input type="checkbox"/> JR. JV <input type="checkbox"/> JV <input type="checkbox"/> Varsity						
	Last Name	First Name	Address	City	Zip	Parish	School	Grade	Age	Birthdate	Rostered up?
1											
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17											
18											
19											
20											
Head Coach:					Assistant Coach:						
Phone:			Phone(Alt.):		Phone:			Phone(Alt.):			
Email:					Email:						
Assistant Coach:					Assistant Coach:						
Phone:			Phone(Alt.):		Phone:			Phone (Alt.):			
Email:					Email:						

By signing below, I certify that this roster is accurate and all participants listed have submitted the completed parent/guardian, medical, code of conduct, and principal/pastor approval forms/sign-offs, and they are in the possession of the school or parish.

Principal or Pastor Signature _____

**Diocese of Greensburg
CYO Soccer
Season Record Sheet**

Team Name: _____		Today's Date: _____	
School/Parish: _____		Division (circle one) JV <input type="checkbox"/> Varsity <input type="checkbox"/>	
Person Completing Report: _____		Season Record: _____	
<u>Date</u>	<u>Opponent</u>	<u>Final Score</u>	<u>Win or Loss</u>
1.			
2.			
3.			
4.			
5.			
6.			